

**MILNGAVIE & BEARSDEN
GRADED MEET ¼ MARCH**

14 swimmers competed at Johnstone pool. Rory Dickson was in terrific form he bagged 4 Golds in 50 Breaststroke, 50 & 100 Freestyle & Backstroke (all PBs) Ailie MacPherson secured a Gold Medal in the 200 IM. Abby Kane was in fine form with a Silver Medal in 50m Backstroke, a Bronze Medal in 50 Freestyle all Pbs. Christopher Liechti swam well in his six races with 5 PBs, and secured a Bronze Medal in the 200 IM category. Adam Kirkwood, Meredith Scott and Rebecca Weir recorded all Pbs in their races. Ross Erentz swam strongly in the 50 Breaststroke his first gala. 83% of swimmers gaining PBs in their races!

WD2 CHAMPIONSHIPS

Five swimmers swam at the Group 2 Championships in East Kilbride on 10/11 March. Julie McClymont gained two Silver Medals in the 100 & 200 Butterfly, John Wright gained a Silver Medal in the 400 Freestyle and a Bronze Medal in the 200 IM Ross Hughes gained a Bronze Medal in 1500m Freestyle

**ARDROSSAN HIGHLAND
GAMES**

The Highlands Games Committee are looking for 10 volunteers (with at least one adult) to help out at the stalls taking in the money at the Ardrossan Highland Games on 13 June 10am - 2pm. A free lunch is provided. Names to Sharon or Ann as soon as possible please. 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.

SWIMMERS COMMITTEE

Catriona Campbell
David Campbell
Claire MacNamee
Jordan Hughes
Andrew Dickson
Jennifer King

Catriona wants to organise a fun day out for the swimmers. Ideas please to Catriona or any of the Swimmers Committee.

50/50 CLUB

January - Derek Clark wins £50
February - Gilda Mackillop wins £50

50% Club Funds /50% for Prizewinner. There is a prize winner every month - £50 cash with a £100 prize in December. If you are interested in joining to help club funds or win prize money see Joanne or email Ann.

SCOTLAND SELECTION

Fraser Kane has been selected for the Scotland Squad for Scottish Swimming to attend the DSE (Disability Sports Events) Junior and Youth Swimming Championships in Sheffield on 24/25 March as part of a 22 strong team.



SPORTS RELIEF/CLUB FUNDS

As we go to press, approx 35 parents/siblings have agreed to swim in the first lane at 1 of 3 training sessions: Auchenharvie Sun 18th March, Largs 19 March and Auchenharvie Friday 23 March. Thank you to all those who took part. Lets hope lots of money raised. Sharon has also organised a sponsored cycle at MP starting on Saturday 24 March for 24 hrs.

XMAS PANTO OR PARTY?

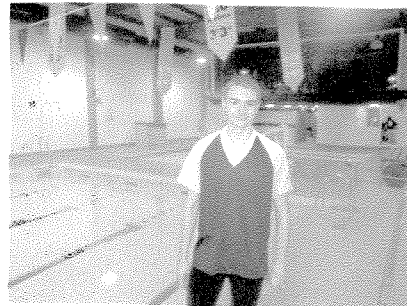
Do swimmers want a Christmas party or go back to Glasgow panto.? Let Ashley or Carol know or email Ann.

DIARY 18 AUG BINGO NIGHT*

DRP STROKE CAMP

Three swimmers have been picked for DRP stroke camp: Well done to: Louise Downie (Backstroke)
Jennifer King (Backstroke)
Ross Hughes (Front Crawl)

**TEAMGB SELECTION FOR
CHRISTOPHER.**



Christopher Liechti was selected by Pentathlon TeamGB to represent Great Britain at the GB Youth International which took place at Hartpury College, Gloucester on 10th March.

FORTHCOMING EVENTS

23 March EK LC training

24/25 March - REN96 Graded

31/3 - 4 April Scottish National Age Groups, Sunderland

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 (closing date 16/3).

4/5 May - North Ayrshire Junior Meet at Auchenharvie for junior swimmers up to age 14 (closing date 18/4)

12/13 May - WD3 Dumfries (details tbc)

26/27 May WD4 at East Kilbride

13 June - North Ayrshire sprint championships 4.15pm-6.15pm

29 June - 1 July Scottish Gas NC Championships at Edinburgh

MINI LEAGUE DATES

-Round 2 - 21 April at Auchenharvie (North Ayrshire v Kingston v Glasgow v M & B) Warm up 1435 for 1500 start) (If you can't make it please let the Sharon/Alan know in plenty of time please. A crucial tie!

-Round 3 Sat 19 May at Vale of Leven

-Final Saturday 9 June at Ayr

For April/May newsletter contributions by 11 May to Louise

BIRTHDAYS

Happy Birthday to:

Daisy Wilson (9)

Emma Scully (11)

Glen Duffy (13)

Fraser Kane (14)

Craig

DATES FOR DIARY

5/6 May

**North Ayrshire Junior
Meet at Auchenharvie**

**Round 2 - Mini League
21 April at Auchenharvie**

**Warm up 2.35 pm for
3 pm for start**

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

Fundraiser Quiz 26 February West Kilbride Community Centre

Hi Welcome to our third newsletter of the year. Another busy month. Starting off with our Fundraiser Quiz. The competition was fierce: 10 teams took part: names such as Sink or Swim, Non-Swimmers and the winning team - the Bobbies seen with their cups! A grand total of £340 was made after the hall hire was deducted. Thanks to Quizmasters Carol and Peter - a great job done. Thanks to all that came along to support the Fundraiser (including babies Sebastian and Coe) and for the donated raffle prizes.



Mini League Round 1 at Auchenharvie



The 1st Round of the Mini League 2012 was held in Auchenharvie on 26 February against South Ayrshire, Dumfries and Clydebank. 36 junior swimmers from the Club attended. It was a lot of work on the day for Sharon and the coaches to sort out, however, every child got a chance to swim. Two teams A and B with: 60 swimming in relays and 16 children in the individual events. The team did well coming 2nd behind South Ayrshire. Many swimmers secured PBs and we look forward now to crucial Round 2 on 21 April against Glasgow, Milngavie and Bearsden and Kingston.



At the Quiz night – all girls together!

A WORD FROM A PARENT VOLUNTEER

Sharon suggested I write something about how I as a parent/volunteer have progressed in the club. Emma has been in the Swimming Club now for 3.5 years joining in August 2008 at the age of 7. She needed encouragement while training and also help getting ready, so I watched poolside at training sessions and at galas for the first two years. (In hindsight, however, this is not necessarily such a good thing to sit and watch every session as you tend to focus on your own child in the lane and not necessarily understand that each child goes at their own pace. It is not all about swimming fast up and down the lane – especially when practising drills. I have found that the best way if you want to know how your child is getting on is - just ask the Coach - from time to time.

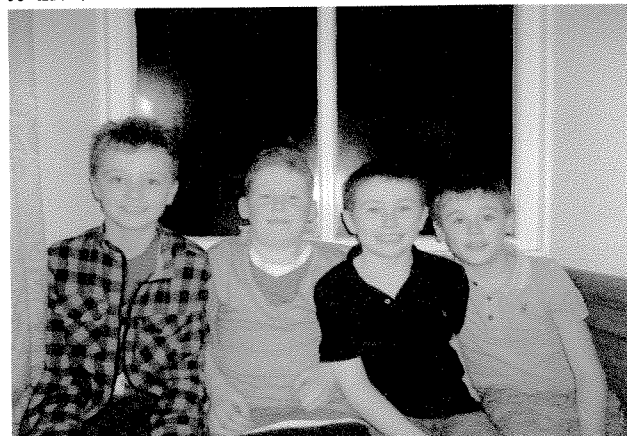
In December 2009, the Club was looking for Timekeepers - I hesitantly put my name forward. If the electronic timekeeping fails at galas, which it does now and again, the referee can refer to manual times and in the event of a complete electronic breakdown - the galas can switch to manual timekeeping. (3 timekeepers are then needed per lane). It is approximately a 1 hr workshop – very straightforward and then half an hour poolside. I would recommend that you put your name forward to Ann if you are interested – she will put your name on a list and when there are enough names - another workshop will be organised. (It is usually at Auchenharvie during your child's training session.) You can then volunteer to help poolside for our own galas (4 a year and for helping at the club championships which is in three parts). You also have a birds eye view of any gala from poolside – no need to worry about paying for entry fee or getting a seat.

Judges Course. Once you have completed the timekeeping course – you can then go onto the Judges workshop. (I remember thinking – not for me!) I didn't understand at the time if there are not enough Judges swimmers' times at galas are not accredited –

this means that the swimmers can not use these times to put in for certain higher level competitions – if your gala is not accredited – clubs stop coming, then the gala doesn't make any money. Last year at least one of our galas was not accredited which could partly attribute to the Club making a loss last year.

I started the Judge 1 Workshop, in February 2011, after having witnessed at a recent gala how difficult it was to get Judges. We were having to rely on the goodwill of former swimmers' parents who still had their Judge qualification, also Coaches having to stop coaching and come poolside to Judge to help out.

At the first Judges workshop, we were shown a video and I had not a clue what we were looking for. A Judge is required for starts/finishes and turn ends at galas and the swimmers have to perform starts/finishes and turns in accordance with the FINA swimming rules. I couldn't see what the swimmers were doing – they went so fast and splashed - and I thought I would never be able to do it. At that time Sharon suggested I come poolside and watch the starts and turns to help with the Judges workshop. As time went on I was able to slowly understand and eventually contribute to the poolside sessions. I am pleased to say that our swimmers at training are constantly drilled on their starts and turns and as a result very few are disqualified at galas. I would urge everyone who has their timekeepers qualification to put their name down for the Judges workshop. You can go along at your own pace, get mentored at galas, attend 2/3 workshops and when you are ready you will be assessed (no written exam) by a qualified Judge. Most importantly this helps the Club. When your child is aged 10 and has the consideration times – West District Championships are the next step. Clubs are fined by the West District if we do not have one Judge per 5 swimmers at each session. I am pleased to say that both Joanna Henry and I passed our Judge 1 in December last year which is a great help to the Club - other parents are coming through and nearing assessment. I would also suggest to the older



(Quiz night – deep in thought or mischief?)

swimmers that they do the timekeeping course and

Judges course when they are 15 and above. This would be a useful tool for progressing in the future: entry to university, college or applying for a job. This would be very beneficial having a qualification from Scottishswimming that would give you an edge over another candidate.

Coaching. Another area, where the Club looks for volunteers. I volunteered to help out poolside along with Robbie Henry, Kenny Campbell, Jacqui Tarran and Catriona Campbell around the time that the former Junior Coach Shirley Reford left in December 2010. Again I am pleased to say that we volunteers all undertook the Level 1 Coaching exam workshop and practical and passed in June 2011. The Club relies heavily on volunteers. Only the Head Coach is a paid position and Senior Coach a part paid position – all the rest of the Club, including the Junior Coach, other coaches, Secretary and all the Committee are volunteers. If you would like to volunteer poolside, see Sharon, Sally or Alan who will then arrange with Gary Kirkwood and Ann, to organise a Disclosure form to be completed. You certainly see a different side coaching!

Masters/Adult Squad Yes – we do have an Adult squad – parents take note! I joined the Masters – the adult section of North Ayrshire Amateur Swim Club at the end of last year. This session is taken by our Head Coach, Sharon. I kept putting off going - trying to make time to swim and get fitter before joining so as to be able to keep up. Anyway when Dave's shifts changed and he was there for Emma on a Monday night I had run out of excuses and went along.

It is a great way to keep fit and meet other swimmers from all age groups, 16 years up to 72 years in my lane – the first lane of course! I used to be in a club years ago when I was about 10 up until 12 years. (I think it might have been North Ayrshire – I wonder if Ann can check!) I can't dive at all, or tumbleturn (anymore) and have never tried butterfly - I was really nervous the first time I went along. It didn't help that two of our younger swimmers were there watching their mum, when Jackie Tarran and I went along for the first time – talk about embarrassing! I was really chuffed with myself for surviving it. I was soon brought back down to earth when the 7 year old said to me when I was leaving "Louise you really need to stretch when streamlining – you're all crumpled!"

The first thing I realised when Sharon started to talk to me when I was swimming in the pool was – I couldn't hear a thing! A big reality check for coaching – now I try to raise my voice and use hand signals!. This is a great opportunity for me to be taught by Sharon – try out the strokes and do them properly and then feedback while I am coaching to the swimmers. I can now

understand, especially for the new swimmers - how difficult it is to do back crawl kick with your hands above your head, breaststroke kick when your arms start to ache after so many lengths, and front crawl pull without wobbling over!. If any parents like swimming and want to try out the session – you don't have to be able to do every stroke, just come along and learn, just like the kids. It is great fun and also a sense of achievement when you climb out the pool at the end of the 1 hr session or get up the next morning aching from top to toe! The main Masters session is on a Monday night at Largs from 8 – 9 pm – (there are other masters sessions available for the more experienced swimmers) just turn up and pay £3 on the night.

NAASC is a small club of volunteers/parents – and we do need your support. If you want things to change don't grumble – please volunteer to help out – we need you! If you want to help in some way but are not sure how – feel free to speak to any Committee members or email Ann and somebody will get back to you.

BRITISH GAS CHAMPIONSHIPS/OLYMPIC TRIALS



Jordan Hughes and Jennifer King accompanied by Head Coach Sharon competed at the British Gas Championships down at the London Aquatics Centre between 3-10 March. Jordan had five swims competing in 50, 100 and 200 Open Freestyle events with 3 PBs. Jennifer had two swims competing in 400 Freestyle and 200 Backstroke open events. Evidently they both loved swimming in the Olympic pool and managed to have a chat with Robbie Renwick and Liam Tancock to name a few.

SPORTS RELIEF/NAASC FUNDS

As we go to press 8 parents have just completed their half hour sponsored training session in the first lane on Sunday 18 March. Well done to: Alex Downie, Gordon Fraser, Colin Nicol, Keith Sutherland, Miles Scofield, Clare Lewis, Janice Knix and Karen Clark. Next stop perhaps the Masters? Another 2 sponsored swimming sessions on Monday 19th and Friday 23rd at 6.15pm and Sharon's 24 hr sponsored cycle at MP on Saturday