

RETTFORD SWIMMING CLUB

Established 1896

Affiliated Notts A.S.A., A.S.A. East Midland Region

Please reply to: retfordswimcoach@hotmail.co.uk

4th April 2011

Dear Members and Guardians,

Wow doesn't time fly when you're having fun, I can't not believe the change I have seen over the past 2 month, I want to say a huge WELL DONE to all the swimmers,

Ponds Forge Open Meet

If you are aged 9 or over on June 19th 2011 and you have not entered our open meet then see the attached form and get it filled in ASAP. The open meet is a great day to try your hand at a few different events but really a chance to swim at Ponds Forge International Pool in Sheffield, the day will be fun and team focused with hopefully every swimmer 9 years or older from Retford taking part. Even if you only enter a few events make sure you come and have a go.

Assessment Nights

Thank you to everyone that has been selling the club all I ask is to keep spreading the word that the first Wednesday of every month at 6.00pm is assessment night for any new members, I do ask for the time being that they can swim a minimum of 50m. Also the new Masters Squad has now started, every Wednesday 8pm-9pm and Friday 8.15pm-9.15pm so come along if you are interested

Press Release

Keep your eyes peeled for press releases each week in the Retford Times, it is fantastic to see swimming back in the local paper and see all the great things the club is doing.

Easter Training Arrangements

Friday 22nd April, Sunday 24th April, Friday 29th April - NO SWIMMING

Squad Structure

I am sure you have heard me talking about a club structure with different groups; the aim of this is to ensure swimmers progress through the club and have the right opportunities to reach their full potential. I plan to deliver this during a swimmers / guardians meeting sometime in late June or early July to be implemented in September.

Swimmers Corner

I started this newsletter by saying a huge WELL DONE to swimmers; you are all making a difference every session in the water now. I can look across the pool now and see no one standing up or looking like they don't want to swim. Now let's keep this momentum moving forward, your aim for this month is to get tight fast streamline off very wall with between 5-7 underwater fly kicks. Remember your skill will always be your limiting factor, be the most skilful swimmer you can be every metre.

As always if you have any questions then just come and see me or use the email in the header.

Kind Regards

Simon Ferrarelli

Director of Swimming