



# Nexus Newsletter

September 2010

## Important Dates:

Llanelli Open Meet  
Saturday 2nd October  
Llanelli Leisure Centre  
Nexus closing date:  
3rd September

Llandarcy Junior  
Development Meet  
Sunday 17th October  
Neath Leisure Centre  
Nexus closing date:  
31st August

Winter Nationals  
19th-21st Nov  
WNPS  
Nexus closing date:  
28th September

West Wales Sub-regionals  
5th & 6th Dec  
Penlan Leisure Centre (tbc)

New Year Dragon Meet  
7th-9th January 2011  
WNPS

## WELCOME

### Welcome to the first newsletter of Nexus Valley Swimming Club

As this newsletter will be copied onto the website ([www.tnpsc.co.uk](http://www.tnpsc.co.uk)) we will try not to duplicate information that is already there, if you require more information, further details are available on the website or by asking a committee member. This is your newsletter about your club, so if you have anything you'd like to see in print or any articles regarding the club, its swimmers or coaches, please let us know.

### Team Manager Report

Firstly well done to Sharon Davies (great name), on getting this newsletter under way. I'm sure it will prove to be very informative and successful.



As we start a new swim season, it was great to see the Purple Squad excel yet again, with some great performances under head coach Kerry Dobbin. Under his guidance, the squad has taken part in a very robust training regime. I am sure this squad will again reach new heights and realize their goals again over the next few months. There were a lot of stand out achievements, but I have to mention Sophie Evans on becoming our first athlete to qualify and swim at the Nationals in Sheffield.

The combination of Amber and Sky squads continues to grow, and is still under review and will undergo some re-modeling as they progress. This will be as a result of defining each coach's role within the club and creating a clear pathway for our swimmers. On that note, well done to the following on their achievements:

Sue Bramley	Level One
Graham Hall	Level One
Ian Robson	Level One
Mike Hughes	Level Two

It is also great to see the committee so pro-active. I also worry when I walk into a session what I've forgotten to do, because I know in particular Alison Green, Gayle Robson and Sharon Davies won't forget; all are doing a great job.

Finally to all swimmers in the junior section:

Training has started, so let's ensure that we make every session allocated. It is really important that you become proficient swimmers in all strokes and comfortable at Individual Medley's (that's my favourite race).

Chris Weller  
Team Manager

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## Head Coach Report

Hi all, welcome to my first coaches report for 2010.

Well what a year it has been for the swimmers of Nexus Valley. Throughout the year Nexus Valley swimmers have constantly been either finalist swimmers or have gained medals in all level meets that we have taken part in.



This has to be put down to all the hard work and dedication of swimmers, coaching staff, parents and all the committee members that have worked so hard to make Nexus Valley what it is today. Well done to everybody.

For the forthcoming season we as a club have to build on the previous year; this will be hard to do with many swimmers swimming out of age. So with this in mind it is very important to keep a positive mental attitude when the swimming gets FAST in competition and at the training pool.

Kerry Dobbin  
Head Coach

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## Swimming Tips - Stretching



Stretching is an important part of becoming a better swimmer. Please arrive 20 minutes before the start time of each session to stretch with Colin Evans (senior squad only).

Why should you stretch?

- It may play a role in injury prevention or minimization
- It may help you recover from injury
- It may increase your range of motion

But, perhaps, the most important reason why you should stretch is that it increases your flexibility. Being flexible allows you to get into the right positions for efficient technique with little or no effort.

Just a reminder that the summer training programme has now finished, and normal training resumes in September.

	Venue	Time
<b>Monday</b>	Aberdare	6.00pm - 7.00pm - Junior Squad 6.00pm - 7.00pm - Senior Squad
<b>Tuesday</b>	Glynneath	6.00pm - 7.00pm - Junior Squad 7.00pm - 9.00om - Senior Squad
<b>Wednesday</b>	Aberdare	7.30pm- 9.00pm - Junior Squad 7.30pm- 9.30pm - Junior Squad
<b>Thursday</b>	Neath	6.00pm - 8.10pm - Senior Squad
<b>Friday</b>	Glynneath	6.00pm - 7.00pm - Junior Squad 7.00pm - 9.00om - Senior Squad
<b>Saturday</b>	Aberdare	8.00am- 9.30am - Junior Squad 7.30am - 9.30am - Senior Squad
<b>Sunday</b>	National Pool Swansea	3.00pm - 5.00pm - Senior Squad

## Fundraising Ideas

Any ideas for fundraising for the club would be gratefully received - let us know your thoughts. The club never says no to any help. If you have any ideas or can help in any way please let a member of the committee know or email: [nexusvalleys@hotmail.co.uk](mailto:nexusvalleys@hotmail.co.uk)

