



Nexus Newsletter

January 2011

Important Dates:

19th February 2011
Club Championships
Merthyr Swimming Pool
Closing date: 28/1/11

Llanelli Open Meet
March 12th & 13th 2011
Nexus closing date: 8/2/11

British Gas and Swim Wales
Age Group & Youth
Championships 2011

Qualifying swimmers only
22/4/11 - 25/11/11

WNP Swansea
Nexus closing date: 8/3/11



A big thank you to all children and parents for your understanding and co-operation whilst the sessions were cancelled during December as a result of the snow.

Training has resumed in earnest and we all look forward to the year ahead.



Nexus Christmas Party
Saturday 29th January 2011
@ 7:00 pm
Glynneath Rugby Club
Fancy dress optional
Nexus Swimmers - Free
Adults £3.00
Non-swimming children £1.00

Donations welcome

Any donations for the raffle for the rearranged Christmas party would be most welcome. We are also asking everyone attending the Christmas Party to bring a food donation to the buffet. Please check the noticeboards or ask a member of the Committee for further details.

Important Information:

If you are interested in purchasing a personalised Nexus swimming cap with your name / swimmers name, please advise Gayle or Sharon.

The caps are £7.50 (£5.00 for the cap and £2.50 for the name).



Orders will be taken on a first come, first served basis as we have to order in batches of 25.

Message from Chris Weller

Well, Christmas is now upon us and it is a good time to reflect on the season so far, with an eye on what 2011 holds for Nexus Valleys in general. The club has certainly grown, in membership numbers and its structure. There is a regular stream of new swimmers signing up, from novices from the learn to swim schools and academies, to young triathletes and masters swimmers (Nathan lake has even made a comeback)!! The strength of the junior section is now showing the signs predicted, this was highlighted in the excellent showing at the Sub Regional's at Penlan. Swimmers from the purple squad certainly reaffirmed their ability with a big haul of gold, silver and bronze medals. The Top Link and Amber swimmers recorded a fantastic list of Personal Bests, (PB's) and also performed well in the relays, where Nexus also stood out. It is testament to the club when one swimmer, Lewis Jenkins, actually brought the relays home for the winning team with a fractured wrist (which he found out later)!!



The Masters session is now up and running, Thursday night at Glynneath, 7pm - 8pm. This is open to anyone 16 years or over, of any ability. Coach Kerry has also created links with the Aberdare Water Polo Team, who now regularly train with Nexus on Monday nights. On that note, links continue to grow with the Local Authority learn to Swim programmes, many thanks to the staff at Aberdare and the Vale of Neath leisure Centre, and in particular Aberdare Pool Manager Darryl Ward. The Amber squad training structure has also grown, with regular long course training at the National Pool Swansea and a quality session at Neath pool on Thursdays. The club has an excellent coaching team at all four pools used, under the guidance of Head Coach Kerry Dobbin. Land based training has also developed well under the watchful eye of Coach Colin Evans, who has formatted the sessions, plans and structure very professionally.

On a personal note, as you may have seen on the website, I have now stepped down as Team Manager of the club due to my commitments with Swim Wales. Although it is tough to relinquish my involvement with a club that means so much to me, I am confident that Nexus will

Support the Club

We are currently looking for partners and sponsors to assist with the financial support for the Club. We welcome all types of sponsorship, examples being sponsoring an event or club kit.



If interested, please advise a member of the committee or contact us by email:
nexusvalleys@hotmail.co.uk

go from strength to strength. The new Team Managers have, or will soon attend Team manager training. These are:

- Andy Jenkins
- Gayle Robson
- Sharon Davies
- Lisa Davies

These are top individuals and will certainly be an asset to the development of Nexus, and with Allison Green continuing to control the financial side of things with a pro-active committee the future is certainly bright for Nexus. I will continue to assist Nexus where ever possible and when needed.

Lastly, Happy New Year and see you all soon.

Chris Weller

Head Coach Report

Hi all, first of all a very Happy New Year to all the members of Nexus Valley Swimming Club. Hope you all had a great festive holiday.



In 2010 Nexus Valley had a very good year in the meets that we took part in with lots of medals and PB's being achieved.

So in 2011 we must build on all that success to make 2011 even better. This can only be done by working even harder in the pool to achieve our goal for the forthcoming season. Targeted meets will be put up on the notice board and the website in the near future. My aim for this year is not to over-compete with a maximum of twelve meets throughout the year with the emphasis on going as a team and not as individuals.

Colin Evans will be taking all land training sessions this year so make sure you know what times you are to be at these sessions by checking the website or the notice board. All purple squad members must make every effort to attend these sessions. Junior members must check with either Mike Hughes or Colin.

With all the squads getting bigger I have noticed that pool discipline has become an issue. I would like to make all swimmers aware that I will

Newsletter by E-mail

If you would like to receive the Newsletter and other information regarding the Club via e-mail, please advise a member of the committee or contact us on:
nexusvalleys@hotmail.co.uk
and you will be added to the mailing list.



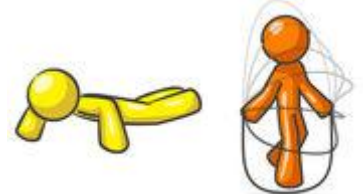
not take any messing about or not listening to what you are doing in the lane. Failure to listen will result in you being asked to leave the session until you are ready to work.

With pool costs getting more expensive for any swimming club, I would be grateful if anybody has any good ideas that we can use to help fund raise for the club or parents that would like to form a fund raising committee to help with the running costs either contact Allison Green or myself no matter how big or small the idea Every Penny Counts.

Kerry Dobbin
Head Coach

Land Training Times

All swimmers in the purple squad are to attend land training on the following days:



Day	Venue	Time
Tuesday	Glynneath - poolside	6:45 - 7:00
Wednesday	Aberdare Inside when wet Outside when fine and dry	6:45 - 7:30
Friday	Glynneath - gym	6:30 - 7:10
Saturday	Aberdare - poolside	10 minutes before / 10 minutes after training for stretching
Sunday	WNP Swansea - poolside	10 minutes before / 10 minutes after training for stretching

Please bring plenty of fluids.

Please note: you are required to be at poolside and ready for the training session at 7:15 on Fridays. If you are not at poolside by 7:15, you will not be permitted to swim.



Colin Evans
Land Training Coach

The Swimmer, The Coach, The Parent by Mike Hughes



You shout! "Do your bag", they say, "it's done".
You go to the pool, where it should be fun.
Now this is where my mind boggles,
He shouts "dad, you've forgotten my goggles".

They are never ready when its time to go,
It's a madcap dash getting out the door.
Into the car and out through the gate,
We race to the pool and quite often we're late.

You give them a row, but they think its funny.
Cos you go to pay, and you've forgotten you're money.

They swim day in and day out,
Without a thought of what it's about.
They stand in the pool, chattering with friends,
When they start swimming all that ends.

When coach is talking and they don't listen,
His face turns red and starts to glisten.
He shouts across the pool in a booming voice,
"You can stay and swim, or get out! It's your choice".

In competitions and galas they try their best,
Swimming lots of events with little rest.
All the hard work that they put in,
Will come to fruition and they'll hopefully win.

2000m or even more,
They'll be very tired going out the door.
You'll get them home and its "food and bed",
They won't listen and words will be said.

They catch a cold or have the flu,
You know there's nothing you can do.
They'll stay at home, "no school, no swimming!"
After a few days "you'll want to kill him".

If your going to school wear a coat and a sweater,
By the end of the day you'll be feeling much better.
Once they're well and back at school,
It all starts again down at the pool.

If you have a son or daughter that swims,
You'll know all about their little whims.
You'll carry on same as its always been,
And "S**ts your thanks", know what I mean!

Mike Hughes
Nexus Valleys Coach

Club Championships

We will be hosting our 2011 Club Championships at Merthyr Tydfil Swimming pool on Saturday 19th February. Warm up is to start at 12 p.m.



The championships are open to all members and all swimmers are encouraged to attend and to enter as many events as possible in their age group. The events are:

Girls 9/under Boys 10/under	50m butterfly / 50 breaststroke / 50 backstroke 100m freestyle / 100m I.M.
Girls 10/11 Boys 11/12	100m butterfly / 100 breaststroke / 100 backstroke 200m freestyle / 200m I.M.
Girls 12/13 Boys 13/14	100m butterfly / 100 breaststroke / 100 backstroke 200m freestyle / 200m I.M.
Girls 14/over Boys 15/over	100m butterfly / 100 breaststroke / 100 backstroke 200m freestyle / 200m I.M.

Entry forms are available for download from the website or available for collection from a member of the committee. Please note the closing date for all entries is Friday 28th January 2011.

We will need lots of help on the day. If you can help, please advise a member of the committee.