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February 2017

The last weekend of January should have been the first weekend of the Northamptonshire County Championships. Unfortunately the boom at Corby Pool broke down the night before and the whole weekend was cancelled. Luckily it was re arranged for the last weekend in February which meant that the Championships ran on three out of the four weekends this month.

The first weekend ran on the 11th and 12th February where we had swimmers competing for the first time alongside our other more established members. On the Saturday we had swimmers in 5 finals who won 3 medals. On Sunday we then had swimmers in 8 finals who collected another 4 medals. This was a great start to the 2017 Championships. The 2nd weekend saw just 2 events the Women's 800m and the Men's 1500m. These are quite tough events and also a good challenge of aerobic fitness. There were not many swimmers, however, NVSC had 4 members taking part (the 3rd highest number of Club entrants) with all swimmers managing a top 7 place.

The final weekend of the County Championships was the rearranged weekend which carried on with the same success as the previous full weekend of competition. On the Saturday there were NVSC swimmers in 7 finals securing another 2 medal places. On Sunday, the final day of competition, was the best day in terms of finals and medals with 13 final swims securing 5 further medals on the day.

Not only did we have a record number of swimmers entering but it was a great all round performance by every swimmer representing NVSC at the County Competition. Personal best times were in abundance. Our positioning in the whole competition was of a higher standard and the club was represented in more finals with the largest medal tally we have ever had. Well done to everyone that took part whether you swam individually or part of the relay teams, you should all be congratulated on a great team effort.

As mentioned in last month's Newsletter. We have a Joint Development Gala on the 18th March 2017 with Corby Swimming Club. The final date for the acceptance of entries is Sunday the 5th March. We are unable to accept any entries after that date as they need to be with Corby SC by the 7th March. Currently there are around 35-40 of our development swimmers that have entered.

For development galas, league galas and County Competitions we have to supply Officials for poolside. Without these officials competitions would not be able to take place. Nearly all these officials started off watching their children train and compete in the swimming pool. They then decide to get a little more involved in the swimming activities by training to be timekeepers, judges, starters and referees. We, as a club, are always looking for more volunteers to be trained to be officials. It enables us as a club to take part in all these competitions. Therefore if you feel that you would like to help in this way, please speak to NVSC reception.

Reminder of Rules for all Spectators and Swimmers - The use of MOBILE PHONES including the taking of photographic images is strictly prohibited in the changing rooms and on the poolside. At some galas, depending on the promoter's and venue conditions, film or digital images may be taken provided the registration book at the entrance has been completed in advance.

The Coaching Team

Carolyn, Jo, Simon, Campbell and Stephen