

Grangemouth Amateur Swimming Club

Winter Newsletter

Thank You.....

To everyone who has helped over the last couple of months - the club has been involved in lots of activities on top of the normal training - so a

HUGE THANK YOU

to all the Coaches, Poolside Helpers and Parents who helped organise or attended or both

- Our residential swim camp which was held in Strathallan School Perth. We managed to take 25 swimmers for the weekend and although we struggled to find a venue and there was a few issues i.e. the width of the lanes, the basic accommodation - it was still a successful weekend and came in well below budget!
- Our Swim morning at Grangemouth Complex for our younger swimmers. 30 swimmers attended. This was the first year we have done this but the feedback was that it was a very good morning and the swimmers were fantastic!
- Our Swim Day at Stirling University another great success and great fun too (many parents complaining about aching muscles from the land training!). The Scottish National Coach spoke to Walter and asked what we were doing there. He was really impressed when it was explained to him that as a club we have a residential camp for our top squad and a swim day for our next top squad. He was also impressed at the amount of swimmers the club had along as not a lot of clubs do this for so many swimmers (we had nearly 50) and was taken aback by the number of coaches and parent helpers supporting the club. All great for Grangemouth A.S.C!
- Our MAGS gala - again we rely on many coaches and helpers to organise and hold this gala, we do everything from set up the pool, arrange entries from other clubs, marshal kids and to feeding officials. Thanks again to everyone who helped (lots of parents who didn't even have kids swimming!) and a big well done to Val Holmes our gala convenor, who takes it all in her stride!
- To our Club Captains and Vice Captains for all their help recently! You have made the Club very proud of you all!
- Our Club Championships are coming up, and again it is a huge undertaking for the club to hold this event, as we have nearly 200 club members with some a possibility to swim in nearly 10 events each! We will need lots of help for setting up poolside with the lane ropes, starting blocks, electronics, timekeeping, marshaling, looking after kids at poolside, selling programs etc. etc. There will be a list going up on the club board prior to the events. Please offer to help by putting your name up so we know who to expect - the quicker we get set up the quicker we can get the Championships started!

- Our Club Championship Presentations and Disco is on Friday 10th December 2010 in Grangemouth Town Hall. If you can help in any way to organise this, please speak to the people at the desk or e-mail the.nimmos@hotmail.co.uk. Everyone is welcome to attend this whether you win a medal at the Club Championships or not. We ask everyone to bring a donation to the buffet and you bring your own refreshments. It is a really good night and hope you can make it. More details will follow nearer the time, but put the date in your diary!

Success Stories

- Julie Hunter was 5th in the 100m Butterfly at the British Championships in Sheffield in the summer, and represented Scotland West at the UK School Games in September = swimming in the Butterfly and Medley Relay
- Congratulations also to Alastair Kirkwood who represented Scotland in Triathlon in Wales last weekend. Alastair finish a very good 17th at the Inter Counties British Championships
- The Junior League - what can we say! FIRST AGAIN at the September event!
- The MAGS meet, Grangemouth finished 2nd Best Club behind an impressive Dundee City Team. Julie Hunter won Best Girl in the 13 year old girl age group!
- 11 of our swimmers were selected for the Scottish Swimming Development Squad. Well done to Gareth Habberfield, Hayley Bryce, Connor Dickson, Diana Harkin, Alastair Kirkwood, Alysha McCracken, Julie Hunter, Julie Nimmo, Hannah Busby, Emily Bryce and Rachael Lynagh.
- 2 new coaches at Level 1 in Val Holmes and Lynda Duffell
- 2 new judges in Marie Lynagh and Fiona Buchan
- 7 more people attended the timekeepers course

Annual Club Championships will be held on the following weeks. Please make sure that you have your swimmers Poolside by 6.00pm on Week 1 & Week 3 and 5.00pm on Week 2. Poolside kit must be worn and remember plenty of water, spare towels to keep you warm and food suitable to give you energy. Spare goggles and hats should also be with you incase you happen to need them.

Week 1 Tuesday 2nd November 2010 at 6.00pm

Swims: 25m, 50m & 100m Breast, 50m & 100m Fly, and 100m & 200m IM

Week 2 Sunday 7th November 2010 at 5.00pm

Swims: 200m Breast, 200m Free, 200m Back, 50m Free

Week 3 Tuesday 9th November 2010 at 6.00pm

Swims: 25m, 50m & 100m Back, 25m, 50m & 100m Free, 200m Fly

Finals Tuesday 23rd November 2010 at 6.00pm

Swims: Finals of all events and 400 IM.

Help needed for next year

As we have said already, we as a club rely on volunteers to run the club. We have placed a notice on the board of all the jobs involved in running the club. **WE NEED YOUR HELP NEXT YEAR!** Please volunteer and put your name forward for one of the many jobs needing filled. It is very rewarding, and you won't be on left on your own - honest - and many hands make light work. It's your child's club please help make it better by volunteering to help. If we do not get people to help in certain areas, we may not be able to carry on all the great work the club has done this year. Please look at the board and add your name. If you want to talk through further anything about a certain role please ask at the desk on a Tuesday night and they will redirect you to someone who will be able to help.

Saturday Training for Improvers

Training on a Saturday night has been changed due to the large numbers of children attending. Please note that Lanes 1,2 & 3 will be able to attend for the first 45mins and then Lanes 4, 5 & 6 for the second 45 mins. Slips with details on this can be found on noticeboard.

Donations welcome

We have a few raffles coming up soon so any donations would be most welcome. We also have a kids raffle at the club championships so anything suitable for kids would be most welcome

Holiday Training

Please keep your eye on the website and noticeboard for details of any cancellations to training times.

Finally, if there is anything at all that you wish to discuss, or if you want to know about anything to do with Grangemouth Amateur Swimming Club please ask. The Chairman is available at the club desk most Tuesdays, as is the secretary, treasurer, gala entries secretary, coaches (please wait till they leave poolside), So anything at all you want to ask, please do - it is better to get the right information and not get 2nd and 3rd hand info. Our next Committee meeting is on Thursday 30th September in the GP room at the complex from 7pm - everyone is welcome!