



Good Luck to all swimmers who are competing in the Shropshire Summer Meet

N.S.C. Newsletter

Dates for you diary

June

10th 7pm AGM British Legion

16th Diddy League Gala
Venue: Cannock Chase.

23rd/24th Shropshire County Summer Gala. Swimmers have been contacted.

28th Cake stall from 5.45pm
Cake donations gratefully received

July

12th Cake stall from 5.45pm
Cake donations gratefully received

Look out for our revised Summer Holiday Training Sessions

A message from Jeanene

Just to let you all know that from the week commencing the 4th 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.

GDPR

The Club have formulated a Data Privacy Policy with assistance from Shropshire ASA, once approved at the upcoming AGM this will then be added to the Club website. If you have any questions or concerns please speak to Emma as Club Chair or Megan as Club Secretary. If you do not wish to receive our monthly newsletter - please reply indicating that you wished to be removed from the email list.

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 for everyone who brought cakes at the latest cake stall, we raised £59.85.



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

New & Used Fins too.

CLUB NEWS

Club AGM Sunday June 10th

Everyone is invited to come along & raise any issue they wish for the committee to discuss. We will be at the British Legion 7pm.

West Midland Regional Champs

Well done to Bima who represented our Club – qualifying for 50&100m Brst & Fly. Bima went on to make the finals for both the Fly events finishing 4th in the 50m & 5th in the 100m. A fantastic achievement which will serve to spur on many of the Clubs younger swimmers hoping to swim at this level in the future

Second Diddy's Gala

Newport's Junior Swimming Team competed at Tamworth where they faced tough competition from much larger clubs. There were some great swims from the team who have progressed admirably since their first gala.

Northgate Spring PB Buster

Newport took a team of 25 swimmers who produced an incredible couple of days swimmers. 60 PB's were smashed & many put down their first licensed times of the season. Well done to Cameron Whiles & James Frost who finished 6th overall in their age categories.