



NORTHERNER



the Nottingham Northern Swimming Club Newsletter
(Founded 1908)

Affiliated to ASA East Midlands Region

Issue 119

June 2023

Welcome to the Nottingham Northern Newsletter

Current Committee Members

In March we held our annual AGM and below is our new committee.

President – Clare Soar
Chair – Jodie Robson
Secretary – Diane Williams
Treasurer - Gill Salsbury
Welfare, Health & Safety Officer – Emma Bell
Workforce Coordinator – Fiona Pridmore
Membership Secretary - Will James
Donna Harewood

Thank you to those that attended the meeting. If anyone wants any information on the club including procedures, finance and coaching, please contact one of the members.

We also welcome Meenal Sonavane as our Deputy Welfare Officer, although not a committee member. If you do have any concerns, please contact Meenal or Emma Bell.

Club Captains

New club captains for this year are Grace Smith and Shlock Sahu-Bhansali. Well Done Grace and Shlock!

Welcome to our new Swimmers

We welcome many new members this year but we still have capacity for more. Trials are held on Fridays at 6.45 pm in the North Pool at Harvey Hadden. We cannot take non-swimmers, they need to be able to swim 12 metres in any stroke but there are spaces in all lanes. Email: dianewilliams44@aol.com to book in. Mention us to your friends. Swimming is a skill for life.

Coaching team

Our coaching team goes from strength to strength – we have Himanshu Patel as a Swim England Level 1 Teacher and Will James as a Level 1 Coach. Jane Urquhart has added to her Level 1 Teaching by qualifying as a Level 1 Coach – congratulations to them all. If you are interested in being on our coaching/teaching team, please have word with Donna, Diane or Jodie.

Volunteers Safer Recruitment Process:

Are you interested in helping at the club?
The club is run by volunteers, and we need your help.

All organisations are now required to undergo a slightly different process. Swim England have outlined this process which we are happy to follow. If you are considering helping out with coaching, you will be encouraged to come along to a few sessions on poolside so finding out what's required by shadowing one of our coaches. If you then think that this is for you, we require you to complete a Volunteer Recruitment form providing references, a DBS check is then required and an on-line Safeguarding Course is to be undertaken. A coaching course or teaching course will then be funded by Northern, with a commitment from you to coach at the club. This is a very rewarding volunteer role.

We don't just need coaches if you have skills in IT or marketing or would like to help out at our open meet by running the raffle, helping out on the door or even training to be one of our timekeepers/officials please contact one of the committee for further information on how you can help your club.

Fees

Have you increased your fees? Currently £34 per swimmer, please check your standing order and contact Gill if you have any queries or difficulties. treasurersnsc@gmail.com

A Reminder to Parents and Carers

Gentle reminder that parents are not allowed on poolside except in exceptional circumstances.

Also, a recent session had to end early due to illness and there was no parent/responsible adult there to collect your child.

Please remember as a parent/carer you are responsible for your child while they are at the pool. You are responsible for your child if they have a problem such as with their goggles or become ill during the session. We appreciate that on occasion you may not be able to stay at the pool. If this is the case, you must ask another parent to be responsible for your child and let the child and their coach know who is looking after them.

Please also be reminded if you need to speak with the coaches at any please do not come onto the poolside whilst training is in progress. This is due to the safeguarding of our swimmers. Coaches are more than happy to speak with you before training or once training has ended

NNSC OPEN MEET (swimming competition)

Open Meets are an excellent way to gain confidence and achieve faster licensed swim times.

We have entered a number of Open Meets this year, and our swimmers have achieved lots of medals and pb's (personal best times).

The NNSC Open is next on the calendar (June 25th) followed by the ASA summer gala in July and the Hucknall Open in September.

If you have any questions regarding your swimmer entering an Open Meet please contact Megan meganrs@hotmail.com

Trophies

Please return trophies to us as when we return after the summer break. Remember to return them clean and polished and have them engraved with your swimmers name and year (2022)

Nottingham Northern Kit

NNSC gala hats: £5.00. Compulsory if representing the club at Galas. Available at NNSC desk on a Friday and Sunday.

We will be sending an order for club Polo shirts and Hoodies soon. Please contact Diane with your order.

- NNSC white polo T-shirts with name under emblem on front
 - Adult S, M, L or XL: £17.00
 - Child 7-8, 9-11, 11-13: £12.00
- NNSC royal blue Hoodies with name or initials under emblem on front
 - Adult: £26.00
 - Child: £22.00

Website

www.northernsc.co.uk

Our website is updated regularly with details of galas and events coming up along with pool closures. All the personal bests are updated promptly too. To access these you will need the password, ask a committee member if you need one.

Facebook

Don't forget we are on Facebook; another way to find out about latest news and swim session changes @northernsc

Visit www.facebook.com/nottinghamnorthern

Pool Closures

If any training sessions have to be cancelled due to any unforeseen circumstances, announcements will be issued by email, Twitter and Facebook. Please ensure the club has an up to date email address for you to receive alerts. During bad weather, please check the website as these may be cancelled at the last moment.

Contact Emails

Are you receiving emails from the club? If no one in your family is getting regular emails from us, please check at the front desk that we have your correct email address. We email around important information about the club regularly and offer invites to represent the club at galas. We do not give your email address to anyone else.

Dates for your diary

As Harvey Hadden has great facilities, it is often used for swimming galas at the weekends and the pool is not available to us for our club swimming.

Please put these closure dates in your diary:

Sunday 25th June Nottingham Northern Open Meet – swimmers welcome to Ken Martin Monday 26th June

Sunday 2nd July – no swimming, swimmers welcome on Monday 3rd July

Sunday 16th July _no swimming, swimmers welcome on Monday 17th July

Last swim session before Summer break is Friday 28th July. Look out for other socials, to be held during the year. No dates have been confirmed but if you would like to organise or help at any of these events, let us know.

We celebrate 'Coaches Week' this week so thank you to all our coaches for their commitment: visit [Coaches Week](#) for further information.