

# Grangemouth Amateur Swimming Club



## Winter Newsletter 2009

Happy New Year to everyone!

Before I forget ..... Remember our **AGM is on Thursday 15<sup>th</sup> January** in the GP room (room on the right before the changing room) at 7pm. We would ask that 1 member of each family attend please.

Well 2008 has been another very, very successful year for the Club. Here are some facts:

- We had 1 swimmer represent Scotland at the UK School Games
- We have 2 swimmers qualify for the British Championships
- We have a Scottish National Age Group Champion
- We have Scottish Record holders
- We have West District Champions and Record holders
- We have 15 swimmers in the Scottish Development squad
- We are **Central Regional Champions** for the first time in around 25 years!
- 3 swimmers broke club records at the Championships, some of which were standing for years
- We are **Forth Valley Junior League Champions** again! (Is that 4 in a row!)
- We won the **Forth Valley Senior League** and were best in 2 age groups the 10 and under and 12 and under
- We have 8 new club timekeepers completed their initial course who hopefully will go onto become qualified timekeepers
- We have 2 new judges, 1 Referee and 1 Starter, 1 Recorder and 1 AOE (electronics)
- We have 2 new qualified coaches
- We have a few people who have qualified in pool rescue

- We held our second residential Swim Camp

I am sure you will be with me in thanking, in particular all the coaches, helpers and committee members for their dedication, hard work and for giving up all their time to help our kids. Not forgetting the kids who have made us very proud!

### **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 their own and your kids
- Last year the club paid out over £13000 in pool hire alone
- Grangemouth ASC subsidises gala entry fees. 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 £4 (average cost) to enter your child per swim, so £4 x 8 swims equals £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 - 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 over £9000 on subsidies - well worth it when you read how successful we were!
- The club subsidised swim camp to the value of around £2500

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

**So onto 2009 for the Club.....**

### **JAGS (Junior Age Group Swimming) Gala**

On Saturday the 7<sup>th</sup> February the club hosts its own external gala. We usually have about 20 clubs participating and this is one of our major

fundraisers and brings in lots of money for the club. You will have seen from the Club Championships how professionally and slick we run our galas. This is due to a lot of hard work and commitment from a lot of people. To make our JAGS gala run as successfully as possible we need lots of help from parents, even if your child is not swimming you can still help. Bring your child along too - they enjoy it! There will be a list of jobs going up on the club board, some are just an hour, like taking admissions and selling raffle tickets, doing an hour on the tombola's, dishing out water to the officials. Some a bit longer, timekeeping, helping with the official's dinners etc. So please volunteer (if you want to talk to anyone about anything just ask at the desk and they will direct you in the right direction)

### **Annual Membership**

It's that time of the year again - the annual memberships will be due in February/March.

The bulk of this fee does not go to Grangemouth ASC. Every year every club swimmer in Scotland has to subscribe to SASA (Scottish Amateur Swimming Association). This makes the swimmer a member of SASA, allows them to swim in galas, provides insurance etc. Everyone must also subscribe to the West District. We, the club, take a small club admin fee which makes up the difference. Keep an eye on the club board for prices.....

### **How Galas work**

Another thing some people are unsure of is how gala's 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 are called 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 gala's each year, the Club Championships which were help in

November and the Summer Squad Challenge which is held in June. We occasionally 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 and will 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 within a week or 2)
- When you go along to the gala before the warm-up time there should be representative's 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 gala's you will want to help

Other gala's your child might be asked to swim in is the Forth Valley Junior League or the Forth Valley Senior 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

## **Swim Shop**

Swim Shop will be open the first Tuesday of every month. Goggles start from £8 and Caps from £4. There is also club gear available, caps, kit bags, holdalls, boy's jammer long trunks (all these available at swim shop), shorts and t-shirts, tracksuits, hooded tops and polo shirts all have to be ordered.

Club gear can be ordered on swim shop nights however it could take a few weeks before the order can be placed as we need a sizeable order to put in. Order forms are in the black folder at the club board. Just fill in the order form and hand it into the desk with the payment. If you are not sure what size to order ask at the desk and we can see if we can help.

## **Any unwanted Christmas gifts**

As we have a few gala's coming up we would welcome any unwanted Christmas gifts for our raffles and tombola. If you have anything at all you could donate to us that would be great. Anything from sweets, chocolates, smellies, wine, bottles of spirits (am I having a laugh - unwanted!!!), soft toys, games - anything at all we would happily take. Just hand them in at the desk on a Tuesday. Thank in advance

Or if you are able to gain sponsorship for any of our gala's (held in February, September and November) please tell the people at the desk

## **Help Needed**

As always we are asking parents to help run the club. The old saying 'the more hands the merrier' is definitely true. There are various jobs needing filled at the club some of which are only to help at our external gala's so only twice a year, some if for example you come on the committee it is only 9

evenings a year so not a huge commitment. Remember your child benefits from as much as any other child so it is only fair that everyone does their bit. There is a list on the club board of jobs needing filled **PLEASE** volunteer and put your name next to something. The club is doing fantastic at the moment and it is all down to the help parents like you give!

## **Reminder**

Just to remind swimmers that they 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.

Also parents, if you don't already do, please help putting out the lane ropes and floats when you arrive at swimming. Also help putting everything away at the end of the training sessions. It makes it a lot quicker and allows everyone to leave.

Remember everything to do with the club is on the club boards. We try to make this also available on the club website - [www.gasc-swim.info](http://www.gasc-swim.info) Get in the habit of looking at it when you are down. Any training time changes will be detailed on the club board, as is gala's, results, swim shop details etc. etc.

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

Finally if you are interested in getting involved at poolside helping and coaching kids please speak to someone at the desk who will direct you to the right person to speak to. It is a very rewarding job and they are a great bunch of kids. The club will be only too happy to put you through pool rescue and if you are keen to help further put you through a coaching course.

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.

