



Swimmer of the month

Adam Bell

For outstanding, noticable improvement in both training and racing!

**June/July
2015**

Diddy League Round Up

Birthdays

June

Thomas Brooks 4th
Mine Avul 5th
Arjun Chowhan 5th
Dylan Izzet 10th
Josephine Howell 12th
Ahmed Patas 14th
Madison Morrell 16th
Euri Eusti 17th
Mana Hejrati 18th
James Cooper 18th
Shailen Hynglajya 18th
Rea Maxwell 19th
Charlie Bigley 22nd
James Wood 26th
Kate McCallister 30th

July

Adam Chamberlain 11th
Ronak Lota 11th
Susannah Kenney 14th
Bhavesh Parmessur 20th
Olivia Mills 20th
Dania Al-Hashimi 21st
Madeleine Sayers 22nd
Jenson Johns 25th
Kimia Hashimi 27th

HAPPY BIRTHDAY!!!

What a fantastic junior league season for so many reasons! I was so proud to be able to field three Neptune teams in all of the rounds – I think this a first for LNSC in our 50+ year history. In total, 84 youngsters competed in at least in at least one of the galas. This is a phenomenal turnout for our club.

I like to win - but I am so very proud of our all-inclusive policy towards diddy representation. This is why I felt it was so important to create the C team this year. Swimmers improve more quickly if they compete, so even though they may not be the fastest YET, the C team swimmers have gained so much from their experience this season. I hope to see each and every one of them enter the Club Championships when the forms become available.



The B team had really tough round 1 and 2 draws. They deserved to finish much higher up the table but were outdone by teams that had much easier rounds. Even so, they proved their worth by easily winning the D final – “Well done B team!” Hopefully we will have to opportunity to enter 2 teams this year into the LASA Young Teams event in December where we will compete against all the other clubs in Leicestershire only in a one-off relay gala.

Finally, What an outstanding achievement from the A Team! We made the final by the skin of our teeth after coming 3rd in round 1. Hours of relay practice obviously paid off on a Thursday & Friday night because they managed a fantastic 2nd place overall. We look forward to competing in Division 1 of the Young Teams in December where the aim has to be to stay up against exceptionally strong opposition. We are ready for the challenge!

Massive “THANK YOU” to all of the parent helpers that made it all possible!

Fixtures

LASA Interclubs (senior A team) Sept 5th - Braunstone

Information for Round 2 of the age group champs will be finalized shortly!

Speed Awards!!!

Sprint Awards (25, 50 & 100m)

Platinum

Victoria Malone IM, Mine Avul, IM, Grace Barnacle IM, Alex Hulson-Brown FC & Bk, Daisy Robson-Jones FC, Alex Hulson-Brown FC

Gold

Emily Roth Bk, Krishna Gosavi Bk, Victoria Malone Br, Harry Preston Fl & IM, Ben Cliffe Fl, Tyla Malcolm IM, Keeva Stopforth FC

Silver

Oliver Kang Fl, Jenson Johns Br, Zion Nesbitt FC, Ronak Lota FC, Shayna Prajapati, FC, Emily Langton Bk, Emily Roth IM, Rhys Newcombe

Bronze

Hoi-Kay Wilson Bk, Mana Hejrati Br, Mateuzs Mosiolek Br, Emma York Fl, Katie Kirk Br, Emily Steele Br, Rhys Newcombe IM & Br, Katie Kirk IM, Keziah Boulter IM, Sohail

School Bronze

Lewis Boyd FC, Prisha Thanawala Br, Tasia Dhanoa Br, Pooja Patel FC, Ben Radburn FC & Bk, Mana Hejrati Fl, Aoife Brotherton Bk

Middle Distance Awards (200 & 400m)

Platinum

Alex Hulson-Brown Bk & FC, Daisy Robson-Jones Br & FC.

Gold

Hayley Cliffe Bk, Daisy Robson-Jones Fl, Georgia Langton Fl, Laura Luthi IM

Silver

Lewis Newcombe Br, Euri Euste Br, Faisy Robson-Jones Fl, Charlie Sneesby Fr, Charlie Goddard Bk, Keeva Stopforth Fr, Rea Maxwell Fr.

Bronze

Bhavesh Parmessur FC, Oliver Kang FC, Katie Kirk FC, Adam Bell FC, Charlie Bigley FC, Mine Avul Fl

See Chris for your badges!

Training Times

Juniors

Monday DMU 5:30 – 7:00 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 10 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 8.00 – 9.30

Wednesday DMU Seniors 8.00 – 9.30

Thursday Evington Seniors 8.00 – 9.30

Friday Evington Seniors 8.45 – 9.45

Coaches Corner

Over June and July a significant number of LNSC swimmers competed in a range of Summer Open Meets at Braunstone, Coventry and Sheffield. An Open Meet is an event where swimmers who meet the entry criteria (usually requiring a certain time) can enter. Although they are not team events we support our fellow competitors, as a team, in the various races that they choose to enter. Most of the meets we enter are local. However, our most recent adventure was a weekend at Sheffield Ponds Forge 50m International 10 lane Pool! 16 LNSC swimmers entered although 5 of these were representing City of Leicester Performance Club. We had a great time as a team back at the hotel and out on the town in the evening too!

Over the summer period many medals have been won, and even more PB times have been smashed.

This is what it is really all about to start with

- swimming against your own personal best time and trying to improve your own performance.

Our new swimming season starts again in September (although training continues throughout the summer). Over 5 sessions between the end of September and the beginning of November we will be holding our Annual LNSC Club Championships.

This is an event I believe that **every swimmer should**

enter. We hold the full range of competitive events from 50m in every stroke right up to 1500m. For any swimmer who is 10 & under and has not gained their bronze speed award, there are the Improver 25m races in each stroke. Please make it your new season resolution to fill in that entry form when it arrives by email!!!

For more guidance about what to enter please refer to the recent email about the various training pathways within LNSC. If you have not received this please contact me on the email below.

Also during the Autumn we will be attending the Penguins Open Meet at Braunstone (3rd /4th October) and the Chesterfield Happy Christmas Meet (28th / 29th November.) **Competitive Pathway** swimmers are **expected** to enter at least one of these. **Club Pathway** Swimmers are also encouraged to do so. If you would like more information contact Alison on Juniorteam@lncs.org.uk

These meets provide additional opportunities other than our own club champs to qualify for the LASA County Championships Jan / Feb 2016. The closing date for counties is likely to be mid-December although we are still waiting for confirmation of that (as well as the qualifying times).

Alison McCallister



LNSC swimmers "On Tour at Ponds Forge"

