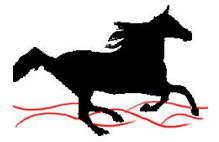


Newmarket & District Swimming Club

Swimming Since 1918

President: Robert Hicks



NEWSLETTER - FEBRUARY 2012

NEW CAPTAINS

Congratulations go to Vicky Root and Eleanor Frost who have been selected as Senior Girls Captain and Junior Girls vice captain respectively. Having been selected by the coaching committee, this is well deserved recognition of their contribution to the club and we wish them well as they take on the additional responsibilities of these new roles.

SWIMMER OF THE MONTH

The Club has introduced this award, which has been kindly sponsored by our vice-Chairman Philip Gilbey at Jackson, Stops & Staff. Each month one swimmer will be selected based on performances, contribution and effort.

The first award was for December, which went to Alyx Hatton for his brilliant performances throughout the month, particularly at our Open Meet and at the Arena League. The January award had been presented to Vicky Root who as well as taking on the mantle of Senior Girls Captain, has been breaking her PB's throughout the month, including the Ipswich Open, Sudbury Open and when representing Saxons in the Winter League.

This prize of a £10 voucher will continue to be awarded over the forthcoming months, so the challenge is there now swimmers. Carry on training hard and performing well and you too could be recognised and rewarded for your efforts.

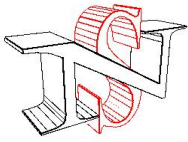
POST CHRISTMAS RESULTS

The results at the start of this year have been excellent from all our swimmers. It has been a busy time with Open Meets at Ipswich, Cambridge, Sudbury and the Winter League at Bury and the performances of our swimmers have been outstanding. Jake and Evan Thomas-Mansfield and Beth Sampher have achieved (and improved on) their first Regional Times. Several swimmers have gained County Times and the number of PB's broken has been astounding.

TRAINING SESSIONS

Please can we remind all parents/guardians and swimmers of their responsibilities during training:

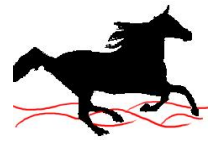
- The club cannot be held responsible for swimmers until they are Poolside (approx. 5 mins before the session starts).
- We have had several complaints regarding the swimmers behaviour in the changing rooms. Please do not drop children off unsupervised too early and please ensure that they behave appropriately whilst in the changing rooms, as this reflects directly on the club.
- Please ensure that swimmers have a full bottle of water at the beginning of each session. Please also make sure that bottles are those with a sports-cap. Screw lids, if they come off, can become a poolside Health and Safety issue.
- If swimmers are injured or unwell they should not train.



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APRIL OPEN MEET

Planning is now in full swing for our Open Meet which will be held on the 21st and 22nd April, we are hoping to make this as successful as last years. Entry details are now on the Club Website, We will soon be asking for volunteers, etc, but in the meantime please can everyone have a think about how they can help. Volunteering on the day, writing to companies asking for sponsorship of races or donating Raffle prizes. Further details will follow soon, but remember, we need everyone's help to make this a success.

EASY FUNDRAISING

Just a reminder to everyone that the club has an easy fundraising account, this works by shopping with a retailer online as usual but if you sign up to:

<http://www.easyfundraising.org.uk/casuses/ndsc>

for free and use the links on the easy fundraising site to take you to the retailer then a percentage of whatever you spend will be donated to the club. This is very easy to do and there is a page dedicated to this under the Fundraising tab on the Club website

SWIMALONG

On Wednesday evening a few representatives from the Club attended the Rotary Club presentation for the Swimalong held on Jan 14th at the pool. Well done to all our swimmers who participated in this and thank you to everyone who made donations. Once we have a final total raised for the Club, we will let you know. In the meantime, the date for next year's swimalong is **Sat 12th January**.

COMMITTEE MEETING Our next meeting is due to be held on Tues 7th Feb. If anyone has any issues or comments they would like raising, please let me know at ndscmembership@gmail.com Any comments received will be dealt with anonymously if requested and all answers will be circulated back to the members via email.

AND FINALLY.....As a Club, we are always on the look out for help and support from members. If any of you out there have a few spare hours a week or have a particular skill or area of expertise that we could utilise, please make yourself known. It is a great way to get involved with the club and meet new people along the way. It doesn't have to involve a regular commitment and as we all know many hands make light work, so please have a think about it, and if you feel you could contribute to the Club in some way, please either get back to me or speak to someone at the pool.

**THANK YOU FOR YOUR CONTINUED SUPPORT OF THE CLUB AND
HAPPY SWIMMING!!**