



NECIS SWIMMING

NEWSLETTER - ISSUE 3

MARCH 2011

POOL

TRAINING

22; 25; 29

EARLY MORNING

LAND TRAINING

Wednesdays
07.15—08.00
on
23rd & 30th March

IMPORTANT!

TRAVEL & TRIP
DETAILS CAN BE
FOUND ON THE
NEXT PAGE
PLEASE TAKE
TIME TO READ
THIS IMPORTANT
INFORMATION

Almost there - go Vikings !



Hello

Well, it is nearly the end of the 2010/2011 swim season, it has gone so quickly, it feels like we have only just started and now we are just about to fly off and compete in Sweden.

We, the coaches, have had a wonderful opportunity to train so many great students who have all shown commitment, positive attitudes and a good sense of humour — all essential qualities for a successful season!

The ISS Vikings Swim season will finish this year upon our return from NECIS in Uppsala, Sweden. Finishing the season at this time of year will allow students the opportunity to try different sports for the summer season or just to enjoy time relaxing with friends and family.

It has been a fantastic season with 56 swimmers attending training sessions from September to March and we are looking forward to travelling with 25 swimmers who will be competing in Sweden. No doubt they will proudly return with many medals & ribbons to show for their efforts.

A huge **Thank You** goes to the coaching team for this year - Ms Ecclestone, Ms Elsborg, Ms Løvøy, Britt Løvøy & Ms Ramsay

HAPPY SWIMMING!

from Ms Hogarth

Attendance & Absences

Attendance is expected for the remaining training sessions—even on Friday 25th March.

If MS students are performing in the play they will be expected to attend training at least until 4.30pm on Friday 25th.

We realise that it is a busy time, particularly for MS students with the play and Parent/Teacher conferences but we have very limited time left to polish our skills especially in the area of starts, turns & finishes, which is often where races are won or lost.

If you are going to be absent for any of the remaining sessions please inform Ms Hogarth in advance.

Ms Hogarth—Head Coach
chogarth@isstavanger.no

Students can also find me in
room 16 - Pre-school 4A

Ms Ramsay — Assistant Coach

Ms Elsborg — Assistant Coach



NECIS SWIMMING

NEWSLETTER - ISSUE 3

MARCH 2011

TRAVEL DETAILS

THURSDAY 31 March

SK - SK 4014

STAVANGER - OSLO

Dep 09.35

Arr 10.30

SK - SK 0868

OSLO - STOCKHOLM

Dep 12.30

Arr 13.30

Bus travel to Sigtuna

Swim Competition

Friday Apr 1st - 08.00-17.00

Saturday Apr 2nd - 08.00-15.00

SUNDAY 03 APRIL

Bus travel to Stockholm

SK - SK 0849

STOCKHOLM - OSLO

Dep 09.15

Arr 10.15

SK - SK 4023

OSLO - STAVANGER

Dep 11.45

Arr 12.35

Hotel Accomodation:

Scandic - Nord Hotel,
Gamla Uppsalagatan 50
SE-754 25 Uppsala, Sweden
Tel.(46) (018) 4952300
Fax (46) (018) 4952311
e-mail:

[uppsala@scandichotels.com](mailto: uppsala@scandichotels.com)

Good Luck - go Vikings!



Things you need to know!

- **Thursday 31st March** - Meet **08.00** at Sola airport - **please be prompt!**
- **Sunday 3rd April** - Please pick up your child/children from Sola airport promptly at **12.30**.
- **Travel to and from the pool complex in Sigtuna** - we will be walking to the pool each day (approx. 20mins) and into Uppsala town during the evenings, so please make sure you have comfortable footwear.
- **Live timing & NECIS swimming website** - It 's hoped that there will live online timing from the tournament again this year but we do not have details yet - I will keep you informed.
- **Clothes for travelling** - We are travelling in our red Vikings Swim Team Hoodies, please wear tidy and comfortable trousers or jeans. We will wear ISS Vikings Tracksuits (provided by the Athletics Dept.) to and from the pool and our red Vikings Swim team T-shirts on the poolside for that great corporate team look.

Things you need to bring!

- **Passport** - Please hand this in as soon as you arrive at the airport, the chaperones will carefully look after your passport during the trip.
- **Hand baggage** - Make sure you pack your swim kit & towel in your carry on hand luggage - just in case!
- **Extra sportswear** - Don't forget to bring extra goggles & swimwear etc.
- **Money** - Bring enough money for 2 evening meals, 1 lunch (approx. 400 sek) & additional pocket money for any snacks or any shopping. We recommend that you bring approx. 600 kroner. The currency is Swedish Kroner (sek). Also, there will be a NECIS Tournament T-shirt for sale during the event for 150 sek. The Team Chaperones will be happy to look after 'emergency money' for your student if you wish.
- **Eating out & shopping** - We will be eating out together as a team in Uppsala on Thursday & Saturday evenings. Breakfasts are provided in the hotel and tournament lunches are provided at the pool. On Friday evening there is a buffet & disco for the swimmers in the hotel organised by the NECIS tournament host school Sigtunaskolan Humanistiska Läroverket (SSHL).
- **Team Spirit, a Sense of Humour & Patience** - these are compulsory!

Vikings Swim Team 2011

Silje Chrigo Indrebø,
Rachel Eden,
Elisabeth Koninx,
Amanda Holyoak,
Harriet Houston,
Thea Støle,
Madison New,
Kennedy Astill,
Rebekah Baxter,
Abigail Logel,
Brandon Thomas,
David Ecclestone,
Alex Hogarth,
Dægen Elsborg,
Alex Sæby,
Michael New,
Keegan Monteiro,
Jorgen Elsborg,
Ben Davison,
Jaden Elsborg,
Alec Karlsen,
McKullen Astill,
Liam Wilkinson,
Matthew Taylor,
Ben Neil.

Team Chaperones

Ms Hogarth

Mobile 0047 41497399

Mr JP Duc

Mobile 0047 47804845

Ms Ramsay

Mobile 0047 48008301