

Grangemouth Amateur Swimming Club

Newsletter - September 2011

So what has been happening since the last Newsletter.....

Club Captains for 2011/2012 are **Hannah Busby** and **Cameron Atkinson**.



Both Hannah and Cameron have started their Captaincy off very well. They came along to the Mags Gala, Swim Morning and Swim Day and helping with the organisation of the day, coaching and presenting medals and introducing themselves to the younger club members. Thanks for your help Hannah and Cameron and we hope you enjoy your year. If any swimmers would like to speak to our Captains about anything please just approach them and they will be happy to help you in any way.

20th August - A large team attended the **West District Open Water Championships in Dunoon**. Michael Hunter and Carla Haldane competed in the 1K Novice race and Michael won his first West District Gold (it was so impressive!) whilst Carla braved the cold and won her first Bronze West District Medal (equally impressive)! Alyshia McCracken and Alastair Kirkwood competed in the 2k race and both won well deserved Silver medals. The club also entered 2 relays teams (4 x 500m) which were Open Age groups so we had some of the youngest teams. The mixed relay of Alyshia McCracken, Ruairi Kirkwood, Julie Nimmo and Alastair Kirkwood came away with the Silver medal whilst the Girls team of Hannah Busby, Emily Bryce, Hayley Bryce (only went to spectate!!) and Rachael Lynagh came away with the Bronze medal.

27th 28th August - Kimmy Buchanan won **Best Girl Overall at Cumbernauld Gala**. Coaches were delighted with this and the fact over 60% of the swims for all Grangemouth Swimmers were Personal Best Swims!

3rd & 4th September - Julie Hunter got 2 individual **Golds and a Silver at West District Sprints**. Julie Nimmo, Rachael Lynagh, Hannah Busby and Julie Hunter **West District Champions and Gold** in 4 x 50m Freestyle relay. Alyshia McCracken, Emily Bryce, Hannah Busby and Julie Hunter were just pipped at the post by 0.12 of a second for the Gold in the 4 x 50m Medley relay. Alastair Kirkwood and Hayley Bryce reached the Finals and achieved a 4th and 6th respectively

4th September - **Swim Morning** took place for selected Challenger and Saturn swimmers. Reports from Coaches, Swimmers and parents was that it was a really great, fun day and apparently the adults have never seen breakfast consumed so fast in all their lives! Check out the website soon for a report on the day. Thanks to everyone who helped

11th September - **Our MAGS** gala took place at Grangemouth Sports Centre. This is a major fundraiser for the club and was a great success on the day. **A HUGE WELL DONE** to Val Holmes our gala convenor who organised the whole event - **Val you're a STAR!** Also a **GREAT BIG THANK YOU to EVERYONE** who helped on the day, Coaches, Parents and All the Gemini Swimmers. The swimming was great as well with **EVERY SINGLE SWIMMER GAINING PERSONAL BEST TIMES!** Naomi Calder gained a Silver in the 100 breaststroke and a Bronze to the squadron relay of Lucy Buchan, Adam Holmes, Laura Buchanan, Ryan Retson, Naomi Calder & Scott Wilson. Other medals were won by Scott Wilson, Laura Buchanan, Ryan Retson. Coaches were again delighted with the PB's that were achieved on the day - and not just by 1 or 2 seconds!!

18th September - **Swim Day** for Apollo and selected Saturn swimmers at Stirling University 50m swimming pool. What a fab day and well done to all the swimmers who coped with the 4 hours pool training and 2 hours land training. There was fun too though with relays and team games and the biggest laugh was the crash mat race! A really, really fun day and very worthwhile. Again we have to say thanks to all the coaches, parent helpers and again a lot of Gemini swimmers who came and helped or presented on the day. Again we should hopefully have a write up of the day on the website soon.

Alyshia McCracken (14) was second in the **U17 National Open Water League** gaining monetary benefits as well I hear!! Well done Alyshia!

Julie Hunter has been asked to represent **Scotland West at the Inter Counties Championships** at Sheffield next month. Congratulations Julie!

Julie Nimmo has been selected to be part of the **Scottish Triathlon Foundation Squad**. Well done Julie!

A '**Read All About Us**' section has been set up on our website - this is to encourage ANYONE to communicate our good news stories. So if you have achieved anything or think we would be interested in something related to swimming, or attended a gala and want to say how the team got on feel free to send the report to contact@gasc-swim. We need more people to input into this as coaches can't do it all!

What's coming up.....

VERY VERY IMPORTANT - Our club **Annual General Meeting** will be held on Thursday 1st December 2011 in the GP room at the complex (the room on the right before you enter the changing village). **WE NEED ONE MEMBER OF EACH SWIMMING FAMILY TO ATTEND.** Please put this in your diary.

Club Championships entry forms will be available from Tuesday 4th October and entries will be accepted on the 4th, 11th and closing date of the 18th October. We will then post the confirmed entries on the club board on the 23rd October so everyone can check they have been entered. If you are not on the confirmed entry sheet please speak to Val Holmes on the 23rd October to sort this out. **NO LATE ENTRIES WILL BE ACCEPTED.** The Club Championship Heats will take place on Tuesday the 1st and 8th November with the Finals taking place on the 22nd November.

The Club Championships are open to **ANY SWIMMER** in **ANY ZONE** of **ANY ABILITY**. All swimmers are encouraged to take part, it's fun and it's what the club is all about! It will also allow us to gain swim times to be able to enter swimmers for gala's in the future.

Club Championship Presentation Disco. Due to the Scottish National Short Course Championships being rescheduled to the 15th to 18th December 2011 the **Presentation Disco has been postponed to Friday 20th January 2012 and will still be held in Grangemouth Town Hall.** There were various reasons for this and all were considered i.e. at least 11 Grangemouth A.S.C. swimmers would be swimming at the Nationals (and the 4 parents who organise the night, the medals and trophies), Junior League Final, Availability of hall etc. Most people we have spoken to say the new date suits better as January is a very quiet month so we hope you will all be able to come - Medal winners or not - **EVERYONE IS WELCOME!** Tickets will be issued to all swimmers nearer the time. There is no charge for the night - the format is presentations, buffet and disco. The night will start at 7pm and finish at 12 midnight. This is an unsupervised night so you will be responsible for your child although we will have 'bouncers' on the door. All we ask is that you bring along a contribution to the buffet - a list will go on the board the month before so we get a wide selection - all you have to do is add your name saying what you will bring. You then just have to bring along your own drinks for you and your child - it is a Friday night so feel free to bring some 'Adult Juice' - I will be!!! More details will be posted on the club board nearer the time

Central School Championships (Scottish Schools Trials) will be held on Saturday the 12th November and Sunday 13th November at Grangemouth Sports Centre. The Finals will take place in East Kilbride on Saturday 28th January 2012. **ALL ENTRIES HAVE TO GO THROUGH YOUR SCHOOL.** Full details are on the club board. However if you need to find out your time for certain events just e-mail the.nimmos@hotmail.co.uk and we will e-mail you back. Also we have had an appeal from the organisers for Grangemouth A.S.C. To be in charge of organising the marshalling for the Saturday and the Sunday - any volunteers?? You can just do half a day if you wanted when your child was swimming - remember gala's can't go ahead without help. E-mail the.nimmos@hotmail.co.uk if you are able to help. Thanks in advance.

Club Jobs - we have had a few resignations throughout the year so **NEED NEW MEMBERS** to come forward and help out next year. The club runs solely on volunteers - all the coaches, committee, running of gala's, junior league, gala entries, swim days and swim camps, website, representatives for West District, Central Regions, Falkirk Sports Council, the list goes on and on and on. Some roles are weekly, others monthly and some once or twice a year. So **PLEASE, PLEASE** come forward and volunteer your services. **REMEMBER EVERYTHING WE DO AT THE CLUB BENEFITS ALL OUR SWIMMERS - YOUR CHILD - SO PLEASE HELP!** Committee members will be coming round the club in the next few weeks to speak to all club members and hopefully we will get a good response which will take the club forward in 2012.

Did you know.....

- **ALL** our coaches and helpers are volunteers
- We spent over £20k on pool hire this year
- We have subsidised gala's by the sum of around £9k
- We have over 160 swimmers training with us
- We have subsidised all our swimmers kit bags by around 50%

Here's what is coming up.....

- 2nd October - Stirling Autumn Meet
- 4th to 18th October - Club Championship entries open
- 8th October Junior League
- 9th October - Boness Mini Meet
- 18th October - Closing date for Club Championships
- 29th & 30th October - Alloa Graded
- 1st November - First night of Club Championship heats
- 6th November - Central Regional Championships
- 8th November - Second night of Club Championship heats
- 12th & 13th November - Scottish School Trials
- 19th & 20th November - West Districts Grangemouth
- 19th November - Junior League
- 22nd November - Club Championship Finals
- 26th & 27th November - FIRST Graded Gala
- 1st December - AGM 7pm GP room in Complex
- 3rd & 4th December - West District Cumbernauld
- 10th December - Junior League Finalscan we make it 7 in a row!!!
- **Friday 20th January 2012**- Club Championships Presentation & Disco at Grangemouth town hall - put the date in your diary it's a really good night and remember you don't need to have won a medal at the club championships to go, everyone is welcome!

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.