



Swimmer of the month

Hritik Parmessur
Last month Hritik gained 2 midlands times. The first of many for sure.

Mablethorpe 2014

This year our annual trip to Mablethorpe has been moved to a new date of the 31st August.

This trip is fun and available for all the family so make sure you come along this year.

Thanks!!!

May 2014

Workforce Update

Birthdays!

Jake Buckley 4th
Daivik Sicotra 8th
Georgia Langton 18th
Aviyan Butt 21st
Ethan Stanny-Pereira 25th
Uzair Mohinudeen 27th
Eloise Raine 29th
Jai Kumar 31st

Happy
Birthday!!!

After six years as Treasurer of LNSC, Terry King has decided to step down from the role in November 2014. LNSC are therefore seeking a new Treasurer. The Treasurer is responsible for all aspects of LNSC finances; paying for services used, budgeting spend for the year, maintaining compliance to financial regulations and record keeping of income and expenditure. The LNSC committee and Terry will work hard with the new candidate(s) to ensure a smooth transition of responsibilities, starting with some shadowing work of Terry over the coming months. If you are interested in finding out more details or in being a candidate, please contact directly (or email) Stewart Mair (chairperson@lnsc.org.uk) or Sue Sutton (membership@lnsc.org.uk).

Thanks
Stewart

Open water Swimming

Did you know that the Amateur Swimming Association also organises open water swimming events too. If you are interested in trying out open water swimming this summer and aged 13 or over (including adults) contact

Helen Atton workforce@lnsc.org.uk

Fixtures

Sunday 18th May Age group champs (DMU) be at pool by 2:00 for a 2:30 warm up

Sunday 15th June Age group champs (DMU) be at pool by 2:00 for a 2:30 warm up

Loughborough 50m Training

Loughborough training is due to start again in preparation for the planned end of season long course open meets. The dates and times are as follows:

- Sunday 1st June 3-4pm
- Sunday 8th June 4-5pm
- Sunday 22nd June 4-5pm

Swimmers must be ready on poolside 15mins before each session and parental help with timing is encouraged. Sessions must be booked in advance by emailing Alison at juniorteam@lpsc.org.uk. There will be a separate fee payable for each session to help cover the costs of pool hire.

There will be a minimum of 16 spaces in each session and possibly a few more. Priority will be given to swimmers entering distance events at either Graham Sykes or Sheffield. Next priority will be those entering long course sprint events. The emphasis will be on aerobic training.

Alison McCallister

This Month.

On the 18th there will be a cake sale at DMU during the age groups. Please donate cakes to raise funds for the club.

Also at some point this month a photography permission slip will be sent out so watch out for this.

Sponsorship

You now have the opportunity to sponsor a race at this up and coming age groups.

If you want your company, family or even child's name to appear as a sponsor for a chosen race please talk to Helen Atton at workforce@lpsc.org.uk

New speed Awards

CONGRATULATIONS

New Platinum wards

Austin Johns IM (*Middle*)

New Gold Awards

Grace Barnacle (*Back*)

Austin Johns (*Breast*)

New Silver Awards

(Free) Harry Preston, Tyla

Malcolm & Daisy Robson-Jones
(*Middle*)

New Bronze Awards

(*Back*) Lewis Newcomb, Kimberley
Hew & Tyla Malcolm

(*Breast*) Daisy Robson-Jones &
Madison Morrell.

(*Fly*) Emily Roth & Ben Cliffe

(*Free*) Michael Desta, Adam
Chamberlain, Charlie Goddard,
Emily Roth & Madison Morrell.

New School Bronze Awards

(*Back*) Natalie Smith, Jenson
Johns, Hayley Cliffe, Emily Steel,
McDonnell & Sohail Mohinudeen,
(*Breast*) Hazel McDonnell, Natalie
Smith & Bailly Carroll.

(*Fly*) Lewis Newcombe & Michael
Desta.

(*Free*) Hayley Cliffe, Sohail
Mohinudeen, Kimberly Hew,
Danyaal Daud & Ethan Stanny-
Perreira.

See Chris Barnett for your badges!

Training Times

Juniors

Monday DMU 7.00 – 8.30

Tuesday DMU 7.00 – 8.00

Wednesday DMU 8.00 – 9.30 (invitation only)

Thursday Evington 7.00–8.00 (8.00-8.30 invitation only)

Friday Evington Development 12 week free trial 7.00 – 7.30

Blue / Bronze / Silver Squads 8.00 – 8.45

Mini-Meet / Gold & Platinum Squads 7.30 - 8.45

Seniors & Masters

Monday Evington Seniors & Masters

8.00 – 9.30

Wednesday DMU Seniors 8.00 – 9.30

Thursday Evington Seniors 8.00 – 9.30

Masters 8.30 – 9.30

Friday Evington Seniors & Masters

8.45 – 9.45

End of Season Open Meets

At LNSC we aim to cater for a range of swimmers from those who swim for fitness to those who wish to compete at county level and beyond.

We have four open meets coming up that LNSC are promoting to our more serious swimmers. Open meets are **licensed events** run by other clubs that swimmers of the appropriate age and standard can enter. Some are sprint meets (50m/100m events), some are distance meets (200m+ events) and many are a combination of the two. They can be either short course (run in a 25m pool) or long course (50m pool). Open meets are designated Levels from L4 to L1. The simplest way of describing the levels is L4 = club competition, L3 = aiming towards counties, L2 = aiming towards regional and L1 = aiming towards nationals.

The meets listed below are all Licensed L3 with varying conditions of entry. The purpose of entering such meets is to gain qualification times and experience ready for entry into the LASA County Championships in 2015. Also some camaraderie and fun! In particular they are aimed at swimmers in the **mini-meet, gold, platinum** and **senior platinum squads**. Swimmers in these squads will receive an email suggesting which events they enter as well as an application form.

Since three of the meets are first come first served, we would like to enter our swimmers as early as possible to avoid disappointment. If you wish your child to take part you will need to return your form to Hayley Johns no later than **Wednesday 21st May – NEXT WEEK**. (This is because Alison & Hayley are away school half term week and the entries need to go in before we go away!)

Check the websites below for information about events and session times before you commit to races.

City of Leicester **Long Course** Sprint Meet at Loughborough University.

Sun 29th June – Afternoon/evening. Closing date – Sunday 15th June

<http://www.swimsquadleicester.co.uk/Open%20Meets.html>

Entry based on fastest times per age category (i.e. slow times may be cut depending on no. of entries)

City of Coventry Graham Sykes **Long Course** Open Meet. (Distance & sprint events).

Saturday 5th July. Morning, early afternoon & late afternoon.

Closing date = 15th June <http://www.coventry-swimming.org.uk/meets>

Entry based on first come first served - no lower limit time restriction (within reason!)

Fosse Park Sprint Open Meet at Braunstone – **Short Course**

Sunday 6th July. Morning & afternoon. Closing date Friday 6th June.

www.bsc-swim.co.uk

Entry based on first come first served – no lower limit time restriction.

City of Sheffield Summer Meet – **Long Course** at Ponds Forge

Saturday 26th / Sunday 27th July. Closing date 28th June 2014.

www.cityofsheffieldswimsquad.co.uk (click on “New July meet” near the bottom of the page)

Entry based on first come first served – no lower limit time restriction.

I’m including this one because LNSC non-national qualified COL squad swimmers will be going. Swimming at Ponds Forge in a 10 lane olympic swimming pool would be an amazing experience for our swimmers. Swimmers can go for 1 or 2 of the days, which may mean an overnight stay in Sheffield at one of the local hotels. I think the meet will be of a similar standard to the Graham Sykes

Alison McCallister

SWIM SHOP

Club Shirts / costumes / jammers / accessories

Contact Sally Mayfield at sallymayfield@hotmail.co.uk