



Nexus Newsletter

November 2010

Important Dates:

Winter Nationals

19th-21st Nov

WNPS

West Wales Sub-Regional's

5th & 6th Dec

Penlan Leisure Centre

New Year Dragon Meet

7th-9th January 2011

WNPS

WELCOME

Thank you all for your feedback and success of our first newsletter. Remember, this newsletter is for use by all members of the club, so please submit anything you think might be of interest to others in the Club. The more you contribute, the better the newsletter will be.



Nexus Christmas Party

Saturday 18th December 2010 @ 7:30 pm

Glynneath Rugby Club

Fancy dress optional

Nexus Swimmers - Free / Adults £3.00 /
Non-swimming children £1.00

Team Manager Report

Firstly, congratulations to the Gala Squad that gained victory at Swansea Valley, and to Kerry on his first team victory in the Nexus Blue! This was a great squad effort and proof of the further development of the Squads.



Behind the scenes we are working on finalizing the set up for each squad. As a brief guide it will be something like:

Sky	Novice
Amber	Potential 1 & 2
Purple	Junior link and top squad

This will be submitted to the committee soon, and hopefully take operational shape during November. This will also identify allocated sessions for swimmers and the necessary commitment by all.

We are helping forge links with the Aberdare swim school, and will joint the pool staff in creating a novice link to our club. This is another step in the already excellent relationship between both organizations.

Chris Weller
Team Manager

Head Coach Report

Hi All,

Well it has been a very busy start to the Swimming Calendar for Nexus Valley. First of all I would like to congratulate all of the swimmers who took part in the David Thomas Memorial Shield that was held at Swansea Valley on the 26TH September. After a very close Gala, Nexus Valley came out on top by a very close margin of 2 points. I have to say the parents were very supportive which made for a great atmosphere and club spirit.



In October Nexus Valley swimmers took part in the Llanelli Open Meet which is a very popular event for the start of the season. Once again swimmers from Nexus Valley gave a good account of themselves in the pool with medals being gained throughout all of the age groups on what was a very long day for all the swimmers.

Congratulations have to be said to Jessica Evans who for the second time in a row has taken the best girl award at the meet for most points gained throughout the event. Once again, well done to all who swam.

On the same weekend six Nexus Valley Swimmers travelled up to Sheffield to take part in the Robin Hood Open Meet. This was the first time the club has travelled so far to compete, this gave our swimmers an opportunity to see what was going on in other parts of the country, with that said Nexus Valley swimmers gave a great account of themselves, with honours being gained by Sophie Evans in her age group. Congratulations to Gabi Cable, Ffion Davies, Emilia Stevenson, Lewis Jenkins and Shaun Dobbin who also took part in this competition. Hopefully we will be able to as a team travel to other meets in the future.

Also in October we had Squad members selected for various Swimming Camps. Congratulations to:

- Olivia Robson, Gabi Cable, Ffion Davies, Sophie Evans and Jordan Hughes for being selected for the Skills Development Programme.
- Also, Jordan Hughes for being selected for the Welsh team to represent Wales at the British Regional Champs at Ponds Forge in Sheffield.
- Iestyn Harrett who has been selected for the British Olympic talent Squad in the triathlon discipline; also not to be outdone by her brother congratulations to Ffion Harrett who represented Wales in the British Regional Champs in the triathlon discipline.

When you look at what is going on within the club it only goes to show that with hard work and self belief you can be successful.

Kerry Dobbin
Head Coach

We are the Champions!

Thanks to all the swimmers who participated in the Swansea Valley 'David Thomas Trophy' Junior Gala held at Pontardawe Swimming Pool at the end of September. Your efforts put us in a great position to become the winners.

We took quite a large squad and tried to give everyone at least one swim but also had to put our best out to win. Some swimmers sacrificed swims for the good of the team and that is what team spirit is all about.



It was great to see so many swimmers staying to the end, showing team spirit and cheering the team on till the final race.

Dealing with Issues

The Committee would like to take the time to discuss how to deal with issues involving swimmers, coaches and parents within the club. The following are procedures set to ensure safe and prompt responses to your concerns and complaints.

Swimming matters - all swim related matters should first be dealt with through the appropriate coach. If you are not satisfied with that outcome or feel that the issue needs further attention, then contact the Club Secretary personally or via letter. Your concern will be noted and dealt with as soon as possible.

Swimmer welfare matters - these should first be dealt with by the Child Welfare Officer.

Non-swimming matters - these should first be dealt with by letter to the Club Secretary.

Your concern will be noted and dealt with as soon as possible. Please bear in mind that the committee are a group of volunteers, offering their time, free of charge, as a service to the club. We are not legal experts and we primarily deal with swimming issues. We always try to look at all issues in a positive unbiased way.

Remember, our reason for being here is watching the kids swim. The better we deal with these issues will allow all to continue to do this in a friendly environment and atmosphere.

Entry Forms for Competitions



- Pay attention to the Nexus closing date as no form will be accepted after this date
- Fill in all relevant information including the WASA number
- All entries must be on the proper entry form (if provided) as some meets request entry forms as well as electronic entry
- If the time entered is a long course time, please put LC next to it otherwise it will be entered as a short course time
- If the meet has qualifying times NT may not be accepted so ask a coach to time you for the event you wish to enter in
- NO PAYMENT - NO ENTRY. Cheques to be made payable to NVSC
- Please check the club website (www.tnpsc.co.uk) for forthcoming competitions as we will no longer be printing out entry sheets. Please provide your emails details if you wish to receive the packs and information electronically. If you cannot get access to a computer or printer, please let us know.

Message from Mike Hughes



Hi! As most of you already know me, I would like to take this opportunity to say a big THANK YOU. As some of you know, myself and my son Jordan started swimming with Nexus Valleys almost 6 years ago, during which time I attended Level 1 Coaching under the guidance of Chris Weller who at the time was Head Club Coach until Kerry Dobbin took over last August.

Coming back to the Club after nearly 9 months and being welcomed the way we have been is absolutely fantastic. During our time away I have attended Level 2 Coaching, which my family and I are so excited about. I look forward to working alongside all the Coaches and with the Head Coach Kerry Dobbin again and hope I can bring a few ideas of my own to the club. I look forward to working with Amber and Sky squads (all of who have the potential of being the best).

My own son has settled very quickly which is great and makes my life a little easier, to concentrate on the work ahead. I am thrilled to be part of the development process and any new challenges the future may hold for Nexus Valleys.

Again Jordan and myself thank you very much and look forward to seeing everyone at training sessions.

Mike Hughes
Nexus Valleys Coach

Donations welcome

We have a Christmas raffle coming up soon so any donations would be most welcome. We are also asking everyone attending the Christmas Party to bring a food donation to the buffet. Please check the website and noticeboards for further details.



Holiday Training

Please keep your eye on the website and noticeboards for details of any cancellations to training times over the Christmas period.