



Congratulations to Jan!

Congratulations to Jan Smith who has worked as a volunteer, gala referee and coach at first Newburn and now NST for more years than it's polite to mention. Jan was honoured for her dedication to swimming at the beginning of December when she was awarded an Unsung Hero of Sport Award. She's easy to spot in the photo below as she was the only woman honoured on the night. Thank you Jan for all your help and support – a well-deserved award.



The squads have been performing well. Here's [Ryan's Report](#):

Arena League A great result with the Club finishing third in the North East premier Division Final. Up from CONASC's fourth place last year, despite some illness in the squads

NER Short Course. A superb result from all swimmers winning a total of 46 medals including 16 Gold, 12 Silver and 18 Bronze. Gold medal winners were: Lauren Hodgson, William Smith, Georgia Darwent, Jane Brown, Emily Large, Kieron Mutch and Annalea Davison.

Derwentside Xmas Cracker. Some impressive performances and a high proportion of PBs were recorded.

British Championships Qualifiers. The club now has six swimmers qualified in 21 events for this meet. This is a massive progression from the start of the season where we had 2 swimmers qualify in 3 events. Swimmers who have qualified are: EMILY LARGE (100m & 200m Butterfly, 50m, 100m, 200m and 400m Freestyle, 200m and 400m IM), ANNALEA DAVISON (50m, 100m, 200m, 400m and 800m Freestyle, 100m and 200m Breaststroke), GEORGIA DARWENT (400m and 800m Freestyle), WILLIAM SMITH (100m and 200m Butterfly), JOE BURRIN (200m Breaststroke), and LAUREN HODGSON (200m Butterfly). The meet takes place at the London Aquatic Centre in April and is also the trials for the European Youth Olympics, European games and the World Championships.

Programmes and team selections. WILLIAM SMITH has been selected to attend the ASA England Talent Butterfly Training Camp in Millfield. Will was one of only three swimmers in the county to be selected for this level. ANNALEA DAVISON and EMILY LARGE attended the ASA England Talent Education Day in Loughborough.

Squad Training Updates. The building works and the Christmas closures caused a lot of disruption over a 5 to 6 week period. However we should now have a better facility and suitable starting blocks. We have got the wires for new anti-wave lane ropes and with the help of some committee members, some are already done. Anyone wanting something to do whilst sat on pool side please ask a committee member and we will get you stringing the ropes before you can say “what fun!” A big thank you to Kevin Waugh whose vans helped transport all the kit up from City Pool to make this possible and to Julie Row, Anna Hardingham and Alison Nitsch who took on the arduous task of re-wiring the ropes.



Things I am currently working on. SQUAD CRITERIA. This will include Entry, Commitment and Exit Criteria for each squad. This is in the final stages and will be released soon. PARENT/SWIMMER EDUCATION PROGRAM. This has begun for A Squad swimmers who are now accessing one education session per week.

Your Club Needs You!

[SPONSORSHIP!](#)

NST are pleased to announce their first official sponsor. SANDERSON YOUNG PRIVATE FINANCE will sponsor NST for 2015 and we hope that this is the first of many sponsors. Sponsorship is vital to ensure we have financial backing and the help to meet our objectives, whilst helping to keep fees as low as they possibly can. We are also looking for sponsors for the Junior League Team and the Arena League Team. If any parents or members know of any businesses that may be interested in supporting our club (at any level) then please contact Duncan Dollimore on chair.person@newcastleswimteam.co.uk

Please note that this does not involve a huge amount of money as all suggestions will be gratefully considered.

Paul Hardingham, Director of Sanderson Young Private Finance said “I am proud to be the inaugural sponsor of Newcastle Swim Team for 2015 and delighted to support the club towards achieving its goals. We offer independent mortgage/re-mortgage and insurance advice to all and

as we are a totally separate company to Sanderson Young Estate Agents so are not tied to people just buying a house. Our service is end to end, with initial advice and recommendations supported throughout by experienced staff until successful completion.”

You will now see Paul’s logo and contact details on our emails and on the website.

Dates for your diary

Sunday 8th March - Junior League round at Outer West. This is the first time that we will have run one here so lots of volunteers needed please.

Sunday 29th March – Dolphin Gala at Outer West. We are restarting the Dolphin galas previously run by Newcastle City Council. These give the youngest swimmers across the city a taste of competitive swimming. It is open to all the Dolphin Squads and Swim NE as well as our own E1 and E2 squads. We will be looking for help on the day and especially if you are a parent of a child in E1 or E2 then please help in whatever way you can. Please let Julie, our Meet manager know. You can email her on meetmanager@newcastleswimteam.co.uk

A Sunday at the start of December. After the success of this year’s Christmas party, we have already booked the same venue. But not the same DJ!

September. There is to be a presentation night, again at the Rugby Club. Further details to follow, but we do have a lot of trophies to award!

Club news

Our recent gala at Stanley was a great success and added a significant amount into club funds. A big thank you to everyone who helped make our gala such a great success. The large number of parent helpers helped the weekend run very smoothly. We did have a shortage of timekeepers on the Sunday. Three lovely talented ladies (yep I’m one of them!) have this week attended the Judges level 1 course, but we would like to have more timekeepers so that the load is spread. It’s fun, they feed you, and you get the best view. Please email Julie at meetmanager@newcastleswimteam.co.uk if you would like to know more about this. 🏊



MASTERS SUCCESS. The mixed 160 years 800 metre freestyle relay achieved Gold in a GBR and European record time. Unfortunately because of a timing problem, only the GBR record stood. Congratulations to Julian Plumley, Louise Jones, Kate Nicholson and Neil Bowers.

Easy Fundraising . When buying anything on-line, please use the link on our home page for Easy Fundraising. It is no cost to you but on average the Club makes £20 per member who uses this link. Please remember to use it whenever you can.

Kit. Please also remember that all competitors should be in NST kit at galas. Various sizes of hoodies and t-shirts are in stock at Outer West pool - please see a committee member if you need anything.

RYAN IS HEADING TO AUS. At the end of the month, Ryan and 2 other Head Coaches in the County are going to Australia for 2 weeks. There they will be introduced to the Australian Olympic programme and will get to train those swimmers and see their talent programmes. This is fully funded by the N & D and is part of their personal development programme. Alec will cover A squad whilst Ryan is away.

ASA RENEWALS If you haven't renewed yet, then please see your rep asap as this is renewal time. Details of fees payable are on the website.

Congratulations to ANNE REAH. Anne is a life member of NST and has just been appointed N & D President. She is a great ambassador for the North East and her appointment is well deserved for all the work and dedication that she has put in over the years to swimming. Well done Anne!

JUNIOR LEAGUE. Fixtures are now on the website. The first is at Outer West on Sunday 8th March. **The age rule has changed.** Check out the pages on the website for more details of this and the competition dates.

HELPDESK The last 2 Mondays of every month at Outer West pool. If you have any queries at any other time, please ask your friendly rep or a committee member.

N & D's Good Luck to all competing at the N & D's. Swim fast!

LATEST NEWS! The Bag pack at Sainsburys last Saturday raised £1,349 as well as lots of Active Vouchers. Thank you to everyone who helped. This money has paid the £750 costs for spare parts to fix the main pool and tank pool lane ropes. Please help out at the next bag pack. We could have raised even more money as we were not able to cover all the tills which were open.

Sainsbury's Active Vouchers. We are now collecting these so please hand them in to a club rep or committee member.

And finally.....

If you have blonde hair that goes greenish from swimming pool chlorine, put ketchup on it as it will balance the pigments out!