

ROUND UP OF RECENT COMPETITIONS

11/12 February North Ayrshire 200 Meet.

The meet proved to be very popular with 28 clubs coming through to participate: from as far away as Shetland, Carlisle and Fife. Eighteen swimmers from the Club took part: Jordan Hughes 4 Gold Medals in 200 and 400 Freestyle (securing Meet Records for both!), 200IM and 1500 Freestyle, a Silver Medal in 200 Breaststroke and a Bronze Medal in Backstroke. He was also awarded Best Boy Shield for the 15-16 Year age group.

Emma Scully 2 Gold Medals (200 Butterfly and 200 Backstroke), a Silver Medal (200 Breaststroke), two Bronze Medals (200 IM and 200 Freestyle). She was rewarded in her efforts by securing Best 10 Year Old Girl Shield.

Hannah Watson got a Gold Medal in the 200 Butterfly and a Silver Medal in the Breaststroke. Ross Hughes secured a Gold in the 200 Freestyle. Catriona Fowlie secured two Silver Medals in the 200 Butterfly and Backstroke and a Bronze Medal in the Freestyle. Graham Brown secured two Silver Medals in 15-16 years 200 Backstroke and Freestyle. Glen Duffy - a Silver Medal in the 200 Butterfly

Jennifer King had an exceptional swim securing a Silver Medal in the 1500m Open Freestyle smashing a West District record for 13 years age group by taking 8 seconds of the record. Julie McClymont gained a Silver Medal in the Backstroke. John Wright secured a Silver Medal in the 200 Freestyle.

West District Championships 4/5 February.

A record number of 22 swimmers from the Club achieved qualification and swam at the Group 1 West District Championships held over 2 days at The Tryst Sports Centre in Cumbernauld. Jennifer King (13) bagged four Golds (100 Butterfly, Freestyle, Backstroke and 200 IM) and a Bronze Medal (100 Breaststroke) and Catriona Fowlie received a Silver Medal in the 100 Backstroke and two Bronze Medals in the Freestyle and Butterfly.

SCHOOLS FINAL CHAMPIONSHIPS AT EAST KILBRIDE ON 29 JANUARY

Ten swimmers from the Club attended the Championships representing their schools: Jennifer King got a Gold in 13-14 100 Backstroke and Silver in 13-14 200 Backstroke. Jordan Hughes Gold in 15-16 100 Free and Silver in 15-16 200 Freestyle. Jordan broke a Scottish Schools record held for 23 years for his 100 Freestyle in a time of 54.19! Ross Hughes got a Silver in 13-14 100 Butterfly.

FORTHCOMING EVENTS

3-10 March – British Gas Championships/ Olympic trials at London Aquatic Centre (both Jordan Hughes and Jennifer King competing and Sharon Welsh accompanying them!)

¾ March – M & B Winter at Johnstone

9 March EK LC training

10/11 March WD2 – 14, 15, 16 & Over at East Kilbride – details tbc

16 March – Committee Meeting 5.45 at Auchenharvie

23 March EK LC training

24/25 March – REN96 Graded

31/3 – 4 April Scottish National Age Groups, Sunderland (Closing date 7/3)

14 April – Falkirk Otters at Grangemouth – a good first gala for younger swimmers from 7 yrs to 12 years (closing date 17/3).

14/15 April South Ayrshire Open (details sent out by Ann).

MINI LEAGUE DATES

Round 1 – 26 February – at Auchenharvie (North Ayrshire v Clydebank v South Ayrshire v Dumfries) Warm Up 1520 for 1545 start)

Round 2 – 21 April at Auchenharvie (North Ayrshire v Kingston v Glasgow v M & B) Warm up 1435 for 1500 start)

Round 3 19 May venue tbc
Final Saturday 9 June at Ayr

For March newsletter last contributions by 16 March to Louise



BIRTHDAYS

Happy Birthday to:

Sharon Welsh

Angus Dickson (13)

Elodie Pollet (10)

DATES FOR DIARY

23 June

Bag packing at new
Sainsburys Irvine

5/6 May

NA Junior Meet at
Auchenharvie

Fundraiser Quiz

25 February West Kilbride
Com Centre 730-1030 incl
kids

Round 1 – Mini League

26 February at
Auchenharvie

Warm up 1520 for 1545
start

Bring cake/savouries for
6 people (we are host
club and have approx 80
swimmers to feed and
parents!)

February Newsletter

Welcome to our second newsletter

Can I just say its good to have the emails flowing again after Ann's recent hospital visit. We have had a busy few weeks on the swimming calendar: with Galas nearly every weekend: Grand Prix, Schools Finals, West District 1 Championships at Cumbernauld, South Ayrshire Open Meet and most recently our own 200 Meet discussed below. Looking ahead the diary is still pretty busy with the first Round of the Mini League on 26th February.

Membership Fees

Some membership fees are still outstanding and also consent forms for photo/ press release. Either post to Ann Girvan or pass in an envelope to Sharon/Louise who will pass it on.

Another photo sent in which shows past and present swimmers and Head Coach Sharon at Ceilidh last month.



North Ayrshire 200 Meet 11/12 February

Our Meet last weekend went really well. Thanks to everyone who helped out and pulled together to make it such a success. Thanks to Elaine Duffy who helped me collate and staple the extra programmes needed for each day first thing in the morning. £650 was raised through the sale of programmes so it was well worth it. Special mention to Glen's little sister Skye for doing a sterling job on the tombola stall all weekend. Most stuff came in last minute – thanks to those who did donate especially the chocolate fountain. £194 was made on the Saturday on raffle/tombola and £141 on the Sunday on tombola alone (not including raffle). The hospitality provided by Don (wonderful soup/buffet and Emma Watson (Hannah's mum) mmmh – those cup cakes to die for!) very popular with the officials and those swimmers who managed to

wangle soup and a cup cake! A lot of swimmers had both parents helping out. Thanks to John Fowlie, Dave Scully, Stephen Errentz, and Danny Cairns for setting up/taking down equipment it can take up to 2 hrs to set up/put it all away, Kim Downie on medals, Ann Girvan, John Fowlie, Cath and Gordon Fraser for Meet management and AOE, Carol Muir on shop (help from Lorna Kirkwood), Elaine Duffy, Dave Scully /Danny and Jackie Cairns, on raffle/programmes, Gary Kirkwood /Robbie Henry announcers, the officials Jean King, Joanna Hughes, Francis Fowlie, Joanne Henry, Alan Scott, Peter Freeman, me! – coaches Sharon, Sally, Amanda, also swimmers (Catriona (& mum), Samantha, Jade, Jasmine and Skye, Alistair (Cairns) sweets, water anyone else- thank you!

A WORD FROM THE JUNIOR COACH

Let me start by thanking all the swimmers for their efforts over the past 12 months. I try not to lose sight of the fact that the club is run for their benefit and without them there would be no club. So I think it is only right that I open up by thanking them and I would ask any parents of junior swimmers to pass that on to their child.

I think at this point it is worth pointing out that whilst we do try to have an element of fun in most of the sessions especially for the younger swimmers it is important for everyone to remember that North Ayrshire is a competitive swimming club and correspondingly we ask a lot from our members, both swimmers and parents so again thanks to all the parents who help out.



(South Ayrshire Mini Meet Jan 2012 swimmers)

Throughout the year we have, as always, attended a number of galas and I do not propose to go into each one in depth or to single out individual swimmers, suffice to say that for the most part I am happy that the vast majority of our swimmers have shown progression over the year. I cannot stress how important it is for junior swimmers not to get too hung up about whether or not they are winning medals for me the most important thing is the time achieved, as long as swimmers see their own personal bests coming down then that should be the focus for them, anything else is a bonus. I would assess that around 60-65% of our swims have resulted in PB s this year and that is down to the swimmers efforts.

Mini League

The only competition I will mention is the Mini League, which as ever was great fun. We have a good record of achievement in this event and whilst the team was not perhaps as strong as in the past I feel through a great team effort we achieved a very credible 4th place and pushed REN96 all the way for third. I was particularly pleased that we managed to beat M & B in the swim off as they had beaten us in the third heat at Inverclyde on 21 May. We as a club are used to going to the heats and winning by a distance, the second place at Inverclyde was a useful wake up call and the swimmers responded well at training. I am already looking forward to this years event.

Swimmers Moving Up

I want to briefly mention the issue of swimmers moving up to the Senior side of the club. This has been the source of a bit of concern for the coaching team. To be fair it is a bit of a balancing act in terms of judging the right time for an individual to move up. It is a massive step up in terms of the intensity of training and the commitment required. The last thing I want is for a young swimmer to move up to S4 only to find it too much.

We have a system which allows swimmers to try a session a week with the Seniors. These are swimmers who are being looked at for the move. What I would say is that if a swimmer or parent has any concerns during that period then please let Sharon or me know. I would much rather we deferred a squad move for 6 months or so rather than lose a swimmer after a short time as a senior.

New Coaches

I will finish off by stressing how much of a team effort the coaching side of the club is. I could not manage without all the individuals who give up their time to assist me. I would especially thank those who took the time to sit and pass the Level 1 coaching course at the tail end of the summer. Once again, thanks for all your support and with everyone's help I hope we can continue to see the children's swimming develop over the next 12 months.

FUNDRAISING

A great way to help raise money for the club is through easyfundraising.org.uk for any internet shopping online. This was set up by our Fundraisers a few months ago. We have 26 registered supporters. To date we have raised £122.58. Our top five fundraisers through this website are:

John Fowlie - £33.18
Ann Girvan - £15.94
Ashley Scott - £12.44
Carol Muir - £12.10
Derek C - £12.10

Well done guys!

Come on the rest of you – give it a go! Register now so that you are ready to shop on line.

TO REGISTER

easyfundraising.org.uk

Search for a Cause

Type in North Ayrshire A S C

Would you like to earn money for North Ayrshire A S C Click on YES Sign me up!

Register as a Supporter - fill in name, email address, make up Password.

Click on Gift Aid if you pay tax

Then Click REGISTER

TO SHOP

naasc.co.uk – Home Page

Click on Links

scroll down til you see easyfundraising.org.uk and click on it

Click on North Ayrshire A S C

Log into your account

Top of Page click RETAILERS and then Shop!

All the top retailers including: Premier Inn, John Lewis, Marks and Spencers, Swimshop. For example if you buy a pair of jammers at £12.00 – 36p would go to the Club.

You can also raise money while in easyfundraising.org.uk under North Ayrshire A S C. Use easysearch.org.uk to search the web.uk every search will raise 5p for the Club.

FEBRUARY FISHY WORDSEARCH

ANGELFISH, ARCHERFISH, BLACK MOLLY, BUTTERFLY FISH, CATFISH, CLOWN LOACH, DANIO, DISCUS, FIREMOUTH, FLYING FOX, GOURAMI, GUPPY, HARLEQUIN, HATCHETFISH, JAGUAR CICHLID, KRIBENSIS, NEON TETRA, OSCAR, PARADISE FISH, PLATY, PLECO, PUFFER, RAM, RASBORA, RED PIRANHA, SCISSORTAIL, SIAMESE FIGHTER, SILVER DOLLAR, SWORDTAIL, TIGER BARB

H	A	R	L	E	Q	U	I	N	T	I	P	U	F	F	E	R
T	A	R	T	E	T	N	O	E	N	C	M	V	S	L	P	I
G	I	T	E	R	A	S	B	O	R	A	A	A	J	I	L	Y
I	B	G	C	T	A	R	U	D	S	N	H	P	R	B	E	P
Z	T	R	E	H	H	C	H	X	H	G	N	O	D	U	C	P
B	H	E	S	R	E	G	S	K	S	E	A	H	I	T	O	U
V	S	S	A	I	B	T	I	O	I	L	R	B	L	T	K	G
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K	I	S	D	Z	R	Y	A	T	R	Y	L	L	U	I	I	G
B	L	C	L	O	W	N	L	O	A	C	H	L	G	S	S	D
H	T	U	O	M	E	R	I	F	P	I	G	Y	A	H	J	I
P	N	S	T	P	Z	Q	N	Y	T	A	L	P	J	R	J	B

NAME: _____

Cut out wordsearch and hand in with £1 entry to Louise Scully by March 16. Prize for winner. All proceeds to Club funds.

January Fishy Quiz (Answers)

Mix Chip with Lard (Pilchard) - Swindler or defrauder (Shark) - A poor swimmer does this (Flounder); Troy Tempest's submarine (Sting Ray); Slide on Ice (Skate); Name for 8 cats (Octopus); Wooden joist with an R (Bream); Celestial being? (Starfish); Yellow part of shoe (Lemon Sole); Brewery Singer (Bass)

The winner of the quiz was Cath Fraser. Well done – a tin of Roses coming her way!