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March has now seen the NASA Counties completed and we are back into the galas again.

At the beginning of March swimmers competed in the 2nd round of the Leicester Winter League. This carried on in the same way the team had performed in the 1st round. Although against tougher opposition NVSC was dominant throughout securing 28 1st places compared to 32 in round one. One thing that stood out was the closeness of the races sometimes against Braunstone and then against Ilkeston, giving swimmers a real opportunity to compete adding to the spectacle and making the evening very enjoyable. This was a great team effort on behalf of all the swimmers. Final result was **NVSC 255**, Ilkeston 194, Braunstone C 184, Oadby and Wigston 153, Shepshed 120 and Knighton Fields 91. This then left the club top of the League going into the final round.

The Division 2 Final was at Hinckley on the 25th March where the top six teams in the League all competed together. There were only a couple of points separating all clubs so whoever won the gala would inevitably win the trophy. NVSC were firm favourites being top of the League equal on points with Hinckley B. There were four swimmers who were not able to make the final but we had two swimmers returning for this gala. As it was the final it was always going to be a close competition due to the standard of all the competing teams. From the first few races it was soon established the competition would be coming mainly from Hinckley B and Ilkeston. For the final electronic timing was in use and a good job it was. Some of the races were so close there was nothing to separate the swimmers as it was literally hundredths of a second with NVSC edging it into 1st place. There were a couple of DQs at the beginning of the gala but our nearest rivals had a couple at the end enabling NVSC to comfortably win the gala by 18 points. The consistency of attaining a top three place throughout the gala showed in the depth of the team and in the overall result. The final result was **NVSC 207**, Ilkeston 189, Hinckley B 184, Wellingborough 165, Long Eaton 155 and Rushden B 118.

This means that the club has been promoted to the 1st Division in the first year of entering the competition. A great result for the team, the swimmers and the club. The move up to the next division is quite a step up in terms of competition so this will mean that we, as a club, will need to step up to the challenge next year.

On the 18th March we had our 1st joint development gala with Corby SC where we had over 50 swimmers entering who had minimal race experience and some competing for the very 1st time. The feedback we have been given from both parents and swimmers is that everyone enjoyed the evening and looking forward to the next one in June. Linking with Corby gives us the advantage of sharing costs, combining officials, racing against another club and spectators can have the benefit of a comfortable spectator area to watch their children compete. From a coaches view we thought the whole gala worked really well. There was plenty of space on poolside to coordinate the children, the gala ran to time and there were some great swims by all the swimmers involved. We were really pleased how this joint event worked out. Remember the next development gala will be on the 3rd June. As soon as we have the entry forms from Corby they will be sent out. In the meantime if you have any comments or queries on the gala feel free to let us know your thoughts.

Over the Easter Holiday break every session will run as normal apart from Good Friday, Easter Sunday and Easter Monday (14th, 16th and 17th April) where there will be no training on those days.

The Cambridge open meet on the 24th, 25th and 26th March had NVSC swimmers in attendance over the three days. Our swimmers had some great swims over the weekend with Mateo Driscoll securing 100 Fly Gold, Jack Garrod taking 200 Free Gold, 50 Free Gold, 50 Breast Silver, 100 Back Bronze and 200 Breast Bronze. Jake Armstrong 100 Fly Silver and Charlie Anson 200 Breast Silver. The feedback from the weekend, the pool was good, the viewing good, great performances by NVSC swimmers but parking was expensive.

Finally we have sent an e mail out regarding a cake stall that some parents will be organising on the 2nd April from 3pm onwards. Just to reiterate that if you can help by either donating a cake or purchasing something on the stall it will all go to helping with the development of our swimmers keeping our gala entry costs down and providing certificates and medals at these events.

The Coaching Team

Carolyn, Jo, Simon, Campbell and Stephen