

N.A.S.C. NEWSLETTER

Annual General Meeting

**Wednesday 14th November
7.30 at
St. Joseph's Church Hall
Queen St.
Newton Abbot**

Once again it is time to elect our committee. Many thanks to the outgoing members, some of whom have done more than their fair share, giving their time and effort over a number of years. It cannot be stressed enough that NASC would not be in the position it is today were it not for their dedication and commitment.

This is **your** opportunity to come along and participate in the running of **your** club. The committee greatly values your opinion since without it, it cannot adequately represent you or implement your wishes. If you have any issues or concerns or you have some good ideas you would like to share please don't hesitate to come forward.

New committee members are always very welcome and should you wish to stand for election, please ensure your name is passed to the club secretary, Lynn Beer at least 7 days before the AGM. You will need to state which position you are standing for and who is proposing and seconding your nomination. The positions available are President, Chair, Secretary, Treasurer, Team Manager, Competition Secretary, Minute Secretary and Water Polo Secretary together with up to 8 general committee members. Please see Coral Waldoock for nomination forms.

Please note that only club swimmers aged 16 upwards, adult swimmers and parents who have themselves joined & paid their annual subscription are eligible to vote at the AGM.

Fancy Dress Halloween Disco

Saturday 27th October
At Newton Abbot Recreational Trust
7.30 till Midnight
Fun and Games with Spooky Prizes!!

Under 12s must be accompanied by an adult. Profits will be used to cover the cost of awards for the width races at the Club Championships.

Swim Shop

If you have ordered anything from Karen recently could you please see her to settle any outstanding bills. Her accounts need to be reconciled before the AGM and it would help enormously if she didn't need to spend time locating her customers!

If you have not yet had your ASA membership cards please collect them from Coral.

Annual Club Gala

(The most important date in your diary!)

Saturday 17th November – 5.30pm warm up

Width races – details to follow

Event 1 - 200m IM

Event 2 - 50m Freestyle

Event 3 - 100m Breaststroke

Event 4 - 200m Backstroke

Event 5 - 100m Butterfly

Sunday 18th November – 6.30 warm up

Event 6 - 200m butterfly

Event 7 - 50m Breaststroke

Event 8 - 100m Backstroke

Event 9 - 200m Freestyle

Event 10 - 100m IM

Sunday 25th November – 6.30pm warm up

Event 11 – 200m Breaststroke

Event 12 – 50m Backstroke

Event 13 – 100m Freestyle

Event 14 – 50m Butterfly

Event 15 – Skins Event

Distance Swims

Monday 19th November – 7.30pm warm up

800m Freestyle. (7.30pm and 8.30pm training session swimmers should attend as normal)

Monday 26th November – 7.30 warm up

400m Freestyle (7.30pm and 8.30pm training session swimmers should attend as normal)

400m IM

Please note the following amendment to the Club Gala entry form.

In accordance with ASA guidelines it is requested that girls under 11 and boys under 12 do not take part in 100m races (other than the 100IM). However, children with birthdays which fall between the club Gala and the Devon Counties making them eligible to swim 100m at the Devon Championships, may enter races on a time trial basis subject to agreement by the Head Coach. There are strictly no entries on the night and swimmers may not withdraw from races entered except in exceptional circumstances and only with permission of the Head Coach.

All events will be mixed boys and girls, seeded on times and heat declared winners. Entry forms are available from Sue Jordan and Jacqui Carne.

Learn to swim

Recently there have been some enquiries regarding progression through the Learn to Swim. The movement from group to group is based on the National Teaching Plan (NTP) but as a competitive swimming club we place more emphasis on the stroke disciplines as opposed to the skills items.

In the learner pool we have three groups (Levels 1, 2 and 3). We try to keep the groups to a maximum of six with two teachers for Level 1 and one teacher for Levels 2 and 3. Progression from the learner pool to the main pool is based on availability of spaces and achieving Level 3 of the NTP with a couple of additional items which we feel are of particular benefit to the pupil at later levels of the NTP and will ensure faster progression in the groups that follow. These two items are 6 metres basic front crawl and backstroke in deep water as per Level 6 of the NTP. I will arrange to put this definition on the notice board.

If you have any queries regarding the Learn to Swim, please do not hesitate to speak to me on poolside or call me on 07940 118514.

Barry Beer (Coach, Learn to Swim)