

October Newsletter



Happy Birthday to:

Catriona Fowlie (13)
John Fowlie (10)
Ailie Macpherson (14)
Connor Tarran (11)

Our Club Championships are On 28 October at Auchendarvie for all Club swimmers. Get times for your swims. See a Coach for further information Warm up 10 am for 10.30 am start. Buffet at 4.30 pm. Bring Food for at least two people

Congratulations to Jordan & Liam and Fraser for being selected to represent Scotland West at British Gas National Counties Championships at The Pond Sheffield on 21 October.

Hi October is now here and that means the Senior Squad's long awaited trip to Club La Santa in Lanzarote is almost here! A busy month with our North Ayrshire Distance Meet which went well. Looking ahead we have our Club Championships on 28 October – for all swimmers. Names to Ann asap please. Speak to a Coach if you are not sure what to enter. Congratulations to the following swimmers who have been accepted onto the Nurturing Excellence Programme for talented athletes pictured below at a VIP event at North Ayrshire Community Games for launch of the Programme run in conjunction with Sportscotland, K A Leisure, Maximum Potential and North Ayrshire Council.

Launch of Nurturing Excellence Programme



North Ayrshire Distance Meet Junior Squad

Senior Squad

28 swimmers from the Club took part at our Distance Meet at Auchendarvie on 8 & 9 September with Clubs coming from all over West District. Here are our gold medalists: Rory Dickson, (10) was in great form & scooped 4 Gold Medals in his 200 events. Jennifer King (14) also gained 4 Golds in her events. Georgia Henry (14) came away with 3 Golds a Silver and 2 Bronze Medals. Ross Hughes (14) collected 3 Gold Medals in 800, 1500 Freestyle and 400IM. Julie McClymont (15) received 2 Gold Medals in 200 Butterfly & Backstroke. Graham Brown (17) received a Gold Medal in 200 Backstroke & 3 Silvers in 400, 800 and 1500 Freestyle. Meredith Scott, (10) got a Gold Medal in 200IM & 2 Silvers in 200 Backstroke & Breaststroke. Emma Scully (11) got a Gold Medal in 200 Butterfly, a Silver in 200 Freestyle & a Bronze in 200 Backstroke. Catriona Fowlie (12) got a Gold Medal in 200IM & a Silver in 200 Backstroke. Craig Nisbet (14) received a Gold Medal in 200 Freestyle, a Bronze in 200 Freestyle. Heather McClymont (17) received a Gold Medal in 200 Freestyle. John Wright (15) got a Gold Medal in 200 Freestyle. Rebecca Weir (11) got a Gold Medal in 200 Breaststroke. Well done to our swimmers who took part and with many PBs.

A FEW WORDS FROM A VIP COMPETITION WINNER!

Lucky Hannah Watson was partying with Olympic American swimming stars after she won a competition and a VIP invitation to Ryan Lochte's birthday party at Planet Hollywood, London recently.



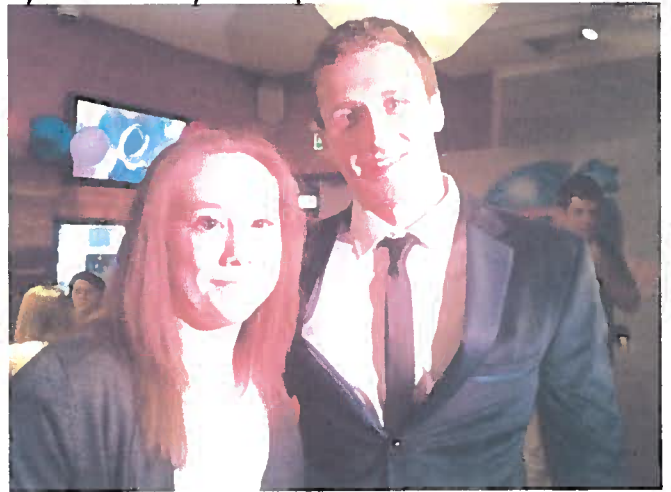
Hannah & winners with Ryan Lochte on red carpet

Hannah follows Ryan Lochte on Twitter and entered a Fan Competition – as Ryan has 11 Olympic medals – the competition was - to say in 11 sentences or less what they thought about Ryan Lochte. She wrote that she admired him and he inspired her in her swimming. Hannah was the only one of the 750 entrants to write about being a swimmer. They picked her out as one of the winners! Hannah flew down to London, during the buzz of the Olympics, accompanied by mum Emma. Ryan Lochte's 28th birthday party was on 7 August, during the second week of the Olympics. The birthday party was for friends and family only and included most of the American Olympic swimming team and winners of the competition.



Hannah and Matt Greavers another Olympic medallist from the American camp

They had the red carpet treatment. There was also a photocall and Hannah was photographed with Ryan Lochte by all the press.



Hannah and Ryan Lochte being dazzled by the cameras of the worlds press!

She was interviewed by NBC America channel and on the Today Programme the following morning. Thank you Hannah for sharing your once in a lifetime experience with us!

LONDON OLYMPICS AND PARALYMPICS

Two of our families were lucky enough to get tickets to go down to London and see some of the Olympic and Paralympic events: the Fowlies and Fraser and Abby Kane and mum Karen. The Fowlie family managed to get tickets to go along to the swimming and also got a picture of another American swimmer, the legendary Michael Phelps at the Aquatic Centre while he was being interviewed.



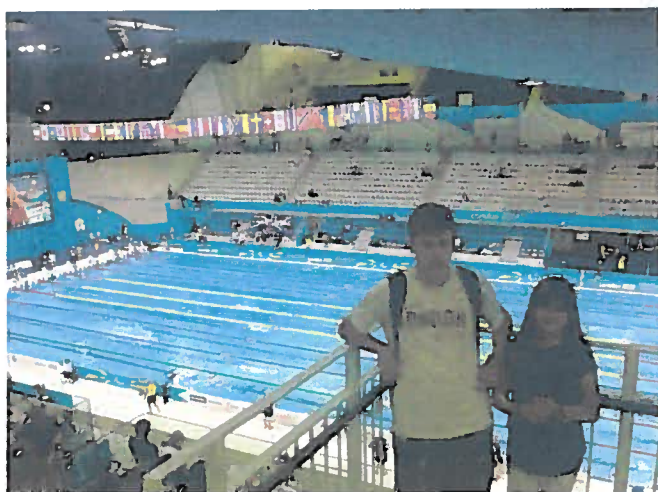
Two Johns & Catriona outside Stadium



John and Catriona with Wenlock, the Olympic mascot

FRASER AND ABBY AT PARALYMPICS

Fraser and Abby Kane, and mum Karen booked tickets in July for the Paralympics. – they managed to get swimming heats for the Friday but no finals. Fraser was going down to see some of his teammates Jim Anderson, James Clegg and Andrew Mullen who he trains/competes with in the Disabled Sports Events (DSE). At the last minute, just before they left to go down to London, Paul Wilson from Scottish Swimming (DSE) phoned mum Karen to say he had managed to get tickets for the final on the Friday night! Fraser said the atmosphere was electric and the noise levels on the television not close to what it was actually like! They had VIP seats and sat next to Claire Cashmore a silver Olympic medallist who was watching her boyfriend David Ellis, a S13 swimmer compete. He missed out on the final by 1/100 of a second although he holds the British record. James Clegg and Andrew Mullen swam well to make the finals.



Fraser and Abby at the Aquatic Pool

Both families seemed to have had a fabulous time! Did anyone else go down to Olympics/Paralympics and manage to get any interesting photos – let us hear your experience.



Does anyone know who this mascot is? Well, this is one of his first appearances which happened to be at North Ayrshire Council's Nurturing Excellence Programme and yes there is a Scottish theme! This is Clyde and he is the Mascot for the 2014 Glasgow Commonwealth Games! We'll probably see a lot of him. If you do take a picture for our newsletter!



Rebecca and proud dad Mervyn at the finish

Well done to young Rebecca Weir (11) who swam in a Charity swim – (one of 77 swimmers) from Cumbrae across to Largs to raise funds for Gillian Saltire Appeal. Distance across 1.6 km and Rebecca was the youngest swimmer ever to compete in a time of 1 hr 6 minutes. She was the fastest junior. What a fantastic achievement!

YOUTH DEVELOPMENT SQUAD



Catriona, Liam and Ross

Three of our Senior Squad swimmers, Ross Hughes, Liam Cairns and Catriona Fowlie have been selected for the Youth Development Squad of Scottish Swimming having obtained the necessary times required for the National Squad Programme (age 13-16 Silver) during the period 1 November 2011 to 29 July 2012.

Ross Hughes qualified in 1500, 800, 400 Freestyle, 200IM and 200 Backstroke. Liam Cairns got times in 1500, 400 freestyle and 400IM at WD 6 in November 2011 and his last Silver time at WD3 Championships at Dumfries in May 2012. Catriona Fowlie got her times in 200 Backstroke, 400 Freestyle, 800 Freestyle and 200 Backstroke. Her favourite two – are 400 Freestyle and 200 Backstroke. Catriona broke both her wrists earlier this year and did well to make the Youth Development Squad.

As part of the Squad it is necessary to attend three compulsory training camps: 15/16 September, 26-30 December and another in 2013 (still to be announced).

The first camp held on 15/16 September was at University of Stirling. The two day session consisted of 3 pool sessions a day, with land training and talks. All three said they thoroughly enjoyed their weekend. Liam enjoyed the training in particular practising turns as well as spending time with some of the friends he has made in the other clubs, Ross too enjoyed meeting up with his friends. Catriona enjoyed it too even when having to get up at 4am on the second final day as breakfast was at 5! They also got presented with a Scotland t-shirt which they have to wear if they are competing at events.



Liam in his Scotland t-shirt just after he heard he had been selected to represent Scotland West

During the camp Liam heard that his friend Cameron had been selected to swim the 100 Breaststroke at the Inter Counties in Sheffield. When he got home and checked his emails - Liam was absolutely delighted to find out that he too has been selected to swim 100 Butterfly – a great ending to his weekend! We wish Liam and also Jordan Hughes and Fraser Kane who have also been selected, all the best in competing at the British Gas ASA County Championships representing Scotland West on 21 October at The Pond, Sheffield.

WEBB IVORY CHRISTMAS CATALOGUE

Thank you to the following people who placed an order from the Webb Ivory Christmas catalogue – 25% going towards Club funds:

Lesley Howie, Tricia Erentz, MA Dickson, Cath Fraser, Julie Clark, Lorna Kirkwood, Joanna Henry, Kim Downie, Michelle Hodgeson, Fiona Lynn, Alison Thomson, Kerry McGuire, Yvonne Dunwoodie, Jackie Cairns, Amanda Wright, Jean King, Louise Scully and Ashley Scott as well as some of their friends and families. Around £200 has been raised for Club funds.

DATES FOR DIARY

11/10-18/10 Lanzarote Camp
27-28/10 Ayrshire Schools
28/10 Club Championships at Auchenharvie
Warm Up 10am for 1030 Start – all day
3-4/11 West District 6 – Senior Age Groups
16/11 EK LC 7.15-8.45pm
17/18 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 Nov Newsletter to Louise Scully by 9 Nov