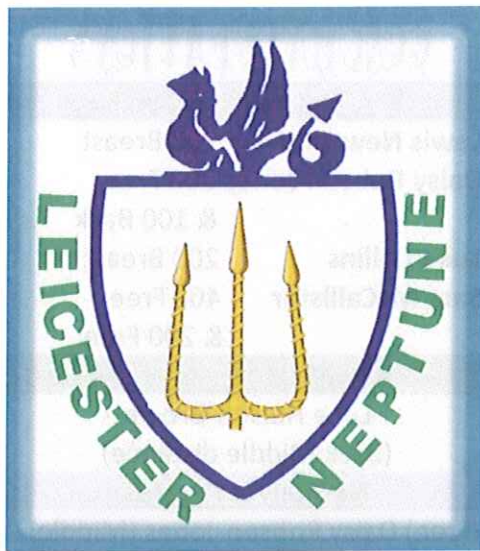




Swimmer of the month

Sam McCallister
Nominated by Helen Atton for recent Open Meet success due to consistent hard work in training

Club Champs 2014

You should have received your Entry forms for the Club Championships which are to be held in September and November.

Closing date for entries is Friday 12th September.

Please refer to the previous Newsletter that targets the different squads to the most appropriate events

August 2014

Midlands Open Water Champs

Birthdays!

Jacob Hall 4th
Anjali Solanki 8th
Hayley Cliffe 10th
Nick Bird 11th
Alex Hulson-Brown 11th
Yuvraj Singh-Dehal 11th
Rhys Newcombe 13th
Oliver Kang 15th
Paul Roberts 17th
Courtney Preston 20th
Shivani Kumar 23rd
Natalie Smith 27th
India Carroll 29th
Joseph Bloomer 31st

Recently 3 LNSC swimmers Sam McCallister, Luke Hulson-Brown and Helen Atton took part in The ASA Midlands Open Water Championships. Sam and Luke in the 1500m and Helen in the 3000m. The swimmers have been preparing at Stanton lakes for the past couple of months Training on Saturdays and/or Wednesdays.

The race was held at Bosworth water and being an ASA competition, ASA rules applied. This meant that the swimmers were allowed only to wear Jammers for male and a legsuit for females. There were about 30 male competitors who started in the water first followed by around 45 girls 5 mins later. The boys did well and held their own against the many national swimmers in the field with Sam finishing 5 minutes behind the race winner and Luke 6.5 minutes behind but both were ahead of the rear of the field by a bigger margin. I'm sure Helen would love to see more people in the club doing open water so please, if you're interested, see her for details on training.

Written by Luke Hulson-Brown

Mablethorpe

Time is running out to buy your tickets for the clubs annual trip to Mablethorpe. This is a great day out for all the family whether they are swimmers or not. Tickets are £14 per person and the bus leaves Evington at 08:00 and leaves Mablethorpe at 18:00. Spaces running out! See Steve or text/call him at 07790 216 999!

Kailan Meets... Alison

1. What is your job at the club?

I coach 4 times a week including both junior and senior swimmers. We work towards team galas and individual competitions including Club & County Championships and Open Meets.

I manage the Diddy Squad which involves selecting swimmers for the team and managing one of the teams on poolside on the night (although my many helpers take much of the workload off me because they are all so wonderful!)

I am also trophy secretary and represent the club on the committee of the Leicestershire ASA.

2. How did you first get involved in the club?

My son Sam had swimming lessons with Chris Barnett and it went from there. He started in development on a Friday and was picked for the team as soon as he was nine. Chris's son Mitchell had come to the end of diddies and Chris was looking for a successor. I became diddy manager when Sam was 10.

3. When did you first join the club?

August 2007

4. What are your favorite hobbies/ do you have any hobbies?

I used to be a competitive figure skater (in my slimmer days) and competed for Nottingham. I only gave up when Kate was born. I have also competed at club level in tennis, golf and karate.

5. What are your hopes for the future of the club?

That the club continues to go on from strength to strength. I would like to build a diddy team strong enough to win the league and for most of them to stay on to compete successfully as seniors. We have come a long way in the past 5 years. I used to have half a dozen swimmers I could really rely on. Now I have more than a team of them.

6. Favorite TV program? / Favorite film??

Judge John Deed (haven't seen him for a while) / Forrest Gump.

7. Fave meal?

Paella

8. Proudest moment at club?

The Diddy A Team reaching the final of the Diddy League this year.

9. Favorite music/song/genre?

REM but appreciate a variety of genre

Thanks Alison!

Next month Kailan meets... The Secretary!

CONGRATULATIONS

New County Qualifying times

Lewis Newcombe 200 Breast
Daisy Robson-Jones 200 Free
& 100 Back
Luke Collins 200 Breast
Sam McCallister 400 Free
& 200 Free

New Platinum wards

Luke Hulson-Brown
(Back Middle distance)

New Silver Awards

(Free) Daisy Robson-Jones (Middle)
Grace Mayes (Middle)
Lewis Newcombe
(Middle & Sprint)
(Back) Lewis Newcombe (Middle)

New Bronze Awards

Luke Collins
(Breast Middle Distance)

See Chris for your badges!

Volunteer of the Month

Returns!

This month it goes to.....

Hayley Johns!!!

You may not know that for a while now Hayley has been the External Gala Coordinator. This means that she coordinates and supports every open meet. Not only that, but she gives up her whole weekends to attend them and help on poolside. Hayley also works on the door every Thursday. On this basis I think it is safe to say that Hayley is a deserving of the title
VOLUNTEER OF THE MONTH!!!!

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