

## Grangemouth Amateur Swimming Club

### Spring 2010 Newsletter

Well 2010 has started off very, very successfully for the Club. Here are some facts since the last newsletter:

- We are the **Forth Valley Junior League Champions for the 5<sup>th</sup> year in a row!** Fantastic but the pressure will be on to make it 6! Well done kids! - and the Team Manager!
- We had **13 swimmers** qualify and attend the **Scottish Bronze Squad** training sessions
- We finished **7<sup>th</sup> best club in the whole of the West Districts**
- Julie Hunter is **West District Champion** in 50m Butterfly
- Alyshia McCracken, Julie Nimmo, Hannah Busby and Julie Hunter are West District Champions and **West District Record Holders** in the freestyle and medley relays
- We had **2 medalists at the Scottish Schools Finals** - Silver going to Alastair Kirkwood and Bronze going to Julie Hunter
- We won the **Best Club at our JAGS** (Junior Age Group Swimming) gala last month. As well as that we had 3 swimmers the **Best Overall in their age groups** - Ashleigh Reid, Claire Hunter & James Paterson
- **Alyshia McCracken** has been selected to attend the **National Stroke Camp**
- We have **7 swimmers qualify for the Scottish National Age Group Championships** in April
- And straight off the press from this weekend at the West Districts we have a new **Scottish Record Holder in Julie Hunter** in the 50m Butterfly in a fantastic time of 30.07secs (Long course - 50m pool)

#### Did You Know.....

Here are a few facts you might not know and be very surprised at:

- None of our coaches are paid for the work they do, all coaches, poolside helpers, committee etc. are all volunteers and give up their time to help all our kids
- Last year the club paid out £14056.00 in pool hire alone
- Last year our swimmers attended 32 galas winning **818 Medals**, 124 Gold, 153 Silver, 138 Bronze, 133 - 4<sup>th</sup>, 125 - 5<sup>th</sup>, & 131 - 6<sup>th</sup>. We even had 5 people that were too fast! Of the 2737 swims from our club 57% of them gained personal bests!

- Grangemouth ASC subsidises gala entries. Here is an example of how it works. Say your child is entered into a 2 day gala and has 8 swims over the weekend. It will cost anywhere between £4 and £8 per swim depending on the gala for the swimmer to swim. So say it was a £4 per swim it would cost £4 x 8 swims so £32. The club will subsidise the first 5 swims to the value of £1.50 per swim and will pay the full value of swims 6 to 8. So we ask parents to contribute £2.50 (£4 swim less £1.50 club subsidy) for 5 swims so you pay £12.50 for your child to swim the 8 swims. The club on the other hand pays the difference of £19.50 (£4 x 8 swims = £32 less parents contribution of £12.50). Last year the club paid out £14628 in subsidies - well worth it when you read how successful we were!
- The club subsidised swim camp and swim day to the value of around £2000

So as you can see your fees and the income we get from running our galas, bag packing, your donations for raffles, sponsorship etc. goes a long, long way.

#### **What plans do we have for this year? .....**

We are always looking for ways to improve the club and the way we do things. In the past we have increased pool time for all squads, had more social events, introduced land training , started having a residential Swim Camp for I squad and last year had our first Swim Day for B squad.

This year we are thinking of introducing a **Club Boy Captain and Vice Captain and a Club Girl Captain and Vice Captain**. The reasons behind this are varied - the swimmers would have a point of contact to go to for anything at all, ideas, worries, hints and tips, they will be able to go round all squads and speak to the younger swimmers about the club successes, what is happening at the club i.e. explain things like the Summer Squad Challenge, who won Best Club at the JAGS and Best Boy & Girl - why did they win etc. They will also be the swimmers voice and be able to speak to the coaches, committee, parents etc. and be a communication link.

So in the next week or so we will have nomination forms ready for anyone that wants to be put forward for the role of Team Captain and Vice Captain. You have to put yourself forward nobody can do it for you. Once we have the people who want to be considered the swimmers will then be asked to vote for the person they want to be Captain and Vice Captain. We would expect the people who want to be considered to be able to communicate well and be able to be spoken to in confidence, a good leader is what we are after!

Another thing we are going to introduce is an '**Open Evening**'. Many of you are new to swimming or don't understand how certain things work. This will give you a

chance to come along and speak to a few people who will be able to answer your questions. We plan to have the first one on **Tuesday 23rd March** in the back café from 6.30pm to 8pm (we can't book any rooms at the complex so the public might be around). We will have a committee member, a coach and a gala entries person available to answer any questions you might have. This is your opportunity to ask questions (although you can do that at anytime - just ask at the desk on a Tuesday there are always people on hand to help). Don't sit there wondering why your child hasn't been entered into a gala, or wonder what the Summer Squad Challenge is - come and find out first hand - don't just speak about it in the balcony!

### **Attendance**

Can we just reiterate that some swimmers attendance is disappointing. The extra sessions were introduced last year so that you could attend more sessions and not just pick a few sessions that you want to attend. If you want to improve you need to attend more.

Some of you attend very regularly and your swim times are improving rapidly as a result of this. Hard work does pay off!

One of the things most of you would like to know is **How Galas Work.....**

There are different levels of galas, think of it like your football, you have your Scottish Cup, your League Cup, your Premier Leagues, First Division etc. Swimming is a bit like that - you have your Nationals, your District (we are West), your non graded gala's (no time limits) and your graded galas (must swim within a certain time criteria). Not everyone can swim at the same level so some galas are what we call graded to allow all level of swimmers the chance to compete.

To be entered for a gala we have to have times for your child so the club runs 2 internal galas each year, the Club Championships which are held in November and the Summer Squad Challenge which is held in June. We try to do time trials at other times of the year.

### **If your child is selected for a gala.....**

- The gala convener will put a notice on the board with details of the number of swims your child qualifies for, where it is and when it is. It will also give you a date that you must respond and pay by. If you miss it unfortunately your child will not be entered
- You need to tick your child's name on the board and pay the fee at the desk any Tuesday (let them know if you can only do 1 day, all weekend, am or pm only etc.)
- The gala convener will send Grangemouth's entries to the club hosting the gala and get confirmation back if our swimmers have been successful (some swimming gala's only accept 20 - 30 swimmers per event so it will be the fastest swimmers for a non-graded event or nearest to the graded entry time for graded meets)
- A list of accepted swimmers will go on the club board together with the venue and warm-up times (If your child is not accepted a refund will be given to you usually the Tuesday after the gala takes place)
- When you go along to the gala before the warm-up time there should be representatives at poolside who will look after your child, send them in for a warm-up and send them up for their swims. We rely on parents offering to help and there will be a list on the board for volunteers to offer help. Maybe once you have been to a few galas you will want to help

Another gala your child might be asked to swim in is the Forth Valley Junior League. The team managers will select the team of swimmers they want to compete and put a list on the board. All you have to do is tick if your child can swim and turn up at the right time and venue. There is no cost for these galas. If they cannot swim on the day or in the lead up to it, it is important that you telephone the team manager as soon as possible so a reserve can be called in as most of the events in this are relays

### **Summer Squad Challenge**

The Summer Squad Challenge will be held at the beginning of June. This is a club gala where swimmers swim against people in their squad, so people of round about the same ability as you. This is open to all Improvers, C Squad and B Squad. More details will be available soon but as with the Club Championships we will set up a desk in the changing village and give out entry forms. Details of the dates will be put on the club board and the website.

## **Social Events**

We have a few things planned for this year. We have a family Ceildh being organised which should be a great night as the Scottish music at the Club Championships got everyone up! More details will follow once it has all been finalised. We also have a Family trip to the Safari Park - fantastic day last time as well as a day trip to Blackpool Pleasure Beach (you will be surprised at how good that is if you haven't been for a while!) Keep an eye on the board for more details.

## **50m Pool Training**

We have various dates organised for the first half of the year. We have the 14<sup>th</sup> March, 28<sup>th</sup> March, 18<sup>th</sup> April, 9<sup>th</sup> May and 6<sup>th</sup> June. Most are for I Squad & B+ but B Squad are invited to the session on the 28<sup>th</sup> March.

## **Time Trials**

We hope to be able to do further time trials soon so keep an eye on the board for details

## **Fancy helping out in any way?**

There is always help needed at the club - we are a huge club with nearly 200 swimmers - so if you can help in any way please make yourself known to the people at the desk. There are jobs that need done weekly, some every couple of months, some are one off's - remember it is your child that is benefiting from the Club so why not help out and make a difference!

Remember if there is anything at all - JUST ASK!

## Dates for your Diary

Sunday 14 <sup>th</sup> March	50m Pool training for I squad & B+
Sunday 14 <sup>th</sup> March	Junior League
Sunday 28 <sup>th</sup> March	50m Pool training for I squad B+ & B Squad
Thursday 1 <sup>st</sup> April	Committee Meeting - all welcome
Sunday 18 <sup>th</sup> April	50m Pool training for I Squad & B+
Thursday 6 <sup>th</sup> May	Committee Meeting - all welcome
Sunday 9 <sup>th</sup> May	50m Pool training for I Squad & B+
Saturday 15 <sup>th</sup> May	Junior League
Saturday 22 <sup>nd</sup> May	Family Ceildh
Thursday 3 <sup>rd</sup> June	Committee Meeting - all welcome
Sunday 6 <sup>th</sup> June	50m Pool training for I Squad & B+
Sunday 13 <sup>th</sup> June	Junior League
Saturday 17 <sup>th</sup> July	Family day to the Safari Park
July/August date TBC	Swim Camp
Saturday 14 <sup>th</sup> August	Trip to Blackpool
Thursday 26 <sup>th</sup> August	Committee Meeting - all welcome
Sunday 12 <sup>th</sup> September	MAGS Gala
Saturday 18 <sup>th</sup> September	Junior League
Sunday 19 <sup>th</sup> September B	Squad Swim Day
Thursday 7 <sup>th</sup> October	Committee Meeting - all welcome
Saturday 23 <sup>rd</sup> October	Junior League
Thursday 4 <sup>th</sup> November	Committee Meeting - all welcome
November dates t.b.c.	Club Championships
Thursday 2 <sup>nd</sup> December	AGM - all welcome
Friday 10 <sup>th</sup> December	Club Championship Presentations & Disco
Saturday 11 <sup>th</sup> December	Junior League Finals (yes, the day after the presentation disco but that date has to be booked nearly 2 years in advance to be able to get the town hall)