

# Grangemouth A.S.C. Junior League Champions

## 7 Years in a Row!

By Marc Duffell

Junior league is a mini gala for swimmers in a number of age groups. It lets kids from the zones mainly Challenger and Saturn compete at a gala before going to graded and open gala's.

Junior league consists firstly of age group relays then individual swims and finally squad relays. Junior league runs on time banding's and the Team Manager of Junior league must make sure that in each event the swimmers times don't exceed the time banding's before finalizing the team. Points are allocated for the finishing positions but are also taken off if a swimmer swims faster than the banded time so it is very important for the Team Manager to select the right team!

When the Team Manager has finalised the team they put a sheet on the notice board detailing when it is, where to go, what time it is and what time the swimmer needs to report on poolside to the coach in charge. The swimmers parent or guardian then checks the board and ticks the name if they are available to swim and puts a cross next to the name if they are not available to swim. We ask that you do this because if there is a swimmer who can't make it we need to find a replacement swimmer and notify them that they can swim at the Junior league if they are available at that particular date.

When the swimmer arrives they get changed then report on poolside to the coach in charge. We always sit as a team and wear Grangemouth A.S.C. T-shirts (if you have one) as we are representing the club. We rely on parents and coach volunteers to marshal kids so the swimmer knows when to go up for their swim. We have coaches at both ends of the pool to make sure the right swimmer gets into the pool at the right time to swim.

At the end of the gala the announcer will notify the teams their place and their points. The points get added to the team total and then the league gets updated every time there is a junior league. The final takes place in December each year/

### Junior League 2011

Grangemouth Amateur Swimming Club have had another very successful year in 2011 and going into the final we were at the top of the table by half a point ahead of Bathgate. Going into the final on Sunday there were loads of nerves as it was very close. During the final there were a number of very close races and at the half way point we were in second place only behind Bathgate. It was a very close second half and Grangemouth were pipped at the post by Bathgate but that was just the A final that Bathgate won and the scores still had to be added to the totals before the gala and Grangemouth won the Forth Valley Junior League for the Seventh years in a row!!!!!!!:)

I just want to say a BIG thank you to all swimmers who have swam throughout the year and all the parents who have taken the kids to the numerous different pools throughout the year.

Also a MASSIVE thankyou to Stephan Buchan who gives up his time to make sure we have a team of swimmers who are ready to swim and enjoy the Junior League. Here's to 8 in a Row for 2012!