

Update from Richard Pointon, Head Coach

To Swimmers and Parents,

Our season comes down to the last weekend, with the Regional Festival of swimming for the 13-15 age group swimmers this weekend, in Crawley. Last week saw the end of an era for Fareham Nomads with Emma Rowsell stepping away from organising our swim meets. This will leave a massive hole in the club because our meets are run extremely well and I get great feedback from other club coaches on how relaxed and well organised they are. No matter what happens Emma and her loyal bunch of helpers seem to pull it off, an amazing job as always. So now we need other parents to step up and look at helping to organise and run these meets. Without these meets this club and our swimmers will not flourish, so please consider how you can help.

Swimmers, you have been so busy over the last month or so with meet after meet and keeping those great results rolling along. One result eclipsed all others in the last few weeks. This was the final round of the Junior Arena League. With swimmers pulling out all over the place, Julie managed to pull off a miracle and get two teams out and swimming amazingly. The swimmers that stood up and took the places of the normal swimmers in the A team, jumped forward and took their chance to shine and show Julie what they can do. So next season swimmers won't be able to rest on their laurels, because we have team mates ready to take their place, which for Julie is a great headache in future teams and relay selections. Our swimmers swam well again in the Nomads 'back in the pool' meet, some great swims from Nomads swimmers, well done!

Hopefully you will appreciate the hard work Julie and Dom have done in the last 12 months, they have produced good skills and fast swimmers. Julie, what a season you've had! The results have proven any doubters wrong, I would say you are probably the best coach in this county at producing young swimmers through the ranks to become skilled swimmers in the racing environment. Dom, who is leaving us for a new adventure in Dubai, what a great place to do your coaching. Dom has earned this position by the results he has got in his groups and also really helping me out with the older swimmers. To me personally it will leave a gaping hole in the club which I will need to fill for next season. Good luck from myself, I know you will succeed, you will be greatly missed at Nomads.

The older swimmers have just competed at the Festival of Swimming. The results were good, being the first time we've swam long course in 16 months and there is a massive difference between racing short course and long course. Our swimmers stood up really well. For me it was great to see Emily Quick from County squad racing, even after difficult months. To parents who think it's not a squad of importance, they are so wrong, it's a big part of the club.

County swimmers can still get to top level swimming if they get in the pool and train. Again Dom has done a great job under pressure from some parents who think he doesn't do this or that, he's produced a great number of results this season for this squad.

For me there was one stand-out swim, this boy has never reached regionals before and never been under 1 minute on the 100 Fly before. At this meet Tom Dickson smashed it and went 58 seconds and got himself a bronze medal, it was emotional for him and me. That's why I coach to hopefully make people believe, because they work hard and make sacrifices personally, avoiding peer pressure to follow their dreams. I was so proud of all those swimmers because I take a lot of flak personally about them, but when they stand up for themselves and deliver, I can't be more proud of them. Thank you swimmers for your belief in me and the process, we ride the highs together and even more we pull together during the lows and dust ourselves off to go again.

Lastly, I have had a lot of enquires why these swimmers swam for Portsmouth Northsea at some Meets and not Fareham Nomads? The reason we have a performance pathway is to give our best swimmers better pools to access, more reasonable times to finish, to get them rested so they are ready for morning training. These swimmers need to swim with like-minded swimmers, who themselves make the attendance requirements, to produce on the big stage. Portsmouth Northsea have always been a club local clubs feed into, to make the area have stronger swimmers. If you look at Wycombe district, in the last decade they have 8 clubs that send swimmers into their programme, this gives them a chance to produce at top level meets and at events like the Arena league. I will develop a very close partnership with Portsmouth to give our swimmers every chance to succeed, to me it's not about what hat you wear, it's about giving swimmers every chance to achieve success. This is an exciting partnership and will give swimmers a goal to make this performance partnership group. I will only take the best of the best into this programme, no swimmer will be just given this group. Attendance / Attitude / Ability - these 3 things will then develop swimmers with a work ethos to make the top grade.

Lastly I would like to thank swimmers and parents for the flexibility during this really difficult time, also thank you to the trustees, the coaches and teachers for your great help this season.

Have a great summer.

Richard

Fareham Nomads Back in the Pool Meet

Report by Julie Dickson

What a wonderful performance at the weekend from many of our swimmers at our first open meet since the pandemic.

It was such a joy to watch them competing against other teams at last, with some real fights to the finish! A special well done to many of the younger swimmers who experienced this for the first time.

I know this has been mentioned before but I just want to again thank Emma, Dave and the rest of the fantastic volunteers for the tremendous work they have put in to organising this event – just not possible without them. Nomads are well known for being able to run

great open meets and I hope this will **inspire more parents** to volunteer for future events.

A little mention to Beth Sanders from County squad who not only competed but did some timekeeping in between!

The club won a total of 49 golds, 36 silvers and 28 bronze medals. There were plenty of personal best times, even though we have done a lot of recent in-house competitions. I must mention 3 swimmers that swept the board in the events that they entered:

Oliver Rejman Age 9 – 8 gold

Darcy Smith Age 11 – 8 gold

William Attwood – 4 gold

Other medal winners (many multiple) were:

Joe Addicott, Sasha Allgood, Beau Ashman, Alba Browning-Sanchez, Alberto Browning-Sanchez, Quinn Coffey, Emma Cumes, Emilia Evans, Oli Freemantle, Michael Hassett, Aoife Hendley, Teagan Hodgkinson-Walker, Grace Hone, Caitlin Hooker, Lilly Keep, MacKenzie Kennedy, Oakley Knipe, George Knobel, Angelos Kopitsas, Evie Medlow, Lottie Percy-Loosemore, William Percy-Loosemore, Alice Rowsell, Ryan Salmon, Beth Sanders, Austin Sharpe, Emma Skelton, Max Willis, Penny Worthy.

So, congratulations to everyone. Have well-earned holidays and I look forward to the next open meet at Littlehampton in September! Medals will be awarded ASAP.

Julie

Portsmouth Northsea Satellite Programme

By Carole Murdoch, Chairperson

Some of you have asked for some more detail of the performance pathway which our top swimmers are engaged in with Portsmouth Northsea swimming club. Richard first spoke of this in the [Club Newsletter on 11 Jun 2021](#). Since then we have witnessed the excellent results from the European Junior Open Water Championships in Wales and at the Regional Festival of swimming this weekend. Our swimmers are performing way above what might be expected from a club in a small town like Fareham.

The performance pathway those swimmers are engaged in (and pay separately for) with PNSC, known as the Portsmouth Northsea Satellite Programme, gives our swimmers access to performance land training and performance swim sessions (2 per week). It is designed to bring out the very best in the swimmers with fast swimming and high intensive training. There are no other clubs in this area with this kind of programme at this level; the PNSC pathway is currently used by Hamble and Isle of Wight swimmers as well as Nomads and is open to all local clubs. As part of the programme swimmers are dual registered and for National and Regional competitions they swim under PNSC; those swimmers could also be selected for PNSC Arena League and attend the bigger open meets that PNSC go to.

For County level competitions and local open meets that Nomads are attending they will swim as FNSC. Their times in national rankings will show as their ranked club, ie. FNSC

The programme allows these talented swimmers to reach their full potential whilst maintaining Fareham Nomads as their parent club, rather than them moving on when they 'outgrow' what Nomads can offer them in terms of facilities. It is a model used by many big clubs; we have set up a similar model in the past with Gosport and Hamble swimmers. There are also some analogies, although no formal arrangement, with the triathletes in the Club who gain swimming coaching, experience and pool time from FNCS but will always compete under their Tri Club banner. Further detail on the Portsmouth programme can be found here:

<https://uk.teamunify.com/team/pnsc/page/squads/satellite-programme>

Fareham Nomads trustees and coaches will continue to explore ways to obtain the best training for our competitive swimmers. We have a trusted and open dialogue with PNCS and good relationships with the other local clubs. If anyone would like to discuss any of this further please get in touch with Rich (headcoach@farehamnomads.co.uk) or me (chair@farehamnomads.co.uk)

Goodbye coach Dom and Good Luck!



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Councillor Pamela Bryant, our club President and Mayor of Fareham, has asked we pass on her sincere congratulations to our swimmers for their recent success.