

N.A.S.C. NEWSLETTER

Club Championships **PRESENTATION EVENING**

Saturday 26th January 2008

Newton Abbot Racecourse

6.30pm

Medals will be presented for the top three places in all events. Who will be top girl and top boy? Who will be the junior and senior champions? Please come along and support your team mates. Entry is free. Food and drink will be available as usual, courtesy of Newton Abbot Racecourse. Once again they have kindly donated the venue free of charge.

Donations for the raffle would be gratefully received by any member of the committee. Good quality items only please which fall into the following categories: Wines and Spirits, Smellies (male or female) and anything associated with chocolate! Profits from the raffle will be put towards the cost of engraving.

RIBBON GALA (25m races)

Saturday 2nd February

5.15 Warm up. 5.30 Start

There are separate 6, 7, 8 and 9 year age groups. **Swimmers are encouraged to enter all 4 strokes. Those with County times or who have competed for the club are not eligible to swim.** If you are unsure please see Trish. Entry forms are available from the NASC website, your swim teacher or from Coral at the desk. Please return by Sunday 27th January to Trish, Coral or Liz Mann.

CODE OF CONDUCT/DISCIPLINARY

Would parents and swimmers please ensure they have read the Code of Conduct and Disciplinary policy on the NASC website. These are a cornerstone on which the success of our club is built and forms an integral part of your membership which you are deemed to have accepted.

Please note that the policy is in force with immediate effect.

TIME TRIALS

(Over 14 year age group only)

Sunday 27th January 2008

50m & 100m events

There is another chance for those of you who wish to be considered for future club events/Speedos. If you have a time which is more than 6 months old please see either Liz Mann or Trish.

All Sunday evening session swimmers should attend for training as usual.

COMMITTEE MEETING

(Wednesday 9th January)

The minutes from the meeting on 20th November were signed as a true and accurate record and have now been posted in the members section of the NASC website. The next meeting will be on the 7th February and anything for consideration should be made available to a committee member

SWIM SHOP

Thank you to Rachael Tozer who has courageously taken on the swim shop. She can be found upstairs outside the balcony area on the first Sunday of every month.

Regrettably there are still some swimmers who fail to attend with the correct kit. Please note, club equipment is for use in the 'learn to swim' only and is no longer available to senior swimmers.

All swimmers must have a kickboard, paddles, fins, pullbouy and snorkel.

WATERPOLO

Congratulations to our teams:

Ladies Devon Knock Out Final – Beat Newquay 3-2

Chris Waller Tournament – U15s finished second to a very strong side from Sutton & Cheam.

And Finally...

Good Luck!!

to everyone competing in the Devon County Swimming Championships. We have a record number of entries again this year. We have no doubt that your hard work will be rewarded and remember....

Sports do not build character. They reveal it.

-Haywood Hale Broun

The man who can drive himself further once the effort gets painful will win.

-Roger Bannister

Alternatively...

I'm so fast that last night I turned the light switch off in my bedroom and I was in bed before the room was dark.

-Muhammad Ali