

# N.A.S.C. NEWSLETTER

## Website – take a l@@k

This is now up and running. Visit [www.newtonabbotswimmingclub.co.uk](http://www.newtonabbotswimmingclub.co.uk). Any suggestions for amendments or possible links can be emailed to [terry.a.rogers@bt.com](mailto:terry.a.rogers@bt.com). Please mark your correspondence “NASC website”.

## Swimmers Agreement

Please ensure you have returned your agreement to Coral as a matter of urgency. It is a condition of NASC membership that the Swimmers Agreement and Code of Conduct are signed. Please also note that these conditions do not just apply during training but also at Galas where as a representative of NASC your behaviour can directly affect the success of your team.

## Dates for your Diary

Open Meets:	Tiverton	15 <sup>th</sup> July
	Plymouth	21/22 <sup>nd</sup> July
	Millfield	26/27 <sup>th</sup> October
Team Events:	Gorman Cup	9 <sup>th</sup> June
	Cornwall & West Devon	23 <sup>rd</sup> June (Final Round)
	Devon Developments	30/1 <sup>st</sup> July & 7/8 <sup>th</sup> July
	Scott Ormsby Trophy	11 <sup>th</sup> July
Club Event:	Decoy & Milber Cup	18 <sup>th</sup> & 25 <sup>th</sup> June (25m races for under 10s)

See the notice board for all these events and Jacqui Carne for Open Meet details

## Coaches Corner

I would like to encourage swimmers to attend more morning sessions (Tues & Thur 6.30-7.30 and Sat 6.45-8.15). These are specifically geared to improving stroke technique. Also don't forget Land Training (Tues 5.45-5.45 at Coombeshead school) when we do lots of exercises designed to improve your performance in the water!

Crystal Palace Training Camp dates are 22-25<sup>th</sup> October with an approximate cost of £180. You should by now have returned your entry forms. More details to follow so keep an eye on the website.

I would strongly recommend that swimmers enter either the Plymouth or Tiverton Open Meet but not both given how close they are together.

Finally, a suggested website for you to visit and be inspired

[www.totalswimming.co.uk](http://www.totalswimming.co.uk)

## Swim Shop

Open the first Sunday of every month from 5.00-8.00pm in the leisure centre foyer. Please also visit the website where you can view products available. Squad swimmers must have their own fins, paddles, pullbuoy and kick board. Contact Dave or Karen Bennett to see what's in stock

### Lost Property & T bag T-shirts

Karen Bennett has a number of items left behind after various galas. Would parents please also check their child's club T-shirt to ensure they have the right one as a number were mislaid at the Paignton mini league. In an effort to prevent future losses and keep the kids warm and dry after a race we are now offering T bag T-shirts in club colours with their first name printed on the back. Karen is taking orders. She also has an example so you can check for size and quality.

### CONGRATULATIONS!!!!!!!!!!!!!!

.....to **all** Devon County swimmers. Some fantastic achievements with too many PBs to mention individually – well done! Medal winners were:

<b>Ben Jordan</b>	200 breast 3 <sup>rd</sup> (age 15) 100 breast 50 breast	<b>Abbie Carne</b>	50 back 2 <sup>nd</sup> (age 10)
<b>Richard Glanville</b>	200 fly 3 <sup>rd</sup> (age 15)	<b>George Fice</b>	50 back 3 <sup>rd</sup> (age 10) 50 free 3 <sup>rd</sup>
<b>Becky Cooper</b>	50 back 1 <sup>st</sup> (age 14)	<b>Guy Bennett</b>	50 fly 3 <sup>rd</sup> (age 10)
<b>Sophie Irons</b>	50 breast 1 <sup>st</sup> (age 13)	<b>Tom Normington</b>	50 fly 1 <sup>st</sup> (age 9) 50 back 3 <sup>rd</sup>
<b>Jess Twose</b>	100 back 1 <sup>st</sup> (age 11) 50 back 1 <sup>st</sup> 100 fly 2 <sup>nd</sup> 50 fly 2 <sup>nd</sup> 100 free 3 <sup>rd</sup>		
<b>Tom Whiting</b>	50 breast 3 <sup>rd</sup> (age 11)		

....to our long distance swimmers, Tom Burford, Beth Jones, Elin Morgan and Holly Willing – outstanding performances. Good luck with the South West open water meet in Weymouth in July.

....to everyone who took part in the Williams Shield. Some brilliant performances particularly from our younger and less experienced swimmers, which resulted in a victory for us.

....to every one who took part in the Paignton mini league. Another fantastic win!!

And Finally....

### SUMMER BBQ

Kingsteignton pool 16<sup>th</sup> June, 5.30 – 8.00pm

Tickets now on sale – Only £5 per head

From Karen Bennett

If you don't intend to keep this newsletter please don't bin it, pass it on to someone else. We have only printed a limited no but it is on the website. Thank you.