

SUMMER HOLIDAYS 2012

Thursday 28th June – No training at RCP as pool not available due to a competition. Swimmers who want to train can go to Glenogle instead from 8.00 – 9.30.

Friday 29th June - Last session before the holidays, usual time at Leith Victoria.

Whole of July - NO training to allow everyone to recharge their batteries - but please keep active!

Sessions will re-start on 2nd August as follows:

Sundays 5th & 12th August - Leith Victoria

Prep 5.00 – 6.00 * later than usual for these two weeks.

Inter 2 – 5.00 – 6.00; Inter 1 – 6.00 – 7.15; Adv - 7.00 – 8.30

Sunday 19th August onwards - back to usual times

Mondays 6th & 13th August - No Ainslie Park, go to Glenogle
Adv, Inter 1 & 2 – normal times

Tuesdays 7th August onwards – Glenogle as normal.

Thursday 2nd August – RCP only for Advanced Swimmers

Thursday 9th August – Glenogle & RCP as normal.

Fridays 3rd August onwards – Leith Victoria as normal.

Prep Group swimmers may train at Leith Victoria on Fridays from 6.00 – 7.00 until Trinity reopens for their Thursday session. Your coach will let you know when Trinity reopens.

Have a great Summer, hopefully we might get some sun!!

Fiona Anderson

NEWSLETTER EDITOR SOUGHT

For the past year my work commitments have taken me away from Edinburgh and unfortunately this does not appear to be going to end soon (famous last words here – but that's the way it seems at present!)

As a result my contact with the club is very limited now, so I was thinking that it might be time for someone else to take over the task of preparing the newsletters, which I have done for around 5 years now.

If anyone is interested, please contact me at emoncrieff@blueyonder.co.uk

Chris Moncrieff



Inverleith ASC Newsletter
June 2012



CONGRATULATIONS FIONA!!!

From everyone at IASC

For 35 years Fiona Anderson has been involved with Inverleith ASC as Swimmer, Parent, Coach, Head Coach and President. As a fitting tribute and in recognition of her unwavering commitment to the Club, Fiona was selected to carry the Olympic Torch on its travels around the country. Fiona did her part of the Torch relay on 14th June through Greenlaw in the Borders.

.... and CONGRATULATIONS to DAVID

Congratulations to David Little on passing his Level 2 Coaching.

Well done!!

Kathy Pitcher

SPONSORED WALK – SAT 23rd JUNE

12 noon: Start of Walk

Meet at **Saint Cuthbert's Church on the corner of Colinton Road and Westgarth Avenue** for a 12-00 start. Parking is available in the surrounding streets for people taking cars to the start.

1.30pm: Halfway Point

Roseburn Park in front of Murrayfield Stadium. For those joining us here, we suggest parking in the Ice Rink Car Park. Proposed meeting place 1-15 for a 1-30 start **Corner of Roseburn Park, Facing ice rink.**

3pm: End of Walk

Scout Hut. South Trinity Road.

Keith Inglis, IASC Social & Fund Raising Committee

OLYMPICS

As we all know by now, the Olympics will be taking place over the Summer. If you get a chance to see any of the swimming events, that is an ideal opportunity to look at the strokes of the top swimmers in the world – and especially when you see the underwater shots showing how they kick, pull and turn. The next part will be more difficult – to put that into practice. But you never know – that might just be the starting point of getting there in 2016!

Chris Moncrieff

COMPETITIONS

HEART OF MIDLOTHIAN ASC NOVICE MEET – SUNDAY 13th MAY, MUSSELBURGH

We had 12 swimmers taking part in the above meet which is a competition for swimmers who have never competed or are very inexperienced competitors. There are no disqualifications. Swimmers are just told if they made a mistake. There was a demonstration swim before each stroke by one of Hearts top swimmers, Jamie Waller.

The sessions were not too busy which was great and our swimmers swam extremely well. We managed to produce 38PB's (Personal Best times) and 7 new times. The swimmers all gained in confidence during the meet and were quite happy to get themselves up to the marshalling area, to get ready for their races, after me taking them up for their first race. Hopefully the swimmers enjoyed their day and have learned from it. Well done to everyone who swam!! The results were as follows:

Gold Daniel Penman 50F/C

Silver John Mander 50B/C; Angus Allison 50BR; Angus Allison 50F/C

Bronze Angus Allison 50B/C; 6x25 F/C Relay – Zara Singleton, Angus Allison, Fraser Allan, Lily McCorkindale, Morgan Wilson & Logan Dow

4th John Mander 25Fly; Jocelyn Low 50Fly; Charlotte Drainer 50BR; Daniel Penman 50B/C

5th Zara Singleton 25Fly; Angus Allison 25Fly; Logan Dow 50Fly; Charlotte Drainer 50B/C; John Mander 50BR; Zara Singleton 50F/C

6th Nicola Brown 50B/C; Logan Dow 50B/C; Logan Dow 50 BR; Nicola Brown 50Fly

LOTHIAN LEAGUES: ROUND 3 – SATURDAY 9th JUNE, PRESTONPANS

This was the third and final round of this year's leagues. In the morning session we managed to put full teams out for the girls and boys 10/11 age group which was great. We had some great swimming and lots of PB's. Probably the biggest PB was from Jonah in the 200F/C where he took 17secs off his entered time.

The girls came in second overall, just missing out on the gold by 3 points & the boys were 4th again missing out by 3 points on the bronze medal. Everyone swam extremely well and supported each other. Swimmers who took part over the three rounds were as follows: **Alex Dean, Faye Fulton, Eve Lovell, Sophie Hamilton, Ailsa Inglis & Eloise Walker; Fraser Allison, Joe Penman, Aryan Singh, Angus Skakle & Jonah Walsh.**

In the afternoon session we managed full 12/13 girls and 14&0 boys teams, but only two boys for their 12/13 team and we had to withdraw our 14&0 girls as not enough swimmers were willing to swim. The swimmers who took part did extremely well with lots of good PB's. Over the two sessions we had 21PB's which is excellent. The 12/13 girls came 7th overall, and the boys were 5th which was amazing as they rarely had a full team. The 14&0 girls came 10th as they did not swim the last round and the boys did well coming in 4th place.

Well done to all the swimmers.

Fiona Anderson

SWIM SHOP

The Club shop has a small permanent stock of floats, pull buoys, goggles and fins along with suits in our Club yellow and black. Hats are always available too. Old kit such as fins and Club t-shirts can be sold back to the shop for our second-hand resale. We make a small profit on items sold that contributes to our Club funds so please support the Shop. We are usually at Leith on Sundays or you can email us with your order. Payments are made on delivery as there is sometimes a delay if we do not have your item in our stock. Prompt payment by cheque payable to IASC is appreciated so that we do not have to chase you. Give cheques to Kirsty/ Craig Watkins, Judith Hetherington, Keith Inglis or one of the coaches please.

Craig and Kirsty Watkins (craig.watkins@familywatkins.org.uk); Judith Hetherington (Judithhetherington@blueyonder.co.uk)

HELP NEEDED

New members - Kathy Pitcher on 554 0914

Social Committee - If anyone has any suggestions for fund raising opportunities please speak to either Keith Inglis or David Little. They're always on the look out for new ideas (keith.inglis@selexgalileo.com).

KEEPING IN TOUCH

Notice Board - at Leith Victoria pool

Web-site ..the Club website is at Swiminverleith.com (updates to Graeme Pitcher.)

Club e-mail list - We have compiled a Club e-mail list. If anyone hasn't already given us their e-mail address or if you change it please contact Keith Inglis at keith.inglis@selex-sas.com so the list can be kept up to date.