

Grangemouth Amateur Swimming Club

Newsletter - January 2012

Happy New Year to all of you!

So what has been happening since the last Newsletter (in receding order).....

- Julie Hunter achieved a qualifying time to allow her to trial for.....wait for it
The Olympics! Julie will travel to the London in March to trial so we all wish her Good Luck! Julie is just 15 and started in Challenger when she was 10! So all you Grangemouth Amateur Swimming Club swimmers - B All U Can B just like Julie!!!
- Julie and Alyshia McCracken attended a warm weather **training camp in Torremolinos** over New Year with other members of First Youth. Hopefully we will have a report for the website soon but apparently they enjoyed it so much they didn't want to come home!
- Gemini had a training session on Hogmanay at Stirling University. In the next lane training was none other than the Commonwealth and European Champion **Hannah Miley!** The lengths our coaches go to these days eh!
- Julie Hunter, Alyshia McCracken, Emily Bryce, Rachael Lynagh and Alastair Kirkwood all qualified for the **Scottish Nationals** open age group in Inverness in December. Julie achieved a fantastic Silver medal in the 50m Freestyle and 4 other top 10 places. Alyshia swam a great PB to achieve 7th in the 800m Freestyle and made 2 B Finals finishing 11th & 14th. Both Emily and Rachael got personal best times for their swims (Emily an amazing 11 seconds!) but unfortunately Alastair was unwell and couldn't compete. Julie helped First win the 4 x 50m freestyle Scottish National title in a new Scottish Junior record in what was a really exciting race!
- On the 10th December 2011 at Bathgate swimming pool Grangemouth Amateur Swimming Club's Junior League Team **won the Forth Valley Junior League for the 7th Year in a Row!** It was a tense affair and one of the closest in recent years but we did it again. Well done to all the swimmers and coaches for making us proud! The team photo was in the Falkirk Herald a few weeks ago and we are arranging for it to go in our cabinet and on the website. Check out the report by Marc Duffell on the website
- We held our **Annual General Meeting** on Thursday 1st December 2011. We have a fantastic turn out with nearly 40 people attending. We are now able to go forward into 2012 in a strong position to run the club and support the coaching staff. We have the majority of the posts filled and will be involving all the new volunteers into these roles in the coming weeks so if you have volunteered and not heard from us - you will soon!! As always we would welcome anyone who wanted to help the club in any way so if you want to know what roles are still available or how you can help in future please give

your name to the club desk and we will get someone to talk to you

- We have had fantastic results, medals and personal bests at the West District Group 6 & 7, the First Graded gala and the Central Regional Championships where Grangemouth finished 3rd best club. There's too many to mention but well done swimmers. Full results of all gala's can be found on our website <http://www.gasc-swim.info> under Gala's then Results
- Our **Club Championships** were held during the month of November. There was some fantastic swims, club records broken, masses of personal bests and new swimmers competing for the first time! All good but we are victims of our own success and had too many swimmers looking to do 200m swims that we couldn't fit it all in! So we plan to look at the format of this event for 2012
- We have introduced snorkels and finger paddles into most of our swimmers kit bags and the coaches are starting to introduce this into training. Swimmers you will get the hang of the snorkels - honest!!
- We ran a successful Time Keepers course and Judge 1 course which means that we have more Officials who are able to represent the club at Gala's. This is really important as at West District gala's if Grangemouth do not have Officials present we will be fined £50 for each session we do not have representation. Once the Time Keepers get experience hopefully we can persuade them to go onto to be trained as a Judge and then hopefully with more swimmers starting to get into gala's for the first time we will have a new batch of parents willing to go through our next Time Keepers course. Did you know that galas need a set amount of Officials to be on poolside to make the gala accredited? What that means is the gala has the full complement of Officials to meet the rules of swimming. If a swimmer competed in a gala and gained a time that qualified them for the Nationals and the gala didn't have the full complement of Officials then the time would not count!

So what is coming up.....

- Our **Club Championship Presentation and Disco** will be held this Friday the 20th January in Grangemouth Town Hall. Please arrive from 6.40pm onwards for a 6.55pm start with the swimmers photo being taken with all our trophies for the Falkirk Herald. Everyone is welcome to come along to this event not just medal winners. We will be presenting to the Junior League Team so hopefully we will have a good turn out there. We will also be giving out Personal Best Certificates for all swimmers who have had times taken at either galas or time trials. Please bring along a donation for the buffet (a list of suggestions is on the club board so we all don't bring the same!) and bring refreshments for you and your child. The evening is due to finish at 12pm but of course you can stay for as long as you like. It is a really good night and a good way for all the swimmers to mix

- The **Scottish Schools Swimming Championships** will be held on Saturday January 2012. Good Lucy to Lucy Buchan, Ryan Retson & Alastair Kirkwood who all qualified
- Our **MAGS (Middle Age Group)** and **JAGS (Junior Age Group)** galas are being held on Saturday 11th February and Sunday 12th February at Grangemouth Sports Complex. These galas are open to any other clubs and the response so far has been quite remarkable! This is a major fundraiser for the club so very very important that it all runs smoothly. Grangemouth ASC must organise the whole event from meet entries to feeding and watering the officials, marshal all the swimmers, provide officials, operate timing equipment, do admissions, raffles and tombola - all of which brings funds to the club. So as you can imagine we need lots and lots of help! We have a list on the club board of jobs needing filled - please add your name to this now so we know we have enough people to fill the roles needed to run a successful gala - PLEASE!
- For those of you who are just **new to the club** there is a section on our website under Gala's - how galas work - this will give you all the information you need to understand the process and how swimmers are selected for galas. If you have any questions about this please ask at the club desk and we will get someone to speak to you. The **Club Desk** is manned from 6pm to 8.30pm on our Tuesday club nights. This is where fees, gala entries and SASA membership can be paid but you can also ask the ladies anything at all. The desk is manned by Lorna Tilley our Treasurer, Linda Cameron our Membership Secretary and Fiona Buchan our Secretary. Please feel free to ask anything. We also have a club board in the foyer at the complex which we use to communicate club news, galas, results etc. all of which is posted on our website too
- We are looking to introduce Facebook to club as a means to communicate quickly any changes to training times etc. This will run alongside our other ways to communicate i.e. club board, website and e-mail. More detail on this will follow shortly
- Remember if your Contact details change please make sure you inform our Membership Secretary at the club desk on a Tuesday night

Finally.....

If you have any 'good news stories', have anything you think would be good to go on the website or have any questions at all please speak to one of the committee members on the desk on a Tuesday evening or e-mail contact@gasc-swim.info and we will be happy to deal.