



Swimmer of the month
Lewis Newcombe
For consistent Open
Meet success! Well
Done Lewis!!!

Club Champs 2014

21st September - 2:30pm-5:00pm

27th September - 2:30pm-5:00pm

28th September 2:30pm-5:00pm

1st November - 2:30pm-5:00pm

2nd November 2:30pm-5:00pm

All galas are at DMU.

Entry forms have been released by Email. If you have not received one contact sue at secretary@lnc.org.uk

July 2014

ASA Level 1 Coach Course

Birthdays!

Emily Greaves 3rd
Ronak Lota 11th
Adam Chamberlain 11th
Jessica Gray 14th
Susanna Kenney 14th
Olivia Mills 20th
Freddie Smith 22nd
Maddie Sayers 22nd
Jenson Johns 25th
Kimia Hashimi 27th

**Happy
Birthday!!!**

We are hoping to arrange for the Institute of Swimming to run an ASA Level 1 Swimming Coaching Course later in the year, but to get the course run locally we need to have an idea of the number of people interested. The cost of the course is normally £395 but for volunteers who are able to commit some time to coaching at LNSC sessions there will be some subsidy from the club. The amount of subsidy has not been worked out yet and will depend on getting some external funding.

If we get the required numbers interested, the course will run in late October/November/Early December 2014 and will involve time over one weekend plus three Thursday evenings on the poolside. More detail of the course content and what is involved can be found here: <http://www.theiosonline.com> At this stage, we are looking to find out who would be interested in taking this course, but expressing an interest will not at this stage mean that you are committed to doing the course. If you would like to be considered for this course, please contact Helen Atton (workforce@lnc.org.uk) by Sunday July 27th.

Mablethorpe

Remember to buy tickets ASAP.
Our annual trip is a fun day for all the family. 31st August! £14 per person!

Remember!

This year LNSC will not close for any period during the summer break! Make sure you keep swimming and keep your fitness up for the upcoming season!

Kailan meets the chairman

1. What got you motivated to become a swimmer/involved with LNSC?

I have always enjoyed swimming, I wanted to get better at it and had a good group of friends who kept each other motivated and had fun.

2. When did you first join LNSC?

Originally I joined Leicester Swimming Club in 1995 and apart from a three year university sabbatical, I have been a member ever since, including when Leicester and Neptune merged.

3. How has LNSC changed since you first joined?

Significantly! Even the change in the last six months has been dramatic! The running of LNSC has changed a lot, everything is electronic based rather than paper and things happen a lot quicker. One thing that has not changed is the great spirit of LNSC and the camaraderie between all members.

4. Favourite swimming memory?

Hopefully that is still to come! Up until now it would be would winning a 50m Front Crawl race in Shepshed where my Dad had to move seats he was cheering so loudly!

5. Aspirations?

To break a minute for 100m Front Crawl, remain competitive but most importantly, give LNSC the platform to carry on growing into a bigger and more successful club.

6. What is your favourite stroke?

Breaststroke, although the knees are starting to go! In fact anything but backstroke, that is too difficult.

7. Other hobbies?

When I'm not swimming or running LNSC (!) I try and watch Leicester City when I can, follow Formula 1 and play the drums.

8. How to become a better swimmer?

Train hard, train well and listen to the coaches, they are trying to help you improve and following their instructions is the best way to get better.

CONGRATULATIONS

New Platinum wards

(FREE) Christopher Sneesby Vicky Malone

New Gold Awards

(BACK) Kate McCallister, Vicky Malone,

(FREE) Ben Cliffe,

(IM) Kate McCallister, Uzair Mohinudeen,

(FREE) Grace Barnacle

New Silver Awards

(BACK) Daisy Robson-Jones, Alex Hulson-Brown, Daisy Robson-Jones, Eloise Raine, Harry Preston,

Tyla Malcolm,

(BREAST) Alex Hulson-Brown, Tyla Malcolm,

Eloise Raine, Harry Preston,

(FLY) Ben Cliffe, Tyla Malcolm, Uzair Mohinudeen,

(FREE) Tyla Malcolm, Adam Chamberlain,

Madison Morrell,

(IM) Ben Cliffe, Alex Hulson-Brown, Daisy Robson-Jones, Eloise Raine

New Bronze Awards

(BACK) Lewis Newcombe, Luke Collins, Charlie Goddard,

(BREAST) Lewis Newcombe, Charlie Sneesby, Madison Morrell,

(FLY) Lewis Newcombe, Alex Hulson-Brown, Adam Judd,

(FREE) Lewis Newcombe, Hayley Cliffe, Eloise Raine, Krishna Gosavi, Madison Morrell, Emma York, Ben Cliffe, Gemma McDonnell, Oliver Kang,

Hayley Cliffe, Adam Bell, Kimberley Hew

Ronak Lota, Daanyal Daud, Lydia Palmer, Tom Smith,

(IM) Shayna Prajapati, Charlie Sneesby Sam Harding, Gemma McDonnell, Maddy Sayers

New School Bronze Awards

(BACK) Daanyal Daud, Lydia Palmer, Adam Judd,

(FLY) Oliver Kang, Hayley Cliffe, Keeva Stopforth Luke Collins, Hazel McDonnell, Emily Langton

See Chris 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 technique)

Friday Evington Technique session – Mini-Meet squad 7.00-7.30

Development 12 week free trial 7.30 – 8.00

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

Club Championships & County Qualification

Some of you may have heard that British swimming is looking to make changes following the disappointing medal haul in the Olympic games.

As yet there has been no confirmation of what these changes will mean for our swimmers and we await news that should become available in September. At present we don't know whether there will be any changes in respect to both the qualification ages and times that the swimmers will need to achieve in order to gain entry to the Leicestershire County Championships 2015.

As soon as this information becomes available we will let you know. In the mean time I thought it would be a good time to remind parents of the **importance of entering their swimmers into the correct events in the forthcoming club championships** in order to ensure the best possible chance of qualifying for the County Championships held in 2015. I present below a summary of the state of play so far. It's looking pretty good given that there are still 6 months left in which to qualify.

However there a lot of swimmers with potentially fast enough times that would not qualify simply because they haven't gained the time in a licensed event. The club championships is a great opportunity to gain ranked times.

Recommendations for club championship entries

- Platinum and Senior Platinum Squads** are expected to enter as many events as possible. Swimmers 14 and under by March next year should enter a range of events that will allow qualification for Full BAGCat at the County Championships. (See squad handbook for details)
- Mini-Meet squad** are expected to enter 200m freestyle, 100m IM, most 50s, at least one 100m and preferably at least one 200m other than freestyle. Remember that you are aiming for county times in 2 BAG categories to move to Platinum Squad. (See squad handbook or record card for details).
- Seniors** and **Gold Squad** should enter their best events including a longer distance and an IM.
- Blue squad** members aged 10 & under should enter the improver races. They may also enter other events where they feel confident. Over 10s are not eligible for improver races.
- Bronze Squad** 10 & under may only enter the improver races where they have not achieved their ASA bronze speed award. They are strongly encouraged to enter the 50s and IM and perhaps a 200m event especially if they are looking to move up to the Mini-Meet or Gold Squads. (See record card for movement criteria)
- Silver Squad** and **Senior Future Talent** are encouraged to enter events where they feel confident. They may not enter the improver races. **Masters** are also encouraged to enter their preferred events.

If you are unsure which squad your child belongs to please see the noticeboard at Evington or contact juniorteam@lncsc.org.uk

Event	Number of qualifiers eligible for county champs 2014. Brackets = number who actually competed.	Number of 2015 qualifiers based on 2014 criteria (as of 8 th July 2014)	Number of ranked times within 5% of qualification.	Number of non ranked times that would be fast enough. (In addition to previous column)
TOTAL	183 (145)	164	84	128
Full BAGCat	9 (8)	8	4 swimmers missing only one category	

Diddy League News

On Saturday 28th June our Diddy A and B teams were in action at Braunstone and Enderby respectively.

The A team reached the final at Braunstone for the first time in many years. The evening began with a march on by all of the teams with Neptune lead out by our captains Claire and Hritik holding the club banner proudly.

The racing was indeed of a high standard with points being hard fought for and deservedly earned. The 12 year old individual swimmers performed particularly well in their races gaining PBs in most of them. It was harder for the younger individual swimmers with all of the 25m starts being from the “shallow” end of the pool!

Overall the team finished a creditable 5th against quality opposition. Neptune team as follows:

Age 12	Age 11	Age 10	Age 9
Claire Sun	Kate McCallister	Daisy Robson-Jones	Keeva Stopforth
Chelsea Mckay	Tyla Malcolm	Grace Mayes	Anjali Solanki
Katie Shelton	Madison Morrell	Emily Langton	Emily Steele
Shivani Kumar	Emma York	Eloise Raine	Hazel McDonnell
Hritik Parmessur	Chris Sneesby	Austin Johns	Hayley Cliffe
James Cooper	Ben Cliffe	Harry Preston	Lewis Newcombe
	Alex Hulson-Brown	Krishna Gosavi	Luke Collins
		Euri Euste	Adam Chamberlain
		Kameron Ram	Adam Bell

The B team met early at Enderby for a team photo – looking very smart in their Neptune kit!

The team swam their hearts out finishing 4th on the night despite losing 5 team members on the day of the competition. There were 10 individual pb swims which was fantastic given that some team members swam in numerous races throughout the gala! Special credit goes to Chris Barnett and Bina Bulsara for pulling it all together on the night. The team was as follows:

Age 12	Age 11	Age 10	Age 9
Georgia Langton	Olivia Mills	Shayna Prajapati	Natalie Smith
Katie Radburn	Emily Roth	Mana Hejrati	Katie Kirk
Maddy Sayers			Liliana Singh
William Tomkins	Harry Cusack	Charlie Sneesby	Sohail Mohinudeen
Tom Smith	Vivek Bulsara	Rhys Newcombe	Umer Hashim
	Sam Harding	Charlie Goddard	
	Michael Desta	Charlie Bigley	
	Jai Kumar	Nikhil Chauhan	

I was so proud to be diddy manager this season. We have come such a long way in the past 5 years. The B team at full strength is equal to our A team of 5 seasons ago and more committed. The commitment of the A team this season has been outstanding. I never thought I would reach the stage where I could put the best team out on numerous occasions. For this I have to thank all of the parents who have supported Neptune and their swimmers throughout the season. It is great to have so many of those parents keen to help in any way they can. My job has certainly been made so much easier this season! Once again a big THANK YOU.

Alison McCallister

