

Grangemouth Amateur Swimming Club

Newsletter - August 2011

So what has been happening over the Summer.....

Swimmers Success Stories - well done to the following swimmers who competed and performed fantastically at the following National events

- Julie Hunter qualified for the British Championships in the 100m Fly and the 50m Free. This was held at the end of July at The Pond in Sheffield. Julie performed fantastic coming 23rd in the 100m Fly in the 14/15 age group (Julie is only 14) and getting to the semi-final of the 50m Free. Julie finished 12th overall in a new personal best time of 27:69secs. Julie was the fastest Scottish 14 year old
- Alyshia McCracken competed at the Scottish National Open Water Championship at Lochore in Fife. Alyshia competed in the 5k event (yes that is 200 lengths of Grangemouth's pool or 3.11 miles!!!) in the 15/16 age group (Alyshia is 14) and came an impressive 3rd gaining a Bronze medal in a fantastic time of 1 hour 9mins, She then went back in the water in the afternoon and completed a 2k race in 24mins 50secs gaining a Silver medal in this National event
- Julie Nimmo competed in the Scottish National Triathlon Championships at Bellahouston Park Glasgow and came away with her 6th National Medal in this event finishing in Silver medal position. Julie completed a 300m swim, 8k cycle and 2400m run in an impressive time of 32m 45secs

The girls/and or coaches are all preparing a little write-up for the website of their experiences so check that out when it goes on.

Club News.....

- Walter Scott has been appointed permanent Head Coach. We are all delighted Walter accepted the position
- We have 5 swimmers accepted for the Scottish District Regional Program - Bronze Squad. They are Lucy Buchan, Hayley Bryce, Diana Harkin, Julie Nimmo & Julie Hunter. Well done girls! They will now all take part in 3 separate days training which will include swim sessions, land training and lectures
- Well done and THANK YOU to everyone who helped at the Bag Pack in July. It was a fantastic effort and a lot of money was raised. A BIG thank you to Lynda Duffell who organised the whole event including a tombolla this time round. Bag packing is a great way to raise a lot of money for the club so we appreciate all your help
- Swim Camp for Gemini took place on Sunday 6th August - except the camp turned out to be a full day event following the cancellation of our booking at Tulliallan Police College. It was a great day consisting of 4 hours swimming, a Zumba class, followed by Pizza Hut and finally at Ten Pin Bowling (all parent funded)
- Club fees will increase from 1st September 2011 and all swimmers and parents have been informed (notice on club board, hand out from the club desk and by e-mail)

- Coaches have been doing Time Trials in the last few months which we have posted on the website so you can see how you got on and update your B all U can B folders. Hopefully you all showed improvements!

What's Coming Up.....

- We are holding a Swim Morning on Sunday 4th September for invited swimmers. The morning will consist of a 1 ½ hour swim session followed by breakfast, then onto land training and finishing with a lecture. It should be a good fun day!
- Our annual MAGS (Middle Age Group Swim) gala is being held on Sunday 11th September. We need lots of help from all club members as Grangemouth ASC run the full gala, setting up poolside and electronics, marshalling, providing judges and timekeepers, providing meals for the officials, presenting medals etc. etc. We would appreciate if you could offer to help by adding your name to the list on the club board. If you are unsure about what to do please ask at the desk and we will be happy to explain
- Our last Swim Day of the year is at Stirling University on Sunday 18th September. This is for invited Apollo and Saturn swimmers. It will be a long hard day but hopefully the swimmers will have lots of fun included. The day consists of 4 hours swimming, 2 hours land training and there is also time to slot in lunch and a lecture
- Club Captains 2011/2012 season will be voted for soon. There is a list on the club board of swimmers who have put their names forward but if you are interested please add your name to the list no later than Tuesday 16th August. Voting will take place the week after

The busy 'Gala' season is just about to start again - this is what is coming up including club dates

- 20th August - Junior League
- 20th August - West District Open Water Championships and Relays
- 27th & 28th August - Cumbernauld Autumn meet - confirmed entries on the club board
- 3rd & 4th September - West District Sprints in Ayr
- 4th September - Swim Morning
- 8th September - GASC Committee meeting
- 11th September - Grangemouth ASC MAGS Meet
- 18th September - Swim Day
- 24th September - Junior League
- 2nd October - Stirling Autumn Meet
- 9th October - Boness Mini Meet
- 29th & 30th October - Alloa Graded
- CLUB CHAMPIONSHIPS - dates to be confirmed but will be on Tuesday nights in November - keep watching the board and notices at the desk
- 6th November - Central Regional Championships
- 12th & 13th November - Scottish School Trials (keep watching the board as entries for this is not through the club but through your child's school but we will let you know when the communication goes out to the schools)

- 19th & 20th November - West Districts Grangemouth
- 19th November - Junior League
- 26th & 27th November - FIRST Graded Gala
- AGM - date to be confirmed
- 3rd & 4th December - West District Cumbernauld
- 10th December - Junior League Finalscan we make it 7 in a row!!!
- Friday 16th December - 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!

As you can see it is a really busy time for the club and as usual we need lots of help. We haven't been successful in getting the following roles filled and this could obviously impact on our own galas and club championships. If you don't already help at the club PLEASE, PLEASE consider it. It is for all our swimmers benefits. If you are able to help or would like to speak to someone about what is involved please ask at the desk on a Tuesday night.

- **Fundraising and Sponsorship** - anyone interested or able to help with this? Do you know how to get money for your local club? If you do please let us know and speak to someone at the club desk
- **Operating our Electronics** - we need people to learn to operate the club computer system we use to run galas. We desperately need a few people to come forward and help or else we won't be able to run our club championships, summer zone challenge or our 2 external galas which raise a lot of money for the club. If you have been at the club galas before you will know how smoothly they run and how impressive it is to be able to get your child's time and position there and then. If we can't get people to learn to operate the electronics we may not be able to provide as good a service in future.
- Would you be interested in **shadowing our Gala Convenor** and helping out the organisation and running of our galas. We only hold 4 a year (over 6 days/and or nights). Val Holmes one of our lead coaches is gala convenor at the moment and is happy to keep this going until she gets someone else trained up. However Val has far too much to do at the club - as a Lead Coach she is doing up to 5 sessions a week, is gala convenor, is club contact point for new members, judges at galas, is a committee member and minutes secretary. We need other people to take on some of these roles

Finally.....

If you have anything '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 with it.