

N.A.S.C. NEWSLETTER

Competition Entry Forms

There have been a significant number of Official and Open Meets in the past few months and thanks go to Jackie Carne and Sue Jordan for the huge number of hours they spend organising these.

It would help greatly if you could ensure that your entries are completed correctly. Entry forms are routinely being submitted without date of birth, ASA number, and entry times. If you do not have your plastic (credit card style) ASA membership card, please see Coral Waldoock. Every swimmer should also have a blue Swimmers Record book, available from Trish, so they can record their most recent times and monitor their progress. If you do not have a time for a specific event it is for the swimmer to seek guidance from Trish and not expect either Jackie or Sue to take on this responsibility.

Swimmers agreement

Any outstanding entries must be returned to Coral no later than 1st September 2007. You should all be aware that it is a condition of NASC membership that the Swimmers Agreement and Code of Conduct are signed. Failure to do so may result in swimmers not being entitled to participate in club galas and competitions.

An enormous amount of time and energy has gone into producing this official document which is designed to protect the club, the coaching staff and most of all, the swimmers.

Dates for your Diary

Open Meets:	Exeter Sprints	23 rd September
	Millfield	20/21st October (not for Crystal Palace Training Camp swimmers)
Team Events:	Bath Pre Speedo	8 th September
	Imps Gala	22 nd September (under 12s)
	Scott Ormsby Trophy	September – TBC
	Mini League	6 th October
	Speedo League rd 1	13 th October

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

Summer BBQ

A huge thank you to Karen and Dave Bennett and their merry gang of helpers!! Despite the initial downpour and some very threatening black clouds everyone had a brilliant time and the food once again was excellent. They even made a profit of £104.

Well done, we're looking forward to the next social!!!

Save our Planet

We're doing our bit by not printing paper copies of the newsletter. If you wish to receive yours by e-mail please register your details at "Newton Abbot Swimming Club"<naswim@hotmail.co.uk>

Coaches Corner

Most of our swimmers are now attending with the necessary equipment. A new item of equipment to be used in sessions from September is a snorkel which will improve the lung function, balance and stroke technique. This, as with all other kit can be ordered through our own swim shop. It is vital that swimmers attend every session with a drink.

All swimmers must be on poolside 5 minutes before the session starts. This allows time to put on hats and goggles and familiarise yourselves with the session plan. The warm up is a very important part of the session and should be swum in full. It is wholly unprofessional and unfair to other swimmers who have to wait to move on to the next part of the session because others have arrived late. Please also do not cut the sessions short. This behaviour will generally result in the swimmer not being able to swim down thoroughly and possibly miss out on the main focus of the session.

And finally, we have had a phenomenal year with so many outstanding successes and I hope to build on this throughout the following year. This has been achieved through the hard work and efforts firstly of the swimmers and I would like to thank them for this. A huge vote of thanks goes to all of the coaching and teaching staff who have helped the swimmers to achieve so much through this year and all helpers and parents for the support given to the swimmers and coaches.

Have a great summer.

CONGRATULATIONS!!!!!!!!!!!!!!

....to **all** Devon Development swimmers. Some fantastic PBs – well done to everyone!

Tom Normington	100 IM 1 st (age 9) 200 IM 1 st 200 free 1 st 200 fly 1 st 200 back 1 st	Guy Bennett	200 IM 1 st (age 10) 200 fly 1 st 200 free 1 st 200 back 2 nd 100 IM 3 rd
Tom Cosford	200 breast 3 rd (age 9)	Jamie Bishop	200 fly 2 nd (age 10)
Charlotte Wright	100 IM 1 st (age 10) 200 back 1 st 200 breast 2 nd 200 IM 2 nd	Sammy Basham	100 IM 3 rd (age 10)
Nicole Wickens	200 fly 2 nd (age 11) 100 breast 3 rd 200 free 3 rd 200 breast 3 rd	Emma Silk	200 fly 2 nd (age 10)
Abbi Carne	100 back 1 st (age 11) 200 back 2 nd	Lara Cosford	100 free 1 st (age 11) 200 free 2 nd 800 free 2 nd
Lewis Hailstone	200 breast 2 nd (age 12) 200 IM 2 nd	George Fice	200 back 3 rd (age 11)
Sophie Jenkins	100 free 1 st (age 13) 200 free 3 rd 200 IM 3 rd	Ryan Rogers	200 IM 3 rd (age 12)
Sophie Irons	100 breast 3 rd (age 13) 100 IM 3 rd	Ed Glanville	100 fly 2 nd (age 13)
		Sam Fice	200 breast 2 nd (age 13)
		Emma Garrett	200 free 2 nd (age 14) 100 free 2 nd 100 back 2 nd

Overall BAGCAT placings were:

9 years old	Tom Normington	1 st
10 years old	Charlotte Wright	2 nd
	Sammy Basham	5 th
	Emma Silk	6 th
11 years old	Guy Bennett	1 st
	Nicole Wickens	2 nd
	Abbi Carne	3 rd
	George Fice	5 th
12 years old	Ryan Rogers	4 th

Outstanding performances by
Chloe Kemp, Holly Willing and Tom Burford
At the
Open Water Championships at Weymouth beach
The girls finished 8th and 10th respectively for their age group in the 1.5km race.
Tom finished 5th in the 3km race for the 15 -18 age group.

Some fantastic achievements were witnessed by our up and coming swimmers (some as young as 5!!) at the very exciting Decoy and Milber Cup. Age group winners were:

	Girls	Boys
Under 8s	Molly Burford	Oliver Palmer
8 Years	Beverley Cock	Eric Perkin
9 Years	Anya Bishop	Marcus Marino
10Years	Georgia Smee	Jamie Bishop
Overall winners	Brogan Mace	Jamie Bishop

Awards will be made at the club presentation evening in January.

Learn to Swim

Children are taught to swim following the structure of the National Teaching Plan with additional teaching points at each level. Our aim is to teach your child to a high standard with a view to leading them on into swimming competition at a later age. Often extra weeks spent in groups in our Learn to Swim pays dividends later in your child's swimming career.

Representatives from our Learn to Swim will be available at our **Parent's Meeting on 27th September**. However, if you have any queries before this date, please speak to Barry Beer (for learner pool) or leave a note for your child's teacher with Coral Waldock or Fiona Cock.