

Grangemouth Amateur Swimming Club

Autumn 2009 Newsletter

Update on **what's been happening** over the summer.....

- **13** of our young swimmers have qualified for the **Scottish Development Bronze Squad**. A fantastic achievement. Well done!
- The **Junior League Team** continues to achieve great results winning all of our gala's so far. Well done kids and keep it up - could we be going for the treble or is this 4? - I can't remember!
- **Swim Camp** was a huge success with our 'Cops & Robbers' theme at Tulliallan Police College. We took 30 kids and although it was a tough schedule of 11 ½ hours pool training, 3 hours of intense Land training and 3 hours of lectures over the 3 days the kids still had the energy to play 'Cops & Robbers' at night!
- **M&D's** - Around 30 of us went to M&D's in the summer and had a great day - check out the photo's on www.gasc-swim.info
- **Bag Packing** was a great success raising over £900 for the club. Thanks to everyone who helped on the day and to Lynda Duffell for organising it

What's coming up (get the dates in your diary!).....

- The next **Committee Meeting** is on Thursday 27th August in the GP room at the Sports Complex. Anyone is welcome to attend
- Our own gala is coming up on Sunday 13th September - it is called the **MAGS (Middle Age Group)** if anyone is able to help on the day please add your name to the list on the club board
- **Swim Day** for B squad and invited C squad swimmers takes place on Saturday 19th September at Stirling University Pool. It is a fantastic venue and should be an enjoyable but hard day! More details will come out to swimmers and to the parents who have offered to help within the next week or two
- **Alton Towers** is the 10th October. The cost is £43 which is your bus down to the park and your ticket into the park. Really good value! There are still a few spaces but be quick to avoid disappointment. Again keep checking the club board for details nearer the time
- **Improvers and C squad are having a Fun Day** on Sunday 18th October at Grangemouth Complex Pool from 5pm to 7pm. There will

be lots of fun relays, games and the flumes! Details will go on the club board and the website soon so keep an eye out for it

- **Haloween Disco** will be held on Saturday 31st October at the Greenpark Centre in Polmont. It will be a fancy dress event with prizes for the 'Best Dressed' Boy and Girl and a tuck shop
- **Scottish Schools Swimming Trials** will take place on Saturday 31st October at Grangemouth Sports Complex. Entry forms should be sent to your child's school but we will also arrange to put the entry form on our website (once available) so you can download it from there. All entries must go through the school and can't come via the club
- **Grangemouth ASC Club Championships** starts in November (dates still to be confirmed - although they are usually in the format of heats over 2 Tuesday nights and the finals 2 weeks later). Entry forms **MUST** be completed for all swimmers intending to take part. This is open to ALL club members regardless of ability. The entry forms will be out soon so again keep checking the board for details
- **Club Championship Presentation and Disco** is on Friday 18th December in Grangemouth Town Hall. The format of the night is presentations for an hour or so followed by a Disco. With it being so close to Christmas we would like to do something a bit different and make it a big family party! Any one any ideas?
- We will be arranging a club **Timekeepers Course** soon - this only takes a couple of hours on a Tuesday night. A notice is on the board looking for people who would like to do this. We have to send 2 timekeepers and 2 judges to each gala the club attends so if your child competes in gala's we would urge you to complete the course and volunteer at the next gala. Also any qualified timekeeper who would like to go onto **Judging** please make yourself known to Ian Fleming or Linda Nimmo
- **New to the Club or settled in enough to want to help in anyway?** You can see from everything that is going on that we are a thriving club that does a huge amount for our young swimmers. All of our coaches, helpers and committee do everything voluntarily to help all our swimmers - your child. Why not get involved and do your bit to help. There are lots of things going on and the more hands (or brains) we get the better. You may have some good ideas on what we can do to continue to make the club better - we need new ideas and fresh blood! If you want to find out how to get involved speak to Linda Nimmo or e-mail her at the.nimmos@blueyonder.co.uk