



# Newsletter July 2017

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**Swimmers**, we are at the end of another successful 12 months in swimming where everyone has played their part in becoming better swimmers and a byproduct of this is another successful year for NVSC as a club.

It is a long time since December where we returned to the Leicester Autumn League. Just to remind everyone that we finished 11<sup>th</sup> in the League out of 27 teams. This was then followed in January with our first ever venture into the Leicester Winter League. Over the three league rounds to not lose a gala and finish at the top of Division 2 really did give a good start to 2017. Finally the Leicester Diddy League which is for swimmers between the ages of 9 and 12 years. In our first year NVSC finished 9<sup>th</sup>, not only was this surpassed but the swimmers actually made the final eventually finishing in 5<sup>th</sup> place both in the League and in the final. It is going to be hard to replicate all this next season but we have a lot of new swimmers coming through to join the established ones so we hope see continual improvement.

In addition to the Leagues we also take part in one off galas. In these galas it has been very tough for NVSC as the rules do not suit small clubs but it does give swimmers the experience of competition. The ones we competed in were the Sandra Starkey memorial gala, Fastwater Trophy Gala, Honda Dreams relay gala, all organised by Wellingborough and the Sadie Murray and Wilkinson Sword Gala organised by the County. We will be looking to compete in all these again in the 2017-2018 season.

The County competitions both the short course in September and the Long Course in January showed a record numbers of entries from our swimmers. There were increased numbers making finals and a good tally of medals secured at these events.

There has been a number of Open Meets that the club has attended over the past year. This is another area where swimmers can get the experience of competition and also look to secure qualifying times for Regional competition. In the 2017 Regionals we had 4 swimmers qualify to swim. There were 2 NVSC swimmers competing in the age groups held at Corby and another 2 in the youths held at Sheffield. This provided another level of competition for our swimmers to experience.

Over the past few months we have started to establish close links with Corby SC. There have been 2 development galas with a very high attendance from our swimmers. These dual events with Corby enables both clubs to have that increased level of competition. We are also combining with them to enable us to undertake a full club championship programme for the first time this year. The inaugural event was the 50m Championships held at the beginning of July where there were nearly 100 swimmers involved. Both clubs will have separate results with their own medal presentations. The rest of the Championships will be held in September, November and December 2017.

In another development with Corby SC, which we have been trialing this month, a new squad of our performance swimmers commenced joint training sessions on Saturday mornings with Corby Performance swimmers. The coaches will be getting together next month to assess how the sessions went and if there needs to be any tweaks before the full commencement of this joint session in September.

These are exciting times for both Corby and NVSC. Next season we will be continuing with the joint development galas, the Championships are currently in progress, the joint performance squads will commence the combined full training session next season and we are already in discussions about working together in a number of other areas, so watch this space.

If you go to the British Swimming website there are reports of the FINA world championship (currently in the news) and the 2017 British Summer Championships now running in Sheffield where qualification is by invitation only. This is for swimmers that are ranked in the top 24 in each of five age groups and have achieved a time within a qualifying window from March to May this year. This weekend is also the Open Water Nationals held at Rother Valley and next week the final event the ASA Summer nationals which is again by invitation only, but this is for the next 20 ranked swimmers in each of the five age groups finally completing on the 6<sup>th</sup> August.

This links nicely into our summer closure which will commence after the final training session on the 6<sup>th</sup> August and will be a combined session for all squads from 16.00-17.00. The first session back after the break will be on the 3<sup>rd</sup> September 2017 except for our Performance swimmers who will commence their joint session at the normal time 07.30-09.00 at Corby on the 2<sup>nd</sup> September.

**The 2017-2018 Season**

**Please note:** All entries for the NASA short course competition on the 16<sup>th</sup> September 2017 need to be back by the final session of the year on the 6<sup>th</sup> August. There are quite a few swimmers that have qualified for this competition and we would like all swimmers with a qualifying time to enter. Should anyone have any queries please speak to NVSC reception.

**Entry forms** will be going out this week for the NVSC/Corby 100m (ARC) Club Championships to be held on Saturday 30<sup>th</sup> September 2017 at Corby International pool giving the swimmers the opportunity to race and also attain County qualifying times for the Championships in January 2018. The closing date for entries is the 10<sup>th</sup> September so plenty of time to get the forms in. This will be an all round championships (ARC) where swimmers can enter either just one of the events or all four of the events. After each event swimmers will be given points 10=1<sup>st</sup> 9=2<sup>nd</sup> and so on. All the points will be added over the four events to establish an all round champion in each age group for boys and girls. We hope this will be a great event so let's see plenty of entries. Every swimmer in the club can at the very least swim 100m freestyle in training and have the opportunity to do so in a competitive environment.

**Land Training** on Sunday will be changing next season. The coaches would like to target Land Training to be more age / ability specific. The aim is to develop a swimmer's all round ability in and out of the pool.

**A new** addition for next season NVSC will be introducing "Swimmer of the term". This will be broken into three terms with a separate award made to a swimmer for each of the following terms.

- 1) From the commencement of the season through to the Christmas break
- 2) From the New Year through to the Easter break
- 3) From the return after Easter through to the end of the season

This award will be for the swimmer that encompasses the ethics of all the disciplines of swimming which includes such things as training, punctuality, team spirit, progression, skills and all round individual performance.

**A note** for everyone's diary that the NVSC Presentation evening and Christmas disco this year will be held on the 16<sup>th</sup> December 2017. The venue this year will be at the Thrapston Sports and Social club in Chancery Lane. Further details will be out later.

We hope everyone has a good summer break and we will see everyone, well rested, back for the new season in September.

**The Coaching Team**

*Carolyn, Jo, Simon, Campbell and Stephen*