



November Newsletter

Welcome to our latest newsletter - the year is fast drawing to a close, dark mornings, scraping the car, Christmas looming! It has been and still is a busy time on the Swimming Calendar. The Seniors are back from Lanzarote (see inside), our Club Championships were a great success (see photo below of Age Group Winners). We look forward now to our North Ayrshire Development Meet at Auchendarvie on 24/25 November. Help from our new parents would be especially appreciated - please approach our Committee members or email Ann if you have particular talents: catering, announcer, shop etc. An email will be coming round soon for help and also for raffle/tombola prizes.

Happy Birthday to:

October

Lyle Irvine (12)

November

Sally Brown
Kate Fishwick (9)
Chloe Judge (11)
Pamela Wright
Chloe Woods (12)
Meredith Scott (11)



Winter League - Swimming in a team event makes each swimmer dig deep and many of the individual and relay swimmers managed personal bests at the Winter League. From the youngest swimmers Abby Kane and Cara Dunwoodie both aged just 9 to our oldest master swimmers Pamela Wright (25) and Andrew Deans (27). The boys did North Ayrshire proud finishing in first place in the last squadron relay ahead of Glasgow - an exciting finish to the League. A big thank you to all the swimmers who turned up to support the Club especially the relay swimmers some who had only one swim but crucial all the same. NAASC came 4th in the league and this was a good achievement! It was a young team with not the depth and pool of swimmers that the other big clubs have (and with some last minute call offs and no replacements). Well done to each and every one of our swimmers. The final points at the end of the day were: Glasgow(371), REN96 (360), South Ayrshire (337), North Ayrshire (331), Milngavie & Bearsden (298), Inverclyde (205), Rutherglen (178), Kingston (143), Scotia (118).

Winter League Team North Ayrshire - Not the official press photo that made the papers!!



A FEW WORDS FROM A LANZAROTE SWIMMER

Some of our Senior Squad, Head Coach Sharon Welsh and helpers John Fowlie, Vice President and Claire McNamee Master Swimmer, attended a training camp in Lanzarote 11-18 October. The training camp was a mix of swim sessions, land training, other activities such as Zumba, step aerobics, (girls), gym, football (boys), dynamic fusion, tee outdoor challenge, bingo and show, crazy golf, volleyball, games and snooker 3km walk round village ,entertainment quizzes. A great time was had by all. Here is Georgia Henry's diary of her time there.

Thursday 11th

We were all to meet at the airport at 3.30pm. Everyone was really excited. We joined a long queue and when we finally got to the front, we got our luggage weighed. Thankfully no one had too much luggage although there were huge differences between the sizes of some of the cases. We then went back to our parents.



17 swimmers with Sharon, Claire and John

After loads of photos we said goodbye. There were some tears, especially from me. After that we went through security. It was just my luck that the metal detector went off only for me. After security we went to the shops to get water and food. Then we made our way to the Gate and waited until we could board the plane. When it was take-off time I was really nervous because it was the first time I had been on a plane in 7 years. We read our magazines to pass the time until the food arrived. We were starving so we wolfed the food down. There was some turbulence but it only lasted for a couple of minutes. Towards the end of the flight people were getting tired. It was going to be a very late night and an early rise for training in the morning. After a half hour bus journey we arrived at Club La Santa and were allocated our rooms. I was in 36A with Heather, Hannah and Jennifer. The other girls were in the room next to us so we could walk to training.

Friday 12th

We woke up at 6.20am after about 5 hours of sleep. Surprisingly I wasn't that tired. Once we were ready we

left for the pool. it was pitch black outside and you could see the stars. After training we went back to our rooms to drop our kit off, then we went to breakfast. There was a lot of food to choose from. The croissants were delicious. Then we went to land training and went over the stretches that we were to do before and after training. It was very warm so everyone was complaining and couldn't be bothered moving. After land training we had free time so everyone went to the pool. The boys were already diving off the springboards when the girls arrived. We stayed at the pool for an hour or so before lunch. Everyone jumped off the springboard and there were lots of pictures taken. Louise took some pictures with her camera underwater and they were so cool. I kept reapplying sun cream just to make sure I didn't burn (I still got sunburn on the front of my neck though). After dinner we got free time. At 10pm we went back to our rooms. Jennifer took the key out of her pocket to find that it was snapped in the middle. The sensor wasn't working so we were locked out of our room. Heather had to go to reception to get a new key. We got into our apartment 15 mins later. We quickly got ready and talked for about an hour before going to sleep.

Saturday 13th

We were first at the pool this morning and started our dynamic warm up. During training it was dark and you could see the stars. It was amazing doing backcrawl under the stars but it was difficult to swim in a straight line. At breakfast, I decided to have 2 fried eggs and fruit. There was a lot of watermelon, it was so refreshing and the best I have ever tasted. After breakfast the girls went to Zumba. The instructor moved so fast and spoke in a mixture of Spanish and English. We couldn't understand what she was saying but it was a laugh. After lunch we went for a walk along the outside of the complex. It was really warm and we got to see other parts of Lanzarote.

At night we went to the bar for a quiz about the human body. We were put into teams. I was with Catriona and Liam. We came 3rd in the bones quiz and last in the muscle quiz. We all played cards in one of the rooms until 10pm and then went back to our own rooms.

Sunday 14th



It gets more difficult to get up every morning. When the alarm goes off, we don't want to know. We did Step Aerobics for Land Training. It was so much fun. At free time, I went for a shower and then took the empty bottles of water to the bin. We must have went through about 30 litres. We then went to the pool to sunbathe.

At night we did John's general knowledge quiz. Me, Catriona, Fraser and Jordan were in a team. We came first in the quiz and won water guns.

Monday 15th

This morning was one of the most difficult sets I have ever done but I loved it. It was a lactate set so my arms were burning. It was 1 x 400 f/c sw, 1 x 200 IM sw, 1 x 100 No1 sw and then a 300 recovery and you did that 5 times. By the 3rd set I was in agony. Once the set was finished Sharon filmed us getting out of the water and asked us how much we hated her. At breakfast I think everyone had twice as much as they usually had. We had free time after that. After free time we went to the lawn for Dynamic Fusion. It was a mixture of yoga, balance and pilates. Milngavie and Bearsden were there as well. At the end we were to find a comfortable position, close our eyes and relax. Louise fell asleep and Sharon had to wake her up!

After lunch we went to beach volleyball but I was hopeless so me, Julie and Catriona sunbathed and buried our legs in the sand. Sharon booked us into a teen Outdoor adventure. There were Danish and German people there and we had some difficulty communicating. We were all mixed up and put into teams. The teams had to stand in front of each other and shout the chants they had made up. Jordan, Hannah and Craig's team won. Their chant was hilarious. We also went kayaking but me, John and Jordan did not want to do it. Craig and Hannah capsized!

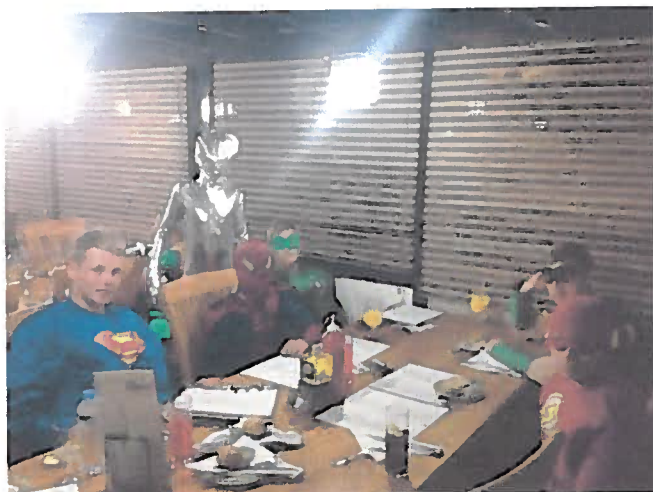
At night we went to the bar to play bingo. It took so long to play that we only played one line and a full house. Liam won both and shared the winning sweets with everyone. The Green Team are the Sports Coaches at Club La Santa. Everyone wanted to go and see the Green Team show. Some of the songs they sang were Footloose, Material Girl and Grease Lightning. When we went back to the room we spoke for about an hour before I fell asleep while the others still talked.

Tuesday 16th

After training and breakfast all the girls went to Zumba. After Zumba we went to see the boys. The boys had went running with Claire at the Stadium. Claire made them run 12 laps, they were exhausted. Most of the boys were lying on their backs on the grass. Me and Jennifer joined Fraser and Andrew on their last lap. We were out of breath after running only one lap! After lunch we went to Mini Golf. Every shot that I hit either went out or landed in the red area which meant I had to start again. I wasn't very good at it. When we were finished we traded our golf clubs for 3 volleyballs.

Tonight was Superhero night. We all had to dress up as a Superhero. We had an hour to get ready. We especially liked Andrew's Silver Surfer costume. Sharon

was dressed as Wonder Woman. Everybody was really happy because they had pizza. We hadn't had pizza in ages. The pizzas were huge and couldn't even fit on the plate. After dinner we had a superhero quiz that Jordan had made up. The girls didn't know a single answer! Sharon let us stay up late until 10.45pm because we had a later dinner. Everyone came back to our room



Silver Surfer and other Superheroes!

but all I wanted to do was sleep. Sharon came in after everyone left and told us there would be time trials in the morning. I fell asleep instantly but the others stayed talking on the terrace.

Wednesday 17th

We only got an hour in the pool this morning because a triathlon was on. We did time trials for the 200 free and 200 IM. It was really cold outside so we all wanted to get them over and done with. After breakfast we had to put suncream on before we all had to go to the lawn for Body Combat. It was really difficult, the boys put a lot of effort into it. We went for a cycle after lunch. Some people hadn't been on a bike for years. We cycled along the road until we got to La Santa. We went up a huge steep hill and cycled to another town. We were all really warm and tired so we turned back.

It was our last night at Club La Santa. We could play games but me and Heather wanted to go the Square to watch Ulrick sing, he was our favourite member of the Green Team. When we were back in our room, Sharon knocked on the door to make sure everyone was back in their room. As it was our last night we stayed up talking until midnight.

Thursday 18th

This morning we got up at 6am to pack. We had to pack, tidy up, and do our training session and have breakfast before aerobics at 10 am. I loved the aerobics today. Near the end it started raining. It was nice to feel the cool rain after 6 days of warm sunny weather. Afterwards we went to the shop to get presents for family and friends and food for the plane. It started to pour and it was amazing to cool down. We had to be out of our rooms at 2.30pm and put all our luggage in the luggage room. Sharon double checked the rooms. We then went to our last swimming session. While we were training it

started to rain. It was pretty heavy rain but we couldn't feel it because we were in the pool. You could hear the rain drops hit the water. It was so cool.

Our last dinner there was a Barbeque with sausages and kebabs so we made the most of it. After dinner we had to go to reception and wait for the bus. On the bus ride we took in the sites because on the way there it was dark. At the airport we joined the longest queue I had ever seen. Our plane was delayed an hour and a half. We were really annoyed because we all wanted to get home. Once we got to security, I hoped that I wouldn't beep again going through. Thankfully I didn't. Our plane was delayed another 20 minutes! It was getting quite late and we just wanted to go home but we made the most of the time reading and watching videos on ipads. When we were eventually called to board the plane we were all nearly falling asleep. During the flight the lights went off, there were only four people with their reading lights on, including me. The journey felt shorter on the way back. It took ages for everyone to get off the plane. We were all so happy to see our parents again

We all loved Lanzarote and want to say a big thank you to Sharon, Claire and John. We all had a fantastic time and can't wait to go back again.

Thank you Georgia for sharing your experience with us. This is especially useful for those junior swimmers who will be 12 and above in two years time and will now be counting the days 720...until they can go and also for the Lanzarote parents who had no communication with their children while they were away and once home despite repeatedly asking - haven't really got a clue what their children got up to!

NURTURING EXCELLENCE PROGRAMME

Congratulations to Zoe Knix (14) for being accepted onto the Nurturing Excellence Programme for Talented Athletes. It obviously runs in the family - here she is pictured with little brother Jamie (12) who is also on the Programme in the athletics discipline - an 80m hurdler.



Zoe with little brother Jamie

DISTRICT REGIONAL PROGRAMME (DRP)

Meredith Scott (10) and Emma Scully (11) were selected to attend the DRP this year. They had achieved the 3 x 200+ Bronze times (11-13 years) to be eligible. The DRP programme run by Scottish Swimming is 3 training days: at Elderslie Swimming Pool and swimmers had to commit to 3 training days: 30 September, 14 October and 9 December (by invitation). Some of our level 2 swimmers were unable to accept the nomination: Georgia Henry, Glen Duffy, Craig Nisbet and Fraser Kane as they were at a training camp on the 2nd date 14 October.

Meredith, who has recently moved into the Senior Squad and Emma were two of 17 swimmers who attended the first training day on 30 September (level 1). Other swimmers came from South Ayrshire, Inverclyde, REN96 and West Dunbartonshire. There was a mixture of pool based sessions/emphasis on streamlining, gliding, turns and dives, land training and class room talks. Both girls found it fun and good to mix with swimmers from other clubs. The girls would like to say that they are very proud to have been selected and would like to thank their wonderful coaches for help getting them into the programme.



Meredith, Emma (and a happy green star) at Elderslie DRP

DATES FOR DIARY

- 3-4/11 WD 6 – Senior Age Groups
- 16/11 EK LC 7.15-8.45pm
- 17-18/11 WD7 – Junior Age Groups
- 24-25/11 North Ayrshire Development Meet – for new and improving swimmers – see Coach
- 7/12 EK LC 7.15-8.45
- 9/12 DRP at Elderslie 0800-1800 By Invitation
- 14/12 Scottish Short Course Chps at Edinburgh

Items for Dec Newsletter to Louise Scully by 7 Dec

