

# N.A.S.C. NEWSLETTER

## AGM

**Thursday 20<sup>th</sup> November, 2008**

**7.30pm at St. Joseph's Hall,**

**Queen St., Newton Abbot**

We've had a great response from people wanting to become committee members and a full list will be published shortly once the closing date has passed and we've had a chance to collate all the information.

The next stage is for as many of you as possible to attend the AGM to vote for those people you wish to represent you on the committee. This is your chance to come and voice your opinions and ensure that your club is being run in the appropriate manner.

Please remember that to be eligible to vote you must be over sixteen and have paid your annual membership by Sunday 16<sup>th</sup> November.

## Annual Gala

Sat 15<sup>th</sup> November – 5.00pm (warm up)

Sat 22<sup>nd</sup> November – 5.00pm (warm up)

Sun 23<sup>rd</sup> November – 6.00pm (warm up)

This is an extremely important meet for those of you wishing to gain qualifying times for the Devon Championships early next year. When choosing your events please remember that Girls 10/U and Boys 11/U are not eligible to swim 100m races at the Devon Championships and it may be wise to concentrate on those 200m events you wish to qualify for.

**All events are of course open to all ages, so come along and have some fun!**

The long distance swims (400m & 800m events) will take the place of the usual training sessions on Monday 17<sup>th</sup> and 24<sup>th</sup> November from 7.30 – 9.30pm. Entry forms, which have been emailed to all NASC members, must be returned to Sue Jordan or Liz Mann by 7<sup>th</sup> November. If for any reason you haven't received one please contact Sue on [s.jordan4@sky.com](mailto:s.jordan4@sky.com)

Please note that on Sunday 23<sup>rd</sup> **Learn to Swim** classes will run from 5-5.30pm only.

## **Sat/Sun/Mon training sessions**

Due to the volume of swimmers coming through the ranks, the two hour session on Monday evening will no longer be available. Swimmers who were allocated a space for 2 hours must attend the 8.30 – 9.30pm slot.

We planned to run the senior's Sunday session for two hours from 7.30pm but unfortunately the extra half-hour was not entered into the Leisure Centre booking system and they are unable to staff the last half hour. At present it will stay at 1½ hours finishing at 9pm until further notice. Staffing problems also apply to Saturday morning so the session will run from **6.30–8.15am**. Early morning training is an ideal opportunity to increase your training schedule especially at this very important time with the Devon Championships just round the corner. We would encourage all our swimmers to attend as many early morning sessions as possible if they seriously intend to achieve those all important Devon times and move on from there to the South West Region competitions.

## **Learn to Swim**

Whilst we always attempt to keep a certain level of continuity which we recognise as essential for the progression of our children, the Learn to Swim program must also be subject to revision and improvement. We would ask parents therefore to be patient whilst we implement some changes which are part of the Amateur Swimming Association's new National Teaching Plan.

We have recently implemented the new FUNdamentals approach to teaching which has been set as a national standard by the ASA. There will now be a more formalised approach to recording progress with badges and certificates available as each child achieves the required standard before moving on to the next level. For this to happen there will be occasions when your child needs to be out of the water for a period of time during assessment sessions.

As part of the program children will also be introduced to water polo, life saving and synchronised swimming!

Finally we would remind parents that all our teachers are volunteers who give up their time freely for the good of the children. Becoming a qualified swimming teacher involves a huge learning commitment over a number of weeks. Some of their training must of course take place in a practical arena on poolside. NALC is currently running a Level 1 Teacher training course and a Level 2 Coaching course starts next week. For this reason you may see some unfamiliar faces on poolside. We would ask parents to bear with us whilst this process takes place over the next few weeks. All the trainees are CRB checked and under the supervision of an ASA tutor.

## **Christmas Closure**

Our last session before Christmas will be Tue 23rd December and return as normal on Friday 2<sup>nd</sup> January.

# Halloween Disco

Friday 31<sup>st</sup> October, 7.30pm  
Buckland Athletic FC

Tickets £5 in advance from any committee member (selling out fast. Numbers are strictly limited). Suitably tasty morsels will be available (rat's droppings, bat's eyes and goblin snot).

Fancy dress essential for those that feel the need! Time for you wicked witches to cast some nasty spell on your moonstruck monsters or perhaps a very odd fairy or two (that'll be Richard then!!)

## Congratulations...

**East Devon Mini-League** (final round) - 4<sup>th</sup> October at Riverside, Exeter.

Outstanding performance by all our swimmers and especially the younger ones making their debut swim for the club.

**National Swimming League** (round 1) - 11<sup>th</sup> October at Central Park, Plymouth.

Despite a depleted team through injury and illness all our athletes swam out of their skins. There were some very close finishes and some fantastic PBs. NASC managed a very respectable 4<sup>th</sup> place. Fantastic effort by all of you. The next round is at Weston-Super-Mare on 8<sup>th</sup> November.

**Teignbridge Junior Tetrathlon** – 29<sup>th</sup> October at Dawlish leisure centre.

For the second year running, NASC were the top club with several individual places across all age ranges. All athletes were required to swim, run, row and cycle and through sheer grit and determination managed to take home the winning club award of £125.

## Buy.at

Click on the link on the Newton Abbot website for all your Christmas shopping and help us raise money for the club at the same time.

## ASA Young Volunteers

Congratulations to Nicky Kedge, Rachel & Rebecca Cooper, Olivia Whiting, Katie Trist, Holly Willing, Sophie Jenkins, Angharad & Elin Morgan and Amber James who have been accepted on to the young volunteers program.

They will be required to provide 25 hours voluntary service to include a variety of different tasks over a number of aquatic areas. In return they will be offered various development opportunities such as officials courses, team manager training and poolside helpers course. They will be mentored for the next six month culminating in a Young Volunteer Development Day at Easter 2009.

**Well done girls. You're a credit to yourselves and we're proud to have such commitment within our club.**

## Water Polo

County Honours go to:

**U13** – Paris James, Laura-Beth Morrison and Tommy Whiting

**U15** – Laura Shears and Tommy Whiting

**U17** – Jack Beer, Ed Glanville, Tom McLeman and Alex Morrison

**U19** – Richard Glanville and Jon Trist

Jess Shears has recently passed National Trials and is now in the final 36 from which a junior international team will be chosen. Well done Jess and Good Luck. Keep up the good work; we've spotted you training on a Thursday morning!!