



## September Newsletter

Welcome back – autumn is here – with those dark early mornings and nights! We have had a busy few weeks with the Jubilee Gala, our Relay Championships, the WD5 sprints down in Ayr and at the weekend our Distance Meet. Congratulations to those swimmers who have been nominated for Scottish Swimming see column below. Looking ahead to the next couple of weeks we have the South Ayrshire Graded Meet for our juniors then the Winter Championships (see team picked inside) and yes its nearly here – the week long training camp for our Senior Squad to Club La Santa in Lanzarote!

Happy Birthday to:

Alan Dickson  
Rheanna Sloss (17)  
Graham Brown (17)  
Jake Dunwoodie (11)

**Webb Ivory Christmas catalogues being distributed now. A massive 25% will go towards Club funds – orders to be with Ashley Scott by 24 September – to avoid items selling out. Come on! Get organized for Christmas and help Club funds!**

### **Date for Diary**

**Winter Championships**

**at Ayr 6/10**

**see Team overleaf**

### **Congratulations to**

**Jordan & Jennifer for making Gold Squad,**

**Catrina, Liam and**

**Ross for Scottish Youth Development Squad.**

**Glen, Craig, Georgia,**

**Emma and Meredith**

**for being nominated**

**for Bronze DRP.**

### **WEST DISTRICT 5 – GROUP CHAMPIONSHIPS AT AYR**



**Flushed with success – our medal winners from WD5**

15 swimmers competed at the Championships held at Ayr, 25m on 1 & 2 September with 50m sprints in all strokes and 100IM. Jennifer King (14) was in good form gaining 2 Gold Medals in 50 Backstroke & 100IM & a Silver Medal in 50 Freestyle & 10<sup>th</sup> in Breaststroke. Ross Hughes (14) was also on form getting a trio of medals, one each colour, a Gold Medal in 50 Breaststroke, a Silver Medal in 50 Backstroke & a Bronze Medal in 50 Freestyle. Catrina Fowlie (12) swam well scooping a Silver Medal in 50 Backstroke & a Bronze Medal in 50 Freestyle & 7<sup>th</sup> place in 100 IM. Emma Scully (11) in 10-12 Age Group came 7<sup>th</sup> in Butterfly & 12<sup>th</sup> in 100IM. Graham Brown celebrated his 17<sup>th</sup> birthday at the weekend & came 8<sup>th</sup> in 50 Backstroke. Liam Cairns (13)

came 8<sup>th</sup> in 50 Breaststroke, 9<sup>th</sup> in 50 Backstroke and 12<sup>th</sup> in 50 Freestyle. Hannah Watson (16) came 9<sup>th</sup> in 50 Breaststroke. Lewis Henry (11) swimming in 10-12 Age Group, came 14<sup>th</sup> in 50 Backstroke. John Wright (15) from Burnside had three swims and good PBs. Fraser Kane (14) got 2 PBs from his 3 events.

Christopher Liechti (16) and Meredith Scott (10) – this was their first time swimming at district level: Christopher swam in 3 events getting 2 PBs. Meredith Scott (10) swam in 2 events also getting PBs. Rory Dickson (10) recovering from illness swam in 2 events getting 1 PB. Overall there were 38/46 swims with PBs – Sharon says a good start to season.

## A FEW WORDS FROM A TECHNICAL OFFICIAL

**One of our parent/volunteers officiated at the British National Age Group Swimming Championships at The Pond Sheffield in July and has kindly offered to share her experience with us.**

*I decided to apply to do this - to gain experience at British National event and was delighted to be accepted.*

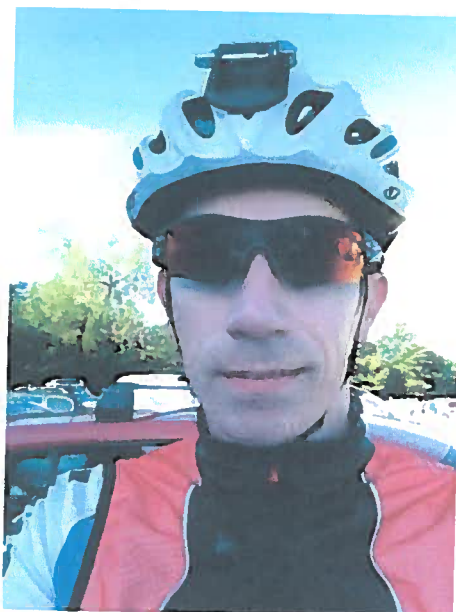
*I worked over 4 days on a variety of jobs: Start and Turn Judge, Stroke Judge and Chief Inspector of Turns. The big difference at this Meet is that you get the same job for all 3 sessions over the day. On Day 2 I was Stroke Judge for the 3 sessions and one session was 3 hrs 40 mins – they don't have the 3 hr rule that Scotland has! Where else but swimming could you do a 10 hr day – working for free! The temperature was over 102 degrees poolside and I had a 50 metre pool to walk all day – but it was still enjoyable! The standard of swimming is high so not too many disqualifications. I met again some faces who have been up in Scotland at our National events.*

*Everyone was very friendly to me and I came across a lot of really nice people from all walks of life. That's the thing about this job – everyone can do it. You can have a policeman on one side and a train driver on the other! One lady who was 82 – I would never have believed it – she was so agile! She had amazing tales to tell from her days as a coach in Liverpool.*

*I started officiating 6 years ago as the Club always needs people and I started timekeeping, then went on to Judge. I then did my Starter and my Recorder qualification. I am in the process of doing my Referees training. I had never planned to go above Judge but got hooked and have become friends with a great deal of people from all over Scotland. While I will say that the Referee training is a lot of hard work – the other jobs: Timekeeping, Judge etc are not too hard to learn and you get lots of help and training. The trainers in the West District are some of the best in Scotland and very helpful.*

*The Club needs Judges so we don't need to rely so much on other Clubs at our own galas. If anyone feels that they can do this job and honestly – you really can – please see/email Ann Girvan and she will point you in the right direction.*

Thank you Jean for writing down your experience. It was very interesting and it goes without saying that you get a birds eye view of the swimming too!



Well done to John Fowle for his epic cycling adventures over the summer months while the rest of us were taking it easy. John raised around £1,250 for Ewing Sarcoma Trust and for our Club funds split equally, by taking part in two challenging bike events over the summer. First was the Granfondo Giordana, a 96 mile run through the Italian Alps, including 3600 metres of vertical ascent and one climb that Lance Armstrong described as the toughest in road cycling with Mark Cavendish calling it "sick". Next up was the Ken Laidlaw Sportive from Hawick which features 104 miles and 2200 metres of ascent which is a lot by UK standards. John said, they were great fun in a twisted sort of way! Well done to John – a fantastic achievement! Let us know if anybody else – parent/swimmer has unusual hobbies or other talents outside swimming.





## CLUB CHAMPIONSHIPS – RELAYS

The relays - Part 2 of the Club Championships – took place on Sunday 26 August at Auchendarvie Pool, Stevenston. The swimmers were swimming for their respective teams: Arran, Bute and Cumbrae. The event format was 9 & Under, 10 and Under, 13 and Under and 14 and Over in Butterfly, Backstroke, Breaststroke and Freestyle relays. It was the job of the Team Captains to pick the teams.

At the end of the Championships it was Team Arran – captained by Julie McClymont who were victorious – with 139 points, Bute 129 and Cumbrae 108. Well done to Team Arran!

ARRAN: Abby Kane, Robyn Cotter, Eva Herrington, Elodie Schofield, Evan Clark, Emma Scully, Rebecca Weir, Connor Tarran, Craig Erentz, Michael Donnachie, Lewis Henry, Catriona Fowle, Angus Dickson, Jennifer King, Allie Macpherson, Zoe Knix, Craig Nisbet, Ethan Judge, Graham Brown, Stuart Wallace, Michael Thompson, Julie McClymont (Captain), Catriona Campbell, Alison Hughes, Pamela Wright



**Team Arran**

Sharon said afterwards "It was great to see such a good turnout at the Relay Championships. It looked as if all the swimmers enjoyed themselves and engaged in helping their team mates get ready for their swims. Well done on team participation! Because the majority of the swimmers turned up it then made the Captain's job of organizing their team much easier. Well done to all, especially the Team Captains on choosing relay teams as this is not an easy job.

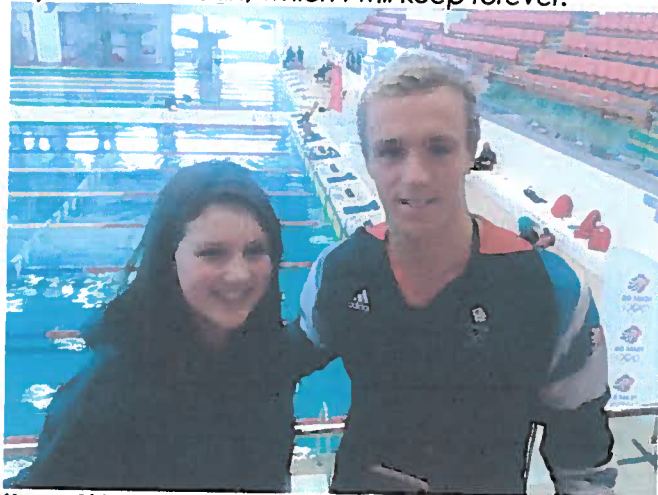
## TEAM GB

Louise, Jennifer and Ross, who had been picked by Scottish Swimming earlier in the year for Stroke Camps were lucky enough to be invited to meet Team GB during their final preparations for the Olympics. Unfortunately Ross couldn't attend as he was down at the British watching big brother Jordan. Here is Louise's diary of that day.

My mum received a phone call from Scottish Swimming inviting me to the Royal Commonwealth Pool in Edinburgh on Saturday 21 July to watch and meet Team GB as they prepare for London 2012. I couldn't believe I had been invited and was very excited! My official letter arrived a few days later and to top it off – it was happening on my 14<sup>th</sup> birthday!

I arrived at the pool on the Saturday morning and collected my pass and was also given a Team GB silver badge. Other swimmers from Scotland who were also invited were at the pool and we were then split into our Districts.

Some of the Team GB swimmers were already training in the pool so we got to watch for a while before Aimee Willmott came to speak with us. She was very nice and chatted about how she was looking forward to the Olympics and how hard everyone has been training. I really liked her and she also spoke about how at one point she felt that she was not getting anywhere with her swimming but kept on training – it obviously paid off as she was selected for Team GB! Some of the other swimmers I managed to meet included Leuan Lloyd, Robbie Renwick, Liam Tancock, Michael Jamieson and Caitlin McClatchey. They were all lovely and spent time answering questions and telling us some of their experiences. It was also Robbie Renwick's birthday and he wished me a happy birthday and told me to have a lovely day, which made my day! I got my picture taken with lots of swimmers and managed to get them to sign my Team GB T-shirt, which I will keep forever.



**Happy Birthday Louise and Robbie!**

Rebecca Adlington raced a member of the Team GB squad (who was not an athlete) which was a good laugh and I managed to record it on my phone. It was good to see they also have fun while training.

After leaving the pool I went into Edinburgh with my mum, dad and sister. I don't think I stopped talking about meeting Team GB all day! At the end of the day we went to Starbucks and couldn't believe it when I then met Andrew Willis, James Disney-May and Michael Jamieson! I went over to ask Andrew to sign my t-shirt, as I missed him at the pool, and he invited me to sit with him and we had a chat about swimming, training and of course the Olympics.

Saturday 21 July 2012 was the best birthday ever!  
**Thank you Louise – that was really interesting.!**



Jennifer and friend with Liam Tancock

### **WINTER CHAMPIONSHIPS TEAM 6/10 AT AYR**

#### **10 Years & Under**

Abby Kane  
 Rachel Holmes  
 Cara Dunwoodie  
 Elodie Schofield

Rory Dickson  
 Andrew Sutherland  
 Evan Clark  
 John Fowle

#### **12 Years & Under**

Emma Scully  
 Abbie Freeman  
 Meredith Scott  
 Rebecca Weir

Lewis Henry  
 Jake Dunwoodie  
 Connor Tarran  
 James Marshall

#### **14 Years & Under**

Catriona Fowle  
 Jennifer King  
 Louise Downie  
 Georgia Henry

Ross Hughes  
 Liam Cairns  
 Glen Duffy  
 Craig Nisbet

#### **Open**

Hannah Watson  
 Heather McClymont  
 Julie McClymont  
 Samantha King  
 Pamela Wright

Jordan Hughes  
 Graham Brown  
 John Wright  
 Stuart Wallace  
 Andrew Deans

*Please let Ann or a coach know asap if you can't make it to allow reserves to be contacted.*

### **JUBILEE GALA**

A fun Jubilee gala for Ayrshire swimming clubs: North Ayrshire, South Ayrshire and Kilmarnock was held on Saturday 18 August at The Citadel, Ayr. The event format was mixed 50s in all strokes then some fun relays finishing with a Union Jack 10 person freestyle squadron relay.

The swimmers and officials involved were all presented with medals for taking part and all agreed this was a fun meet with a chance to get some early season sprinting under their belt and for Jade Lynn, a newcomer to the Club, her first gala.



Swimmers/officials who attended Jubilee Gala

### **JUST GIVING**

The Club is now registered as a Charity on the Virgin Money Giving website. This allows anyone to raise funds for the Club online with Virgin collecting the Gift Aid on behalf of the Club. It is similar to better known Just Giving site but a lot cheaper and also more flexible than JustGiving because it allows someone to raise funds for more than one charity from one event. The address is:

[www.virginmoneygiving.com](http://www.virginmoneygiving.com)

### **DATES FOR DIARY**

15/16/9 Scottish YDS at Stirling  
 21/9 EK LC 7.15-8.45 pm  
 6/10 Winter Championships at Ayr  
 11/10-18/10 Lanzarote Camp for Seniors  
 14/10 Bronze DRP Day 1 Elderslie 0800-1800  
 26/10 EK LC 7.15-8.45pm  
 27/10 Ayrshire Schools, Citadel, Ayr  
 28/10 Club Championships 4.15-6.15 pm  
 3-4/11 WD6 at Grangemouth  
 10-11/10 REN96 Open  
 16/11 EK LC 7.15-8.45pm all Seniors  
 17/18 11 Cumbernauld Winter  
 24/11 North Ayrshire Development Meet – all juniors  
 24/11 Grand Prix (East)  
 1/12 WD7 at Cumbernauld

Contributions for next November newsletter by 5 October