

Swimmers Newsletter Summer 2009

Can you please let your child/swimmer read this separate newsletter

Attendance

The Head Coach has asked me to say he is disappointed with the attendance levels at swimming sessions. Extra sessions have been organised for you to get better at swimming and so be able to compete at a higher level. The extra sessions were introduced so you could attend more sessions and not just pick a few sessions that you want to attend. Please make an extra effort to attend more sessions please leading up to the summer holiday. Please note that throughout the summer holidays the school pools training is cancelled but will resume as soon as the holidays are over. Please check the board or the website for the exact dates

Improvers

To try and stop the over crowding at the shower entrance to the pool we have been asked that Improvers register through the door at the deep end of the pool and no longer enter through the shower end door. Can you please start doing this from now on

Lockers

Just to remind swimmers that you must use the lockers provided in the changing rooms and not leave their clothes in a cubicle. If you leave your stuff in the cubicle it prevents the swimmers coming out of the pool from using it but is also leave your stuff open to be stolen. We have had incidents in the past where people phone, clothes and bags have been stolen. The lockers are only £1 which is refundable. The complex have said in the past that they will remove clothing left so you have been warned.

Club Board

Remember everything to do with the club is on the club boards. Get in the habit of looking at it when you are down. Any training time changes will be detailed on the club board (as well as the website), as are gala's, results, swim shop details etc. etc.

We had some people come down last week for training when the Summer Squad Challenge was on not realising a gala was on. Information about this was on the club board weeks in advance

Tell your parent this

Also remember your parents that they should not leave the complex when you are in the pool. The club is only responsible for you child at poolside, once in the changing rooms you are your parents responsibility

M&D's

A trip has been organised for M&D's on Saturday 25th July 2009. There is a list on the club board if you want to go. There isn't a bus being organised you would have to make your own way there but if you team up with a few friends and all come through together

Alton Towers

A trip has been organised for Alton Towers on Saturday 10th October. If you are looking to go can you please add your name to the list on the board and hand in a £20 deposit a.s.a.p. to secure your place. The trip itself is only going to cost around £43. If any parents can help but going along and supervising a small group of kids please add your name to the list. Any questions about either trips please speak to Lynda Whittaker or Vikki Hunter

Bag Packing

Bag Packing has been organised for Saturday 15th August at Sainsbury's in Linlithgow. We have a good few spaces left over in the afternoon. Can everyone in 'I' squad please make sure they have added their name as you are the older swimmers. Any swimmers in B & C squad who are 12 and over should also try and help out on the day. Thanks in advance

Finally

If you have any questions at all about the club or any suggestion on how we can make things better please speak to anyone at the desk and they will either be able to answer you or get someone who can