

# **N.A.S.C. NEWSLETTER**

## **Jo John Stepping Down**

We regret to advise that Jo John will not be able to stay with NASC after the end of the summer term. Her son Adam, has been given the opportunity to train with the GB backstroke coach in Stockport which will mean a move for the whole family to that area.

Whilst we are very sorry to see her go, we wish her and her family every success and look forward to seeing Adam in the 2012 Olympics!

## **Bank Holiday**

Please remember there will be no training (including 'Learn to Swim') on Sunday 25<sup>th</sup> May or Monday 26<sup>th</sup> May.

Normal training resumes on Tuesday 6.30 to 7.30am.

## **Cornwall & West Devon**

Sat 24<sup>th</sup> May, Newton Abbot – 5.00pm (warm up)

Please come and support your team. This is likely to be an exciting meet and very important that we do well if we are to make the final.

We would be grateful for any help with good quality prizes for the raffle which can be handed to any member of the committee.

Thank you!!

## **Level 2 Coaching Course**

We are pleased to advise that the course is proposed for Newton Abbot in November. Anyone interested should see Coral Waldock for further information.

# Devon County Development Galas

Entry forms are available on the NASC website and must be completed and returned to either Jacqui Carne or Sue Jordan by Friday 23rd May. **Late entries will not be accepted.**

This involves a monumental amount of work for the competition committee so it would help greatly if you could ensure the forms are completed correctly. We must have ASA numbers (if you don't have one, please see Coral Waldock) dates of birth, entry times and of course the correct money (cheques payable to NASC).

Once the entry forms have been collated you will be given a receipt which will itemise the events you have been entered for. Please check this is correct. Amendments cannot be made with DCASA after the 30<sup>th</sup> May 2008.

## Coaches Corner

### **Sunday evening sessions**

Despite Jo not being available to coach on Sundays, the session plan has been set by her. It is vital that all squad swimmers continue to attend this very important meterage session which is central to her training regime.

### **Club T shirts**

This is a very busy period with team events and Open meets. Our press officer, Monica Trist, has very kindly agreed to give up her time to take photographs on a Monday evening. In line with Health and Safety it is compulsory that swimmers are wearing club T shirts or Jackets. To assist Monica please ensure that you have your T shirt on poolside. Failure to do so will result in you not being a part of the photograph.

### **Punctuality**

Swimmers must make sure they are ready on poolside five minutes before the start of their training session. Too many swimmers are routinely turning up late, curtailing their training sessions to 50 minutes or less. Furthermore missing the warm up leaves swimmers vulnerable to injury and is disruptive to other swimmers. Continued lateness will result in the swimmer not being allowed to take part in the session. Please also ensure you have the correct kit. The club no longer has a supply of fins and floats suitable for senior swimmers.

### **Lane allocation**

In order to provide the best training possible for our swimmers we are presently undertaking a review of the lane structure. You may find therefore that the day and times of your present sessions have changed. Changes are due to be implemented after half term beginning Monday 2<sup>nd</sup> June. Please check the website and notice board during half term for further information

## Social Events and Fundraisers

**Kayaking – 29<sup>th</sup> June** at Paignton Harbour. Tickets £5 from Jane Booth to include BBQ. Come and out manoeuvre your favourite coach or best friend! All friends and relatives welcome.

**Halloween Disco – 31<sup>st</sup> October** at Buckland Athletic FC. Fancy dress is encouraged so don't say we didn't give you sufficient warning!! More info to follow in due course.

## More Dates for your Diary

Cornwall & West Devon – 24<sup>th</sup> May, Newton Abbot

Gorman Trophy – 7<sup>th</sup> June, Newton Abbot

Scott Ormsby – 11<sup>th</sup> June, Teignmouth Lido

Schools Gala – 20<sup>th</sup> June, Kingsteignton

Cornwall & West Devon – 28<sup>th</sup> June, Venue TBA

Taunton Dean Open Meet – 12/13 July

Annual Gala – 20<sup>th</sup> Sept (Sprints & 100 IM)

16<sup>th</sup>/23<sup>rd</sup> Nov (long distance events)

## Water polo

Looking for some excitement and a great way to keep fit? Why not come along and have a go.

If you're fairly robust and over the age of 9 (male or female) then see either Phil Whiting or Phil Shears for more details.