

Following our AGM in January the NAASC committee now consists of:

President – Don Mackillop  
Vice President- John Fowlie  
Treasurer – Joanna Henry  
Secretary – Ann Girvan

Cathie Fraser –  
Data Protection  
Gary Kirkwood –  
Child Protection  
Louise Scully –  
Press/ Newsletter  
Margaret Dickson –  
Kit  
Ashley Scott/Carol Muir -  
Fundraising  
Joanne Hughes -  
Sponsorship  
Liz McClymont –  
Technical Officials  
Kim Downie -  
Trophies  
John Fowlie –  
Gala/Equipment

Head Coach – Sharon Welsh

#### FORTHCOMING MEETS

February is a busy month for the Club with the following:

4/5 February WD 1 –  
Cumbernauld – details tbc.

11/12 February – our NA 200 Meet at Auchendarvie with clubs attending from all over West of Scotland

26 February – Round 1 – Mini League (see previous page)

3 & 4 March M & B Winter Gala at Johnstone.

A good first gala for new swimmers – for further

information check NAASC website under Links and then Swimscotland website and look up gala details. If you are not sure ask your Coach what events would be suitable. Get your entries to Ann at least one week before closing date.

10 & 11 March WD2 at East Kilbride – details to be released.

24/25 March – REN 96. Another good gala for new and improving swimmers. Ann has already given out details of this (closing date 24 February). The details are available on Swimscotland website.

31 March to 4 April – Scottish National Age Group – at Sunderland. Closing date 7 March.

#### ISSUES OR POINTS TO RAISE?

The next Committee meeting is on Friday 16 March at 1745 hrs. See a committee member or pool representative or email Ann Girvan if there is anything you want to raise or wish clarification on.

#### FUNDRAISING

The club made a loss last year. We need to undertake more sponsorship, have more donations and fundraising ideas. If anyone can help or has any ideas on how to raise money please contact a member of the Committee

#### SPORTS RELIEF 23-25 MARCH

Raise money for the club and also for sports relief.

Coming soon – Sportsrelief Sweepstake and Spot Walliams (like Spot the Ball) – both ways of raising money for the club as well as sportsrelief.

Big Splash mile involving the Swimmers.

Swimmers Committee – have you any ideas on how to get involved?

#### CLUB CHAMPIONSHIPS

The Club Championships this year will be in three parts.

Swimmers should attend all 3 dates to be eligible for the Age Group championships. Put these dates in your diary:

10 June (Sprints)  
26 August (Relays)  
28 October (Club Champion-ships)

#### DISTRICT REGIONAL PROGRAMME (DRP)

The three DRP dates for this year are:

30 September 2012  
21 October 2012  
9 December 2012.

For February Newsletter last contributions by 20 February to Louise Scully.



#### BIRTHDAYS

Happy Birthday to:

Ross Hughes (14)  
Liam Cairns (13)  
Rory Dickson (10)

#### Quiz Night

**Provisional date 25 February put it in your diary**

#### 26 February -

**Mini League Round 1 Auchendarvie Warm Up 1520 for 1545 start**

**Don't forget to bring cakes and savouries for 2 for after the races**

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## January Newsletter

### Welcome to the first newsletter of 2012

A belated Happy New Year to you all. This is the first Newsletter that has been produced for a while for the Club and my first as press officer. I am not that computer literate – lots of learning ahead! I would like lots of contributions from Senior/Junior Swimmers, parents – a two way method of distributing information – for the Club and for swimmers/parents to share your news/views whether it be a pb or a first race, club organised events or other achievements outside swimming

#### Membership Fee

Membership for 2012 is now due. Membership forms should have been sent out to you through the post. The membership fee has been increased this year due to the fact that the Club pays out per capita to Scottish Swimming £33, West District £2.50 and the remainder is to run the Club for a year. The monthly squad fee payments have also been increased. Any questions or issues see your pool representative or email Ann at [ann\\_girvan@btinternet.com](mailto:ann_girvan@btinternet.com).

Club can claim money back through gift aid – remember and tick the section on the 2012 membership form.

The Club achieved SwiMark status in 2010 and is now working towards Swimark Plus. A code of conduct has to be signed by all athletes (in your 2012 log books), parents, coaches and officials codes were enclosed with your 2012 membership please fill in and return with membership form.

#### CHARITY & SWIMARK STATUS

The Club obtained Charity status in 2011 so if you are paying tax then the

#### Ceilidh Night 15 January 2012!

The New Year started on a high with a Ceilidh attended by over 150 people: swimmers, past and present, parents and friends at Ardrossan Civic Centre. It was a fantastic night enjoyed by all from the tiny tots joining in their first ceilidh and while dancing round the room at times having to partner the over 6 ft swimmers! It was a great atmosphere! Well done to Pamela Wright for organising it. Is it going to be an annual event?

Other forthcoming social events planned are a quiz night provisional date 25 February (including kids) and a cycle/walk around Cumbrae – date to be arranged.





### A WORD FROM THE HEAD COACH

2011 was another very successful year with many personal bests, medals, trophies, West District and Scottish records. The junior section of our Club did very well this year in the Mini League gaining 4<sup>th</sup> place as the competition was very stiff and with our lack of volume in the team our swimmers did us proud by even getting to the finals. On the other hand our Senior swimmers fought hard as a team at the Winter League and received a very well deserved 2<sup>nd</sup> place. I could go on for ever to say how proud I am of the effort and recognition the swimmers have given the Club but we don't have all night. We have had more swimmers sent to District, National camps than ever before and if the swimmers continue improving as they are doing at this present moment, then this year we will be sending more swimmers to gain experience and the opportunity to be seen by Scottish swimming.

I am working alongside Scottish swimming not only for Jordan, but also for Fraser, through Disability Scotland. This means regular meetings every 3 months for assessments on Jordan's progression. If Jennifer continues on the same pathway we will certainly have another swimmer in the Gold Squad with the same opportunities as Jordan. This is a fantastic chance for North Ayrshire to shine through and be recognised. Fraser has only just started in his pathway to be a competitive swimmer but Disability Scotland feel that if he continues to

improve like he has in the last few months he will be rewarded by experiencing high quality galas.

The success in our club hasn't come easy. Hard work and dedication through all my coaching staff has to be recognised. The voluntary work that goes into planning sessions, delivering them and encouraging young swimmers to follow their dreams to be the best swimmer they can be, must be applauded. The club could not function if we didn't have these willing and enthusiastic coaches behind us, so I thank you so much for giving up your time to helping North Ayrshire be a recognised quality club.

The club runs smoothly because of the experience backstage with our secretary Ann. People don't realise the amount of work that goes into running a club until asked to become either a committee member or do voluntary work at our local galas. This is only a small amount of work being asked of you in comparison to what Ann or our coaches do on a daily basis. Thank you Ann for keeping me right every day and making my job as Head Coach an easy one.

Congratulations to all swimmers for achieving well this year and working well together as a team. For those swimmers who have been in the club for some years I salute you for digging in when times have been tough and growing the club socially. I hope by introducing the Swim Committee that any problems that the swimmers have, can be dealt with quickly. I believe the success of North Ayrshire is due to the good working relationship between swimmer and coach.

I am continually learning more about how to make our swimmers faster by attending seminars and coaching workshops throughout the year and I hope that the skills that I learn will be put to good use by sharing the information with our coaches. I look forward to this year's swimming successes and wish all the swimmers the very best in the forthcoming year. Roll on the hard work in preparation for the Commonwealth Games 2014! Will we be cheering on a swimmer from our club? We'll just need to wait and see!

### CLYDE COAST MINI LEAGUE

What is the Mini League? As the name suggests this is for younger swimmers 8, 9, 10 and 11 years and provides a fun low key introduction into competition for these younger swimmers, with three matches swam from February to May. The top six clubs of the league swim in a final swim-off held at the beginning of June each year for the Rosebowl, this is by far the best and noisiest gala of the swimming world!

The league is also a great place for timekeepers and officials to start on poolside and get a good grounding into laws of swimming before taking on the officiating at the large and top class championships, many of the West District top officials careers started with league matches.

New swimmers selected should bring along goggles (and spares), North Ayrshire swim hat, North Ayrshire t-bar shirt (available from Margaret at our Swim shop), shorts (to wear poolside), towel, water, snacks (not sweets).

This year the Mini League is on the following dates:

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

Round 2 – 21 April at Auchendarvie  
North Ayrshire v Kingston v Glasgow v Milngavie and Bearsden (Warm Up 1435 for 1500 Start)

Round 3 – 19 May Venue tbc  
West Dunbartonshire v Clydebank v North Ayrshire v Rutherglen

If we make the final the date would be:  
Saturday 9 June at Citadel, Ayr (1630 Start)

These events usually last around 2 hours from the Start. Bring cake and savouries for 2 people for the first two rounds when we are the host club.

KEEP THESE DATES FREE! ADVISE COACH IF YOU CAN'T MAKE IT

The North Ayrshire Mini League Motto is:

One, two, three!  
Who are we?  
We are North Ayrshire ASC!  
With a front crawl, back crawl, butterfly, breast  
We have come and done our best!

(To the tune of Nick Nack Paddy Wack)

Some homework for our new swimmers – to learn the song!

We have two mascots: a dragon called Sharon and an Octopus called Sally. We are looking for a mascot called Alan? If anyone has a spare dolphin, shark or other sea creature lying around at home...!

### A FISHY QUIZ

1. Mix chip with lard? \_\_\_\_\_
2. Swindler or defrauder? \_\_\_\_\_
3. A poor swimmer does this? \_\_\_\_\_
4. Troy Tempest's submarine? \_\_\_\_\_
5. Slide on ice \_\_\_\_\_
6. Name for 8 cats? \_\_\_\_\_
7. Wooden joist with an R? \_\_\_\_\_
8. Celestial being? \_\_\_\_\_
9. Yellow part of shoe? \_\_\_\_\_
10. Brewery Singer \_\_\_\_\_

NAME:

Answers to quiz in next newsletter. Fill out quiz and answers and hand in with £1 entry by February 15. Prize for winner.