



Nexus Newsletter

March 2011

Important Dates:

Llanelli Open Meet
March 12th & 13th 2011

British Gas and Swim Wales
Age Group & Youth
Championships 2011

Qualifying swimmers only

22/4/11 - 25/4/11

WNP Swansea

Nexus closing date: 8/3/11

Swim Swansea Mini Meets

(Amber Squad)

2/4/11

4/6/11

25/6/11

2/7/11

Penlan Leisure Centre

Membership Renewal March 2011

The annual membership renewal paperwork is to be completed by all members. We hope that you will wish to join again; however, it would be appreciated if those who are not planning to join again would let a member of the committee know. The annual membership fee remains at £50.00 per swimmer.



The Registration Form and your £50.00 fee must be submitted to Gayle Robson before Friday 18th March 2011. Failure to pay membership by this date will result in swimmers being refused entry to sessions.

Head Coach Report

Well it's March already and since our last newsletter lots of events have taken place. First of all we held our Christmas Party and presentation night at Glynneath Rugby Club. Everyone had a great time.



Congratulations to the following:

Senior Club Captains 2011	
Girls Captain - Jessica Evans	Boys Captain - Fabio Simons
Junior Club Captains 2011	
Girls Captain - Sophie Evans	Boys Captain - Adam Fowler

Congratulations to:

Best Swimmers in Age Group	
Boys	Girls
Brogan Jones	Olivia James
Adam Fowler	Sophie Evans
Shaun Dobbin	Gabi Cable
Fabio Simons	Jessica Evans

Most Improved in Age Group	
Boys	Girls
Alex Fowler	Grace Owens
Luca Stevenson	Eleri Davies
Daniel Williams	Olivia Robson
Joseff Brown	Whitney Harris
Thomas Owen	Sam Price
Jonathan Jones	Ffion-Haf Harrett

In February, Nexus Valleys held its first ever Club Championships at Merthyr Tydfil Swimming pool - deep in the heart of Jonny Jones country.

This turned out to be a great afternoon with lots of swimmers taking part, many of them for the first time in competition. There were many PB's throughout the day. Well done to all the swimmers who took part.

Also a big thank you to all the volunteers who helped run the event as poolside officials. Also a big thank you to Gayle Robson and Sharon Davies for the many hours of work behind the scenes to make it a great success.

For future reference this event will now be run on an annual basis; dates to be arranged subject to the swimming calendar.

Big congratulations to Sophie Evans who at the start of the year achieved a National Qualifying time in the 400m frontcrawl and also Regional Times in the 400m and 200m frontcrawl; so well done Sophie - keep up the good work.

At the end of February, Nexus Valleys had five swimmers take part in Skills Camp at Carmarthen Pool. They were Jordan Hughes, Gabriella Cable, Ffion Davies, Olivia Robson and Sophie Evans. Great to see so many swimmers from one club selected.

National Pool

The cost of running the lanes the club uses on a Sunday afternoon has become an issue. Over the last few months this has been closely monitored by myself and Allison Green to see if we could run the three lanes that we have. Unfortunately we have not got enough swimmers

attending this session to maintain all these lanes on a permanent basis without a big cost to the club - as the saying goes “use it or lose it”. A decision has been made to drop the 2 - 3 session; this will now be linked into the 3 - 5 slot. Check out the website or speak to Mike Hughes or myself to see where you are to swim.

I would like to remind swimmers that the Purple Squad is a competitive squad and that swimmers will be expected to swim in events throughout the year - these are not keep fit sessions. We have younger swimmers presently linking with sessions with a view to becoming full time in the Purple Squad so pool space has and will be given to these individuals first before keep fit. Monday and Saturday sessions in Aberdare cater for all abilities including keep fit.

In February the club held a Swimathon night in Aberdare. If you did take part in the session could you please collect your sponsor money as soon as possible and give it to any committee member at the door. I would like to take this opportunity to say a big thank you to all who helped to raise money for the club.

Kerry Dobbin
Head Coach

Annual Presentation Evening

The club held its annual presentation evening at Glynneath Rugby Club in January. Thank you to all the parents, friends and family who came to support and recognize the swimmers' achievements. Awards were made to the Best Swimmers in Age Group and Most Improved in Age Group. Congratulations to all award winners.



Congratulations to the new Senior and Junior Club Captains. Remember the Captains' role is to:

- Help make decisions
- Help other swimmers to improve
- Get involved in everything
- Help out at training sessions
- Support club members competing at events
- Be a good team member and very encouraging to all the members
- Have a good sense of humour but to be sensible too

A huge thanks to Allison Green for organizing this event and to Jason Evans for coordinating all the trophies.

Club Championships

A very successful Club Championships were held last month. Well done to all the swimmers for some great swims - 125 pb's!!!

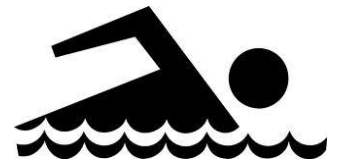


Thank you to all who helped in any way to make our Club Championships successful. A big thanks to the:

- Coaches
- Parents
- Volunteers (seen and unseen)
- Officials
- Staff at Merthyr Pool
- And, of course, the swimmers!

Sponsored Swim

A big thank you to all the swimmers who participated in the Sponsored Swim in February. It was great to see so many swimmers taking part. It was a great success and we have raised over £575.00 for the club. There have been some very generous donations from many of the swimmers and their families and friends, so well done to everyone. A special thank you to Ethan Hancock for the most sponsorship money collected - Ethan raised a total of £150.00.



The money raised will enable the club to continue to offer affordable quality swimming coaching for competition and fitness, to all ages and abilities for people in the local communities.

We are still collecting monies so could you please pass the money to a member of the committee as soon as possible. We will hopefully let you know how much we have raised in the next newsletter.

Water Polo

Congratulations to Alisha Davies on representing the Welsh Region at Water Polo in Walsall recently. Alisha also holds captaincy which is testament to her leadership qualities. This also shows during training sessions at Aberdare on Monday's.



Easter Closing

There will be no sessions on Good Friday, Easter Sunday, Easter Monday, Friday 29th April 2011 (Royal Wedding) and Monday 2nd May (May Day). There will be normal training on Saturday. The Club would like to wish you all a Happy Easter.



Weekly Monitoring Form

The weekly monitoring form is now available to download from our website www.tnpsc.co.uk in the new section titled "Useful Documents". All purple squad swimmers are to complete the form daily to record details of their training sessions and wellbeing. The completed form is to be given to the Head Coach before swimming commences on Tuesday evening.

