

# Grangemouth Amateur Swimming Club

## End of Year Newsletter 2009

What's Happening .....

- We are still ahead in the **Junior League** and the Finals will be on Saturday 5<sup>th</sup> December 2009. Good Luck to Stephen Buchan and his team - fingers crossed it will be 5 in a Row!
- 13 of our young Swimmers attended the first of the **Scottish Development Bronze Squad** sessions at The Peak in Stirling
- We had our first **Swim Day** for B Squad at Stirling University which was a great success - kids loved it and had lots of fun even although it was hard work! We hope to do this again next year. Thanks to all the coaches and helpers who helped on the day
- Improvers and C Squad enjoyed a **Fun Night** which consisted of games, relays, flumes etc. They all definitely had FUN! Again thanks for all the support from parents.
- There was 32 of us went down to **Alton Towers** for the day - it was a great day although very exhausting - how can kids not sleep for 28 hours!!! Thanks to Lynda Whittaker for organising and the parents who went along to supervise. We are thinking of our next trip - a day trip to Blackpool Pleasure Beach next Spring
- The **Halloween Disco** is on Saturday 31<sup>st</sup> October from 7pm to 10pm. Entrance is free to everyone who comes dressed up. There will be prizes for the Best Dressed as well as prizes for games. Should be a good night and open to ALL at the club. You can bring a friend - entrance fee £2.00
- **Club Championships** start in November - check the board for dates - Good Luck to all the swimmers. Our appeal to any parent that has previously helped set up all the equipment. If you can make yourself available on the night at 6pm sharp so we can set up in time for a 6.30pm start..... and of course we will need parents to help put everything else away at the end of the night. Many hands really does make less work and we can all be away home with our kids at a reasonable time. Can you please add your name to the list on the board for helpers. Thanks in advance!
- **Club Championship Presentation and Disco** - This is being held on **Friday 18<sup>th</sup> December from 7pm sharp to 12pm**. We are going to be having lots of prizes this year for various things - one being the **Best Dressed Christmas Table!** So get your thinking caps on and think how you can dress your table for the night!

- **Reg Adams** is retiring at the end of the year after nearly 50 years service with the club! Reg won't want any fuss but we have a card for everyone to sign and if you want to donate anything please do so. This will be at the desk on a Tuesday night (not club championship nights)

Other News .....

### **Christmas Raffle**

We would normally do a Christmas Raffle which would consist of donations of food and bottles etc for hampers as well as giving you raffles tickets to sell, however because of the financial climate we thought it best not to do that this year. We raised a lot of money through the sponsored swim and the bag packing and feel that is enough for this year.

### **Donations**

However we still have a lot of raffles for our Club Championships, Junior League Final, Christmas Disco prizes and MAGS Gala early next year. We have put a list on the board of prizes or gift that would be ideal. If you are able to donate anything at all that would be wonderful! Also after Christmas you always end up with lots of things you don't want - if that's the case we will have them!!! Thanks in advance.

### **Committee Meeting and AGM**

Our next **Committee Meeting** is on **Thursday 5<sup>th</sup> November** at 7pm in the GP room at the complex. You're more than welcome to come along. Our **AGM** is on **Thursday 3<sup>rd</sup> December 2009 at 7pm**. A lot of you will have been in the club a while now and have seen all the good work it does to not only provide excellent training facilities for your child to improve but also the other things that go on at the club i.e. Club Championships, our own Mags and Jags Gala's, Time Trials, Swim Camp, Swim Day, Fun Day, Bag Packing, Alton Towers, Disco's, etc. - this is really an important part of the club too. A lot of hard work goes into organising these things and we need more people to come forward to help take this forward into next year. **Please come along to the AGM and help take your child's club forward - it's for everyone's benefit!** If you cannot make it along to the AGM but are willing to help please add your name to the list which will go on the board soon.

Finally.....

## **SWIMMERS**

### **This is directed at ALL Squads**

We are coming up to a busy gala time with the Club Championships, the Scottish School Qualifiers, the Central Regional Championships, the West District Championships to name but a few. Many of you will be swimming in some or all of them. To stand the best chance now is the time to start really training hard and to try and get a few more training sessions in - full details of training times on the website [www.gasc-swim.info/index.htm](http://www.gasc-swim.info/index.htm).

The coaches would like to see an increase in attendance (some of you are very good attender's so this isn't directed at you) but if you don't do many of the available sessions could you please try and do more. More sessions have been made available over the last year or so for your benefit so make good use of it.

The more sessions you get in the fitter and faster you will be.

Can you please ensure you **turn up for the gala's at LEAST 15 minutes before the start of warm-up**. Poolside helpers need to have withdrawals in just after the warm-up so need swimmers to be there in plenty of time so they can so this

## **Parents**

### **This is directed at all parents whose kids swim at galas**

As more of your kids qualify for galas we need more of you to come forward and help at poolside on the day of the galas. It isn't difficult and if you volunteer when someone else is poolside then they will show you the ropes. Remember if a coach is poolside (and it is not always possible for that to happen) they will not be responsible for sending the kids up for their swims - they will be there to coach the swimmer before and after the swim. We need parents to take on the role of looking after kids at poolside. If everyone who had a kid swimming took a turn them it would probably just mean half a day each. Please don't leave it to the same people all the time.