



## Grangemouth Amateur Swimming Club

### Spring 09 Newsletter

Firstly congratulations to **Craig Knight** who was selected to swim for Scotland at the W.I.S.E (Wales, Ireland, Scotland and England) swimming gala in Wales.

What an achievement - well done Craig!

#### **Pool Rescue Courses**

I haven't managed to get to everyone to let them know that the pool rescue course have started for the brand new people who have volunteered to do it and the people needing to go through their 2 year refreshers. The courses are held in the GP room at the pool and taken by Jim Hay. The times are a Tuesday night at 8pm where you will be in the GP room until 9:30pm and then head to the pool so remember your swimsuit. The other night is a Sunday night from 7pm again in the GP room. You don't need to go every night consecutively. Remember the club will pay the cost of the course and settle Jim directly once the course has been completed. Thanks again for giving up your time to help the club.

#### **Pool Helpers**

We now have enough volunteers for now to help at poolside - thanks to those who have volunteered (and offering to do pool rescue too). We don't need anymore meantime.

#### **Committee/Coaches/Pool Rescue/Pool Helper/Technical Officials/ Time Keepers/All Other Jobs or Roles carried out**

We are trying to pull together an easy reference guide of contact details for anyone who helps at the club and what they have i.e. pool rescue, timekeeper, judge, swim shop etc. The idea is that for example if you are a qualified pool rescue and we know we are going to be short one night we could easily access details for a potential replacement or if we wanted to put an e-mail out to all timekeepers for example we could easily do that. We have this already for most committee members and coaches but we are looking for a more comprehensive one. Can anyone who helps at the club doing whatever job please fill in a contact details slip (you can get slips from the club board of the club desk on a Tuesday night) and hand them into the desk. This list will not be circulated to everyone just to the committee, coaches and anyone directly involved.

#### **Change to Training Venue**

You will know this already but just a reminder that the training that was at the Braes on a Friday night has now moved to Grangemouth High School and on from 7:30pm to 9:15pm

### **I Squad 50m Pool Training Stirling University pool**

We have organised a few sessions over the next couple of months. The dates and times are:

Sunday 12th April 2009            9am - 11am - this is open to all I squad

Sunday 7th June 2009            4pm - 5.30pm - again open to all I squad

Sunday 14th June 2009           2pm - 4pm - This is for I squad swimmers who have qualified for the National (details will be added to the board nearer the time with the names of those who have qualified).

I Squad swimmers who have not qualified will be training as normal at Grangemouth from 5pm - 7pm

### **Time Trials for B & C Squad**

Whilst I squad are having 50m pool training at Stirling University we are organising time trials for B & C squad at Grangemouth. The dates and times are:

Sunday 12<sup>th</sup> April 2009 5pm - 7pm

Sunday 7<sup>th</sup> June 2009 5pm - 7pm

Keep an eye on the board for more details nearer the time.

### **Sponsored Swim**

We have organised a sponsored swim for Tuesday 12<sup>th</sup> May 2009. The times will be the normal swimming times for your child's squad so Improvers will be 6pm to 6.45pm, I squad will be 6.45pm to 7.45pm, B squad 7.45pm to 8.45pm and C squad. The finer detail has still to be organised but it is likely they will swim for the majority of the time (bearing in mind the change over of squads). On the bottom of the sponsor forms there is a tear off slip for helpers to count the number of lengths - if you are able to help can you please hand into the desk on a Tuesday a.s.a.p. so we can organise things. The good thing is we have coloured caps we can use so you just have to write down what colour of cap and the name to identify the swimmer so will be dead easy!

The proceeds of the sponsored swim will be as far as possible allocated to that squad so I squad will probably go towards subsidising swim camp, B & C squad likely to subsidise a swim day and Improvers still to be decided but could possibly be a fun night. Nothing has been decided for definite yet but we do hold events which involves the whole club like the summer squad challenge, club championships, club championship presentation disco etc. which are all free to the swimmers but does cost the club. We are also looking at some social activities like a disco, day trips etc. so again watch the board

### **Swim Camp - I Squad**

Swim Camp has been organised for Friday 7<sup>th</sup> August 2009 to Sunday 9<sup>th</sup> August 2009. This years venue is Tulliallan Police College which if you have never been into it is absolutely huge and the facilities are excellent. Details will be finalised within the next couple of week and invitations sent out to the swimmers invited. This is an intensive training weekend so it will up to the coaches to decide who will be invited and they will be taking into account a lot of different factors.

### **Swim Day - B & C Squad**

We are looking to organise a swim day in the second half of the year at Stirling University for B & C squad. The day will take the same format as swim camp except it will be rolled into 1 day. The format will be a couple of training session in the 50m pool, land training sessions, presentations and interaction sessions and some fun rolled in! Unfortunately the pool is not taking bookings until the National squads time is slotted in so we can't do anything at the moment

### **Fundraising**

We are looking for any ideas for fundraising - if you have any ideas or want to organise anything please let our fundraisers know.

We are currently looking into bag packing (although finding it difficult!), sponsorship (a little more positive response) and of course our external swimming galas and raffles.

Do you or your partner work for the Royal Bank of Scotland? If so can you make yourself known as they are offering a matching scheme. Does your work sponsor clubs or good causes through you volunteering? Again please come forward and see if you can help us.

As you know we are always asking for donations for our raffles and tombolas. We will take donations of anything! We find that a packet of sweets or a bar of chocolate entices the kids and somehow a bottle entices the adults! It would be appreciated if you can donate anything to us - we need loads of things for our tombolas so maybe the next time you are in the supermarket you can pop a few packets of sweets in your trolley! Another thing that goes down well is cuddly toys (would have to be clean and in good nick) - would be a good chance for a clear out! Or what about the smellies you got for Christmas and still haven't opened or the unwanted Christmas gifts - anything at all!!

If you could please hand your donations in at the desk on a Tuesday night. Thanks in advance

## Dates for your diary

Thursday 2 <sup>nd</sup> April	Committee Meeting	GP room 7pm
Thursday 7 <sup>th</sup> May	Committee Meeting	GP room 7pm
Tuesday 12 <sup>th</sup> May	Sponsored Swim	Normal training times
Thursday 4 <sup>th</sup> June	Committee Meeting	GP room 7pm
Friday 5 <sup>th</sup> June	Summer Disco	Still TBC (a possible at this stage)
June (date TBC)	Summer Squad Challenge	
Saturday 25 <sup>th</sup> July	M&D's	Still TBC (a possible at this stage)
Fri - Sun 7-9 <sup>th</sup> August	Swim Camp	More details to follow
Saturday 15 <sup>th</sup> August	Bag Packing	Sainsbury's Linlithgow
Sunday 13 <sup>th</sup> September	MAGS Gala (our own Swimming gala)	Help needed so please pencil in diary
Thursday 27 <sup>th</sup> August	Committee Meeting	GP room 7pm
Thursday 1 <sup>st</sup> October	Committee Meeting	GP room 7pm
Saturday 10 <sup>th</sup> October	Alton Towers	Still TBC (a possible at this stage)
Thursday 5 <sup>th</sup> November	Committee Meeting	GP room 7pm
November (dates TBC)	Club Championships	
Thursday 3 December	AGM	GP room 7pm
Friday 18 <sup>th</sup> December	Club Championship Disco	Grangemouth Town Hall

## Finally

If you have anything you want to ask about the club please do not hesitate to ask at the desk on a Tuesday club night and we will be only too happy to direct you to the right person who can help.