

Grangemouth Amateur Swimming Club

Winter Newsletter 2010

Club Championships & Presentation Disco

The Club Championships went amazingly well with nearly 140 swimmers taking part and over 1000 swims! A huge thank you to Val Holmes our gala convenor, who made the event happen, and everyone else who helped make it such a success.

The Presentation and Disco will take place on Friday 10th December 2010 in Grangemouth Town Hall at 7pm sharp. The night will start with the Falkirk Herald taking a photo at 7pm followed by the prize giving, buffet and disco.

Remember, everyone who finished in a top 6 position in the finals will receive a medal, but everyone can come to the presentation night, you are all very welcome.

Parents, can we ask that you bring a plate of food, or a donation for the buffet. There is a list on the club board of suggestions so we have a good variety and not all the same food - can you please add your name to the list. Can you also bring refreshments for yourself and your children, as there is no bar facilities available (tea and coffee will be available in the bar area - you can help yourself). We are also looking for any donations of kids raffle prizes which will be drawn on the night.

Swimmers, please remember your ticket on the night, and put it in the box in the entrance hall to be put into the prize draw. Can we also ask that you let the elderly guests be first at the buffet - Reg, Sadie etc. There will be loads to go round.

AGM

Our Annual General Meeting had been cancelled due to the bad weather. This will now take place in the New Year - keep your eye on the Noticeboard for more details. Everyone is welcome to attend the AGM. A normal committee meeting will follow for committee members only.

At the AGM we vote in people who are willing to take over certain roles required for the club to run smoothly and successfully. We have managed to secure most of the roles, but there are a few still needing filled. The roles we still need filled are.....

- More committee members - you would just have to attend between 8-10 committee meetings a year, which take place on a Thursday night at the complex. They only last 2 hours, so wouldn't take up too much of your time. We need committee members to raise, discuss and vote on issues concerning the running of the club in the best interest of the swimmers. Please consider this.

- **Swim Shop** - we do not have anyone to take over swim shop next year. Unfortunately, this will mean that we cannot provide goggles at a subsidy or supply club gear until this role is filled. If you are interested in taking this over, it just involves keeping the supply of goggles and sample club gear, setting up the shop once a month (or as often as you can do it - you would just have to put a notice on the club board when you plan to do it), bringing swim shop to our 2 galas in February and September over lunch time, and taking in orders for club gear. We have someone who is prepared to take the orders to the suppliers and picking up the orders, so it is just running the shop on a Tuesday that we need at least 2 people for. The ladies that run it just now will be happy to help with the handover
- **Fundraisers** - we have 2 people to do this, but we need more as both are already involved in other activities of the club. The fundraising role involves appealing for raffle prizes for our 2 galas, providing raffle prizes on the day with raffle books etc. We also run bag packing events once or twice a year, which is a huge source of income for us, but does take a lot of organising. The other thing is gaining sponsorship from local businesses (if anyone works for an employee who offers funding for local groups they are involved in, please let the desk know, as this is an excellent way of gaining funds). All very easy and not very time consuming.
- **Electronics Operator** - We have a couple of people who can operate the electronics, but we need more people to be trained up on it so we have plenty of cover for our galas. The only time we would need you to operate the electronics would be at our gala in February, one in September and our Club Championships in December, so really 6 times throughout the year. So, if you can work a computer and want to help the club, please come forward and full training will be provided

If you are able to help at all please speak to the people on the desk on a Tuesday. Please, please consider helping - remember it's for the benefit of all our kids.

Christmas Training Times

This will be announced and put on the Noticeboard and Website, so please keep checking in case of changes.

Donations

If you have any donations for raffles, please hand them in at the desk. After Christmas, if you have any unwanted Christmas gifts, we would happily accept them.

Saturday Night Training for Improvers

There is a training session on every Saturday night for Improvers, which is held in the small training pool. The times alternate between 5pm one week and 6.30pm the next, there is a listing on the noticeboard advising of the times for each week and there are small handouts available in the polypockets. Lanes 1,2 & 3 will go the first 45 mins and then 4,5 & 6 go to the last 45 mins. If you have any queries please speak to Val Holmes.

Bag Packing

This has been organised for Saturday 8th January in Asda Grangemouth. A list is on the board for names. Can you please add your name to the times available. This is a major source of income, and the majority of the club will not be involved in gala's that weekend, so please volunteer even just for an hour. Swimmers please volunteer it is all for your benefit, and please wear your club gear.

JAGS

Our annual JAGS (Junior Age Group Swimming gala) is on Sunday 13th February 2011. There will be a list going on the club board for help needed to run this gala, and would appreciate any help you can give. We have to organise absolutely everything from gala entries and organising the programme of events, to admissions and selling programmes and raffle tickets, to feeding the officials. Please give a little of your time to help, and remember you won't miss your child swim - we can make sure of that!

TROPHIES

Thanks to Val and Andy Holmes for generously sponsoring our new 200m Butterfly Trophy Cups for both the girls and boys - named the "Fairdeal Tyres Cup".

District Regional Program - Bronze and Silver Squads

Many of you will have heard of Bronze and Silver Squads which is part of Scottish Swimming District Regional Program (DRP). The DRP program is 3 full day training sessions that are taken by a fully qualified and experienced coach from another district with coaches from clubs involved. This year Walter Scott and Lynn Bryce attended for Grangemouth. The day usually consists of warm up sessions, various land and pool training sessions, lecture on nutrition, physiology etc. Swimmers must achieve a qualifying standard to be selected. Last year we had 11 swimmers qualify, but we had lots of swimmers just miss out on the qualifying times. Swimmers must be 11 to qualify and an 11 year old must achieve 3 x 200m qualifying times. A 14 year old for example must achieve 4 times with a minimum of 3 x 200m and 1 x 400m. The qualifying times for the 2010/2011 swimming year has not been published yet, but to give you an idea of the times needed you can check out the swim scotland website by following this....

- www.swimscotland.co.uk
- click on links on the left hand side
- scroll down to west district
- hover over swimming on the left hand side and down to the bottom of the option National & Regional Squads
- in here you can look over the criteria for selection and the squad selection times for 2009/2010 to give you an idea

This West District website also gives qualifying times for the district galas. This is also where district meet information and programmes can be found.

If you have any questions about the DRP please speak to your child's coach (after a training session, not during, please).

Anything Else

If you have any questions you want to ask about anything at the club, please speak to the people on the desk on a Tuesday, and they will direct you to the person who would be best to answer. You can ask anything at all - from why the club do things the way they do, how gala's are run, why your child is entered or not entered in certain gala's, what you can do to help. Put forward a suggestion - absolutely anything.

Finally

We would like to wish Hugh Clanahan (Club President) a speedy recovery from his recent operation and look forward to seeing him back at the club fit and well.

Also please make sure that you regularly check the club website www.gasc-swim.info for updates and information regarding Galas, Events and any Training cancellations. Please also make sure that you have given your email address to the front desk so that your details can be updated.

From all the Committee at
Grangemouth Amateur Swimming Club,
have a Very Merry Christmas
and a Very Happy New Year.