



## Grangemouth Amateur Swimming Club

Newsletter February 2009

### Squad Training Times

As you will be aware all squads are very busy at the moment. To try and alleviate this we are asking that swimmers stick to the squad training times of the squad they are in. They should not be attending training sessions of other squads (with one exception on a Friday night if a sibling goes to the Braes).

There is plenty of training times available for each squad! If you do attend a training session for a different squad you may be turned away if it is too busy.

Here's a reminder of the times

#### **I squad**

Monday - Friday	6:00 - 7:30am	Grangemouth
Monday	6:30 - 8:30pm	Larbert High land training
Tuesday	6:30 - 7:45pm	Grangemouth
Wednesday	6:30 - 8:30pm	Boness Academy
Friday	6:30 - 8:30pm	Larbert High
Sunday	5 - 7pm	Grangemouth

#### **B Squad**

Monday	8 - 9pm	Larbert High
Tuesday	7:30 - 8:45pm	Grangemouth
Friday	7:30 - 9:15pm	Braes High
Saturday	5 - 6:15pm or 6:30 - 7.45pm	Grangemouth (alternate weeks)

#### **C Squad**

Monday	8 - 9pm	Larbert High
Tuesday	8:30 - 9:30	Grangemouth
Friday	7:30 - 9:15pm	Braes High
Sunday	7:30 - 9am	Grangemouth

#### **Improvers**

Tuesday	6 - 6:45pm	Grangemouth
Saturday	5 - 6:15pm or 6:30 - 7.45pm	Grangemouth (alternate weeks)

[www.gasc-swim.info](http://www.gasc-swim.info)

## **JAGS**

Our own Junior Age Group Swimming gala took place on Saturday 7<sup>th</sup> February. It was a great success and in many cases the first swimming gala some of our kids were swimming at. We don't know how much we have raised at this stage but hopefully it will be a lot!!

Thanks to everyone who volunteered their services on the day (and the lead up to it). A lot of work goes on to make the gala run as smoothly as it did so thanks again to everyone who helped!

### **Committee Meeting**

We held our first committee meeting of the year last Thursday. The good thing about the committee this year is that we have representatives from all the squads for the first time. It was great to get different people's views and people speaking up for their squads. Lots of things were discussed like swim camp, swim days, fun nights and trips. We are hopefully going to try and organise all of them but will need to do some serious fundraising to help subsidise as well as getting people willing to organise. If you have any ideas for fundraising or can get any sort of donation or sponsorship from your work please let us know. Remember your more than welcome to come along to any committee meeting! Next one Thursday 5<sup>th</sup> March

### **Volunteers Needed**

That brings me onto the need for help. We seriously need more people to become involved in the club. Our recent JAGS swimming gala was the perfect example. The gala list went up on the board the same time as the list for helpers a good month before the gala (thank you to the people who did volunteer and write their names on the list) yet as late as the Tuesday before our gala conveynor was still running around trying to get help. She has to organise the whole day from getting enough officials to come, food for officials and coaches, booking the pool, the running of the gala on the day..... the list could go on. Please volunteer your help especially if your child is swimming.

I have also attached a list of jobs we need filled at the club. The club has gone from strength to strength with the swimmers performance but we are trying to introduce other things like a swim day, trip to Alton Towers etc. so we need people to come forward and help organise. We don't want it to be left to 1 person so we are appealing to people to come forward and team up with others to do this. Can I ask you to add your name next to one of the jobs together with your phone number and e-mail address and hand the form into the desk. Thanking you in advance

### **Disclosures**

We need anyone who has started helping with the kids regularly to have a disclosure done. So if you are helping at poolside in training or at swimming gala's, just started to timekeep or involved any other way and have not yet had your disclosure done (I know all the new poolside helpers were done) can you please give your name, phone number and e-mail address in at the desk so your details can be passed to the child protection officer who will organise this

### **Website**

Remember and use the website <http://www.gasc-swim.info/index.htm> It has lots of information on it like squad times, any training time changes, gala entries (so handy if you forget what time warm up is!), as well as the newsletters.

If there is anything that you would like to be on the website that isn't already there just let us know.