

Newsletter

December 2011



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Head Coach

Merry Christmas and a happy New Year to everyone at PNSC.

Well it's been yet another hectic year in the club. The year started off with Coach Richard Pointon leaving us for pastures new in the Far East and so followed a period of hectic reorganization with the coaching staff which they did so magnificently.

With Richard's departure the club's coaching structure had to be reorganized & so Frankie stepped up to Bronze Squad with Lindsay becoming the coach for Silver & I can say now what a great job these two coaches have done since taking over.

In fact I can take this opportunity now to say a big thank you to the rest of the coaching team who are second to none (Lee (Squad 3), Paul (Sqd 2), Georgia (Sqd 1), Lewis (Masters), Tammie (Eastney), Madeleine (St Edmunds), Alison (MBC), Scot (Sqd 1), Jordan (Sqd 1) & Jess (St Edmunds).

Another area on deck we are looking to improve is the amount of volunteer parents helping with the squads & this has already started with Squads 1, 2 and the Academies.

After the first round of competitions it has been great to see the swimmers performing so well. At the time trials we have a great number of swimmers qualifying for the ASA Speed Awards & this continued in the Novice Championships and shows there is some great talent coming through. Don't forget the awards can be ordered from the club office.

Swimmers from mainly Squad 2 had a great meet at Horsham with a 46 County qualifying times so great job swimmers & Coach Paul.

Our first Christmas Cracker Meet, which was also the first meet that Coaches Lee & Frankie ran as Meet Organizers, went superbly with all the visiting coaches providing great positive feedback saying they would be back next year.

From these meets it was great to see swimmers getting in some early National Qualifying Times which show that you can achieve this level of performances despite being in heavy training.

Our Disability athletes have also shown great form with Alex Goodman collecting medals at the SER Winter Championships, Amberley Hoar shooting to the top of the National ranking's for the 100 Breaststroke which also places her 5th in the World ranking's. Lauren Steadman has started her season superbly with Top Medal winner at the British Universities Championships and then Top Female Performer at the DSE National Championships. Again despite being in heavy training Lauren won all the above with new PB's. Well done guys.

After many months of frustrations with the website and not being able to update information when we required we will launch a new website from the 1st January which we hope you find is easier to navigate & the team now also have the ability to update information and details when we require.

MASTERS

When I was an age group swimmer, getting to the sessions was the easy bit. A lift to pool, my bag packed and so on. The swimming was tough but the rest was taken care of. I know from experience that being a Masters swimmer is a completely different ball game! You have to be super organised with your kit, eating and family arrangements. In some respects, the swimming is the easy part as once you're at the pool everything is taken care of. So congratulations to all of you for making it to the sessions all year round, despite all the things that try there hardest to stop you!

I would also like to congratulate all those who were brave enough to compete at



the Club Champs this year. It can be a scary prospect having to race against Paul's elite swimmers, but even scarier, is the prospect of getting beaten by the whipper snappers! The results show we had nothing to be afraid of, winning 5 events overall and several silvers. It was a great advertisement for the squad with many parents and swimmers commenting on the high standard of our Masters swimmers.

Next year, I would really like to see more people make it to the Masters competitions. There are quite a few local meets on the calendar next year, not to mention our own meet in May so make it your new year's resolution! Having a competition to target can really help to boost your motivation and application in the pool. So pick a meet, and go for it!

Merry Christmas and a successful 2012!

Lewis

EASTNEY ACADEMY

I'd like to say that since taking on the Eastney Academy I've been very impressed with both the swimmers and their parent's commitment to the squad and also your attitude to your chosen sport. All swimmers have shown good progress and are keen to learn and please.

This in return has given excellent results shown in the T. Trials and Novice Galas.

We have spent a lot of time and effort working on all the swimming disciplines, techniques, using the clock etc, and now things are finally falling into place!!!! Wow!

We now have to push on and work on building your stamina and distance!!!

I am aiming to make good confident swimmers who can maintain good technique over a given distance!!!!

I'm also looking into doing dive and turn practice on a Saturday at MBC with the MBC Academy on set weeks! TBC.

So... This is what the New Year will be bringing you!! Ha-ha LOL.

Id like to take this opportunity to thank you all for your continued hard work and for making my job an enjoyable and rewarding experience as I really love coaching all you ROTTEN lot! xxx

We welcome all our new swimming buddies into the squad and hope they soon settle and feel part of our swim family. "So pleased you took the plunge"

Also on that note, although I hate to see them go want to Congratulate all those promoted swimmers that have shown ability to progress on to the next level . Squad1. All the very best of luck and keep up the good work... Well done on your promotion!!!

It has been an absolute pleasure to be your coach this year with some promising results well done to all.

Hope you have a fantastic Christmas and look forward to seeing you for some good hard training in the New Year!!!!

Tammie Vincent...xxx



MOUNTBATTEN ACADEMY

Firstly Merry Christmas to all my parents and swimmers.

It has been a good start to the swimming year in the Mountbatten Academy. Strokes and times are improving although there are still lots of room for improvement especially on the Starts and turns.

Monty who is awarded to the child who has been consistently putting in effort etc. during the month has so far been presented to Samantha Virash, Jackson Jones, Millie Morrison, and for December because both girls have been listening and trying so hard Yasmin Fry and Amy Harris.

Congratulations to Millie Morrison, Milly Churcher, Samantha Rimmer, Samantha Virash, Saffron Finch, Wyatt Walsh and Alexandra Bobrivoua for all moving to squad 1, and welcome to Daniel Fowell-Molloy, Kia Vimura-Shepherd, Ava Stirling, Soren Anders, Sonner Fitzgerald, Kia Cheung, Rihanna Pedwell, Willow Walsh, Omar Tait, Cayden and Collette Guyett who have all joined the squad.

Also thank you to my fellow Coach and helper Jake who passed this Level 2 coaches during the summer and welcome to Amy and Heather who have also joined me on pool-side to help out on the lanes, I have more helpers coming on pool-side in January so should be soon able to have a helper on each lane.

I will see all swimmers that can make it on the two Wednesdays over Christmas and look forward to the New Year, keep up the good swimming

Alison



ST EDMUNDS ACADEMY

The St. Edmund's Academy meets on Tuesdays and Wednesdays and now boasts 20 members. With members ranging from 8 – 13 the group has gelled well and have fun in sessions whilst learning and developing new skills.

The Academy has been involved in two time-trials and the Novice Club Championships this term, producing some excellent performances. A number of swimmers have achieved speed awards including Sam Griffiths, Shannon Morgan, Maddy Winter, Alfie Macer and Lewis Walsh.

The group overall has an excellent attendance record and these swimmers have had 100% attendance this term: Lewis Walsh, Sian Reeds, Shannon Morgan, Miro Olan, and Anna Dymott – Great commitment well done!

The Swimmer of the Year for St. Edmund's Academy goes to Shannon Morgan whose attitude, attendance, effort and progress over the past 4 months have been excellent - Well done Shannon.

In the New Year we shall be introducing 'Swimmer of the Month' awards based on attitude, attendance, effort and progress – more detail to follow in the New Year.

Merry Christmas

Madeleine



SQUAD 3

The end of the year is fast approaching and i can't believe how quickly it has gone. Squad 3 are working well and have had more swimmers qualifying for the Hampshire Counties than in previous years. So well done!

New swimmers have made the permanent move to the squad and it is hard to believe they have only been with us a short time as they are fitting in brilliantly!

The aim for the squad in the coming year is to achieve more county times and for some even Regional times. Keep up the hard work Squad 3 and remember the goals and targets set in the last few months, both training and competition.

Hope you all have a great Christmas and a very Happy new Year.

Lee



SQUAD 2

Since taking over Squad 2 I have been really impressed with how the swimmers have responded with some really great swims both at Time Trials & at the Atlantis Meet at Horsham.

Several swimmers have now moved on to Lee & Squad 3 & I now challenge the rest of the squad to follow their example by working hard, focussing on their skills & achieving those County Qualifying Times.

Have a great Festive period everyone

Paul

SQUAD 1

Well done to all the swimmers who have swam in Squad 1 over the past year. You have all worked really well and have improved your technique of your strokes and starts as well as achieving some fantastic times at the time trials. Over the past year we have had a number of swimmers promoted to squad 2 and we have a further five to move in January.

Squad 1 had Scot coaching them for most of the year but unfortunately has had to take a step back due to work commitments. He will be greatly missed although he will be helping out as much as he can.

Congratulations to William Frost who was awarded the swimmer of the month which we started in November due his attitude to training, attendance and improvement through the strokes.

I hope you all have a lovely Christmas

Georgia



BRONZE SQUAD

It's been a really good year so far.... I'm really impressed with you all but it's gone super quick. Overall, you have improved on your technique, attitude and performances so, well done. For next year you need to focus on pushing yourself even more on your skills to help achieve your ultimate goals. Keep working tough and stay smiling

Merry Christmas and a Happy New Year to my amazing swimmers!!

Frankie xxx



SILVER SQUAD

Silver squad is a squad in transition since September, Tom, Aaron and Will S joined the group from Gold and Kyron Hamilton joined in November from Southampton. We said a sad goodbye to Nathan Greenwood in July as the family made the move back to Plymouth. Luke Robbins continues to join the squad during holidays from Millfield. Squad members have competed with distinction during the Open meets and Club Champs, all full squad members have gained Hampshire times (130 at the last count), 8 have Regional qualifying times, both at Age and Youth, plus 4 have Zonal meet times, the target now is to get as many as possible to Regional level and then on to National times.

A big thank you to our Squad rep Eileen King who has done a great job keeping everyone informed during the year as well as being meet manager and organising a family. Finally a Happy Christmas and a very successful New Year to all Club Members from all in Silver Squad

LINDSAY



GOLD SQUAD

I have been really pleased with how the squad has gelled together with several new faces joining us either from other clubs or having come to University to study & train. We have had several good competitions which culminated in the Club Championships where there were some outstanding improvements & we can now look forward to continuing this great start for the rest of the season.

Remember EVERY session is a chance to improve whether it is in fitness or your skill level. Focus on great turns & finishes to EVERY training swim & ALWAYS encourage your teammates to do well.

I don't want 110% - there is no such thing - but never give less than total commitment & focus to the sets & have personal pride in your training. I challenge you to hit times in training or certain skills & YOU the swimmer CAN rise up & hit these targets, you just have to believe you can & the job is already half done, if you think you can't then you won't - it's all about having the right attitude.

So here's to a great Christmas & a fantastic New Year.

And finally a few words from our Chairman Gary who does an extraordinary amount of work behind the scenes to help the club

Newsletter



All swimmers, members, parents of PNSC may I just add a short note, on behalf of the club committee.

Firstly I have to say a very large 'Thank You' to our Office Manager Anne White who is retiring at the end of the year. Anne has been a stalwart of the club for many years now and her commitment, effort and dedication in all office and meet management matters within the club have without doubt benefited us all at some time. Anne will be continuing to administer the membership secretary role, so she will not be totally lost to us! Having said that I can only say an even bigger 'Thank You' than the one above to Anne from all past and present members of PN and no doubt everyone wishes Anne a happy and deserved retirement (although knowing Anne she will no doubt be even busier with her life-guarding and grand parental duties!)

Anne you will be truly missed.

Secondly our thanks to Paul and his coaching team for putting in a tremendous amount of hard work during 2011 in taking both the club swim and the ASA Beacon programmes to a higher standard and we look forward to PN having much swim success in 2012.

Finally, the club sends its sincerest best wishes for xmas and a very happy new year to everyone concerned with the club.

Kind regards

Gary Newton

Club Chairman



chasing the
dream!

PN
PORTSMOUTH
NORTHSEA
SWIMMING
CLUB



take the
plunge!

PN
PORTSMOUTH
NORTHSEA
LEARN TO
SWIM
ACADEMY