

April/May Newsletter

BIRTHDAYS

Happy Birthday to:

April

James Marshall (11)
Phoebe Lewis (11)
Angus Dickson (13)
Jennifer King (14)
Connor Nicol (16)

May

Ben Cotter (11)
Adam Kirkwood (13)
Georgia Henry (14)
Hannah Watson (16)

Welcome to our fourth newsletter of the year! The North Ayrshire Junior Meet was held over the weekend at Auchenhavrie pool and was well attended by over 15 clubs from as far away as Stranraer and Arbroath as well as Glasgow, Milngavie and Bearsden, REN96, Cumbernauld and Grangemouth. Our young swimmers did really well coming away with lots of medals and Pbs. A full report will be released in the press next week. Thanks to all the volunteers and parents who helped out. Especially the new parents if you got thrown into the deep end – excuse the pun and had a job to do for the first time ie marshalling, medals, shop, etc. Thanks to all those who donated raffle and tombola prizes. The prizes and quality were a bit thin on the ground this time. Please remember this is a major fundraising event for us – one of four galas throughout the year. If your child is swimming in a gala please make yourself available to help out for the day (or part). There are always lots of jobs to do on the day. No parent from the club should be sitting watching at one of our own galas! Even siblings can help out – by giving out sweets, water to the officials. If your child is not a competitive swimmer you can still both come along on the day to help out and/or donate prizes.

Scottish National Age Group Championships

Twelve swimmers from the Senior Squad travelled down to Sunderland Aquatics Centre, 50m long course pool, to compete in the Scottish National Age Group Championships over five days from 31 March to 4 April. Jordan Hughes (15) was in terrific form and came away with a haul of medals in his gruelling 18 swims (heats and finals). He bagged 4 Gold Medals in 50, 100, 200 and 400 Freestyle and 2 Silver Medals in 100 (with a -6.31 sec PB) and 200 Butterfly. Catriona Fowlie (12) was in fine form gaining a Silver Medal in 100 Backstroke, a Bronze Medal in 200 Backstroke, recording PBs in all of her races including a massive 14.33 sec off her 200 Backstroke). Jennifer King (14) of Largs, celebrated her 14th birthday at the championships and had to swim in the next age group. She gained a Bronze Medal in 200 Backstroke. This was a great achievement for all the swimmers who



managed to qualify for the Championships. Some of the swimmers had to dig deep having a huge volume of swims over the 5 days and many managed Personal Bests.

Mini League Round 3
Venue – Vale of Leven
Swim Pool, East
Dunbartonshire
Warm Up 1230 for 1.15
Start. Swimmers to be
poolside by 1215
If you on team list you
must attend or notify
coach asap if can't attend!
So reserves can be
contacted

PARENTS BRAVE SWIMMING IN THE FIRST LANE FOR SPORTS RELIEF

An amazing almost £1500 was raised by twenty parents from North Ayrshire Amateur Swimming Club (NAASC) for Charity last month split between Sports Relief and NAASC funds. Children from the Club were given a form and asked to nominate parents to Swim in the First Lane for Sports Relief/Club funds. For some parents this was more of a dilemma than others. How you could refuse – when nominated by your child? This meant swimming in the beginners lane while their children were training. Will I make a fool of myself? Will I be able to last the pace? For other swimmers – not a chance were they going to even ask their parents to make a fool of themselves!



Some parents from Auchendarvie Pool who took part

Around 35 parents names were put forward and three training sessions were organised two at Auchendarvie, Stevenston and one at Vikingar, Largs. There were a mixture of ailments that some parents were unfortunately afflicted with which meant they had to withdraw at the last minute – from 4 sore backs, and a sore knee to name a few - which meant that this number whittled down to twenty brave souls.

On the first training session night there were a few nervous people – wondering what they had let themselves in for. Louise Scully was the Coach for the night and too was thinking the same. Her tactics were to treat the parents exactly the same as the children. The parents had to swim for half an hour – that sounded

okay surely? The session started off with basic streamlining – how to push off from the wall, basic techniques of front crawl and the other strokes and then what they had not bargained for – was the drills and kick and pull (using floats) and at the very end to really earn their money - a bit of Butterfly!. Some parents struggled with



Some parents from Largs pool who participated

the drills, others with using a kickboard for 2 lengths. Most agreed how they couldn't hear the Coach while in the water, how difficult it was to do back crawl drill with your hands extended and doing front crawl pull just using your arms – no legs! The coach also noticed similar traits with the swimmers and their parents! Anyway before some parents knew it and long after some others wanted it – it was time up! All the parents found the sessions very useful and informative and some said they would never again tell their kids to work harder after this experience!

The fundraising was certainly a team effort – in the Largs pool the oldest participant was Linda Henry (Neil and Adam' Monaghan's Gran) leading the way, there was also husband and wife team Mervyn and Julie Weir (Rebecca's mum and dad) who raised a splendid £108.00 between them, David Wilson (Daisy's dad), was the bravest participant earning every penny as he was loaded with the cold and struggled through Keith Sutherland (Andrew's dad) raised the biggest single total of £126.00 – well done to him. He evidently really enjoyed the training session. Karen Jenson (Fraser and Abby Kane's mum) who is a swimmer and who does actually

have a sore back managed to participate by pacing herself. Coach Jacqui Tarran took a lot of stick and was brave enough to endure half an hour in the first lane (Connor and Jacob's mum). She raised an amazing £124.42. Other parents who participated were Sabrina Hay (Eva and Narja's mum) and Jane Grant (James and Kate Fishwick's mum).



The Lewis Family – who raised the most money!

From Auchenharvie pool, keeping it in the family Clare Lewis and daughter Sophie (Phoebe's mum and big sister) raised the biggest amount of all a terrific £134.00 between them. They did the training sessions separate and Sophie's teenage friends came along to support her. Both found the training session quite a challenge and are more appreciative of how hard Phoebe has had to work to quick accelerate through the Swim Club. Alex Downie (Louise's dad – made the session look far too easy and next year he can train with the seniors instead of the juniors – if this is to be repeated!) Gordon Fraser (Craig's stepdad had no problems with the training session), Lesley Howie (Ben and Robyn Cotter's mum) and Janice Knix (Zoe's mum) both found the session very challenging, Julie Clark (Evan's mum) made it look easy but actually found it hard, Miles Scofield (Elodie's parent)) and Craig Nicol (Connor's dad) were glad when it was all over, Nicola Murray (Carla's mum) and Stephen Erentz (Craig and Ross's dad) are both exswimmers so no problems for them – ahem?), Garry Kirkwood (Adam's dad) did have a sore back and couldn't take part but still managed to raise £87.00.

A big thank you to all those parents who took

part and all family and friends who sponsored the parents raising almost £1500.00 for charity (split between Sports Relief and NAASC (which is also a registered charity)).

MINI LEAGUE ROUND 2 -AUCHENHARVIE
 Twenty six junior swimmers from North Ayrshire A and B team competed in Round 2 of the Mini League held at Auchenharvie Pool, Stevenston on Saturday 21 April. North Ayrshire were the host club and were drawn against City of Glasgow, Milngavie and Bearsden and Kingston. This was a crucial Round and the mini swimmers had to pull out all the stops to have a chance of qualifying for the final in June. The swimmers did amazingly well and every swimmer put in a tremendous effort. They were rewarded with a magnificent second behind Milngavie and Bearsden. The points on the day were: Milngavie and Bearsden 158, North Ayrshire 134, City of Glasgow 122 and Kingston 61.

The next Round 3 is on 19 May at West Dunbartonshire and against Clydebank and Rutherglen. The Mini League team selected are:

8 & under

Abby Kane	Ross Erentz
Jenna Hambleton	Jacob Tarran
Cara Dunwoodie	

9 & under

Daisy Wilson	Andrew Sutherland
	John Fowlie

10 & under

Abbie Freeman	Rory Dickson
Rachel Holmes	Evan Clark
Meredith Scott	Jake Dunwoodie
Rebecca Weir	Connor Tarran
	Craig Erentz

11 & under

Emma Scully	Lewis Henry
Phoebe Lewis	James Marshall

IF YOU CAN'T MANAGE YOU MUST LET THE COACH OR ANN KNOW ASAP SO A RESERVE CAN BE CONTACTED!

MARK HUGHES
 One of our young swimmers, Mark Hughes, sadly lost his fight for life last month. He had just turned 12 a few days earlier. He was a great wee swimmer and represented our Club at the Mini League making an important contribution doing the individual swims and relays for 9 years and under in 2009 and again for 10 years and under in 2010 before his illness became apparent. He was also Age Group Champion for 9 Year Old Boys in 2009. His funeral was on Wednesday 1 May at St Bridgets Church, Kilbirnie. There was a tremendous turnout from the Swimming Club of past and present swimmers and coaches and parents who knew Mark and the family – and who all went along to pay their respects. The Swimmers Committee through Pamela Wright are in the process of organising a tribute for Mark to raise funds for the Ewing Sarcoma fund. Further details to be announced soon. The Hughes family are in all our thoughts.

ARDROSSAN HIGHLAND GAMES
 We are supplying 10 volunteers (including 1 adult) to help at the stalls, take in the money for the Ardrossan Highland Games on 13 June 10 am – 2 pm. Names please to Sharon or Ann. If there are not enough volunteers Sharon says she will pick helpers. The Games Committee are going to give a donation to our Club of £200 for helping out. A free lunch will also be provided.

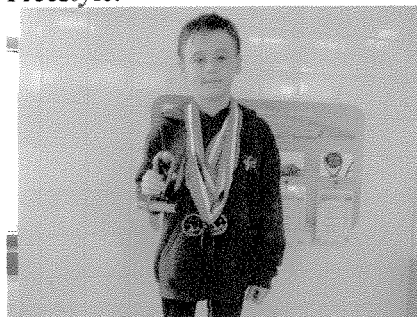
TRAINING SESSIONS
 Please note that the Senior Squad training times have been increased. Tuesdays are now 530-730 pm and Saturday mornings are now 7 – 9 am. Saturday sessions are open to S1, S2 and S3 squads only. Sunday mornings are open to all Senior swimmers.

EAST KILBRIDE LONG COURSE TRAINING
 This has been arranged for 7.15-8.45 PM on the following dates:
 31 August
 21 September
 26 October
 16 November
 7 December

DIARY 18 AUG - BINGO NIGHT

50/50 CLUB
 March –Kenny Campbell wins £50
 April – Ann Girvan wins £50
 50% Club Funds/50% for Prizewinner. There is a prize every month - £50 cash with £100 prize in December. If you are interested in joining to help club funds or win prize money see Joanna or email Ann.

FALKIRK OTTERS MINI MEET
 Nine junior swimmers competed at Falkirk Otters Meet held on 14 April at Grangemouth. Evan Clark was in fine form winning Best Boy 9 years trophy for the second year in a row. Evan got two Gold Medals in Butterfly and Breaststroke and two Silver Medals in Backstroke and Freestyle.



 Meredith Scott (10) was in great form achieving Pbs in all her races taking a Gold Medal in Breaststroke, a Silver Medal in Butterfly and a Bronze Medal in Backstroke. Emma Scully (11) recorded a Silver Medal in Butterfly and a Bronze Medal in Backstroke, now having to swim in next age group.

SOUTH AYRSHIRE OPEN MEET
 Six swimmers from competed at South Ayrshire Open Age Group Meet held over two days on 14 and 15 April at The Citadel in Ayr. Samantha King (15) from won a Gold Medal in 50m Freestyle. She pulled out all the stops coming from fifth place in the heats to take first place in the final. Craig Nisbet (14) was in good form getting many Personal Bests ((Pbs) in his 8 races (heats and finals) and came away with two Silver Medals in 200 Butterfly and 200 Backstroke. Adam Kirkwood (12) from Kilwinning was also in great form getting nearly all Pbs in his 7 races (heats and finals). He came 4th in 400 Freestyle (with a tremendous -33.58 sec PB), 4th place in 200 Backstroke (-6.48 sec PB), 4th place in 50 Freestyle (-4.54 sec PB).

DATES FOR DIARY
 12/13 May- WD 3 at Dumfries
 19 May – Mini League Round 3 at Vale of Leven Pool, East Dunbartonshire. Warm up 1230 – to be poolside at 1215.
 26/27 May – WD 4 at East Kilbride.
 8/15/22 June – East Kilbride LC training – open to all senior swimmers

9 June – Mini League Final at The Citadel, Ayr
 10 June NAASC Sprint Championships at Auchendarvie at 4.15 pm (All swimmers)
 24 June REN96 Graded Meet (for new and improving swimmers – entries to Ann by 15 May please

28 June – Scottish Gas National Championships at Royal Commonwealth Pool, Edinburgh 28 June – 1 July

17-22 July British Gas Championships at Sheffield

 For June newsletter contributions to Louise Scully by 8 June