

Volume 9  
July 2018

[www.nadaswimclub.org.uk](http://www.nadaswimclub.org.uk)



Happy Summer  
Holidays!

Enjoy the  
weather!

# N.S.C. Newsletter

## Dates for you diary

### July

12<sup>th</sup> cake stall from  
5.45pm

**We are pleased to announce that we will be training as normal during the summer holidays. Please support us during this time. Thank you in advance to all the coaches/poolside helpers who will be giving their time during the summer holidays to provide training opportunities for our swimmers.**

### A message from Jeanene

Just to let you all know that from the week commencing the 4<sup>th</sup> June we will be incorporating agility paddles into the swimmer's training sessions.

The use of agility paddles in training have a number of benefits including the development of strength and power of the stroke, they teach swimmers about speed and efficiency, they encourage a better catch and they can make training sessions more interesting.

It is therefore important for swimmers to have agility paddles as part of their swimming kit and these can be purchased from the club at the price of £16.

## Masters Swimming News

The Master's Team are now in training to be part of the Crusader Squad.

If you would like to swim with the masters please speak to Angela.

## Fundraising

Thank you to all the bakers who made cakes, biscuits and flapjack for the cake stall which took place last Thursday. The stall raised over £50.00.



## Kit for Sale

Club Clothing, swimwear, hats are available at most sessions.

Costumes £22.00

Jammers £20.00

New PB/Log Books £6.50

New Handle paddles £16

## Coaches' tips

Please make sure you bring water with you to training – it is important to stay hydrated. And remember **ALWAYS LISTEN TO THE COACH!**

## CLUB NEWS

### **Shropshire Summer Meet**

Newport took a large team to the Shropshire Summer Meet, which took place at Wolverhampton Baths. Lots of PB's were gained, we had swimmers made the skins events and many came away with medals. Well done to all that took part and a big thank you to all volunteers who made it possible for our team to swim this event and to all the parents who spent a hot weekend supporting all the swimmers.

### **Club AGM Sunday**

The club is pleased to say that all of the committee have agreed to stay on in their roles for the next year.

President - Mandy  
Chair – Emma  
Vice Chair & Membership – Louise M  
Secretary – Megan  
Treasurer – Liz  
SmiwMark – Angela

Head Coach - Jeanene  
Coaches – Luke  
- Emma  
- Louise H  
- Megan

## **Licensed times**

Swimmers results from licensed meets can be found at:

[www.swimmingresults.org/individualbest/](http://www.swimmingresults.org/individualbest/)