

Internal Cups (continued)

28th May *Round 3* Warm-up 17.00; Start 17.45
Peter Allan Cup (P.B. Improvement on Freestyle)
Fraser Cup (P.B. Improvement on Freestyle)
McLeod Shield (Fastest 5 Boys 16 & Under from the Fraser Cup)
Junior Ladies Trophy (Fastest 5 Boys 16 & Under from the Fraser Cup)
Lifesaving Trophies

11th June *Round 4* Warm-up 17.00; Start 17.45
Knight Trophies (11 Years & Under 100 Butterfly)
McMillan Cups (12 Years & Over 100 I/M)

Club Championships

25 November Warm-up 10.00; Start 10.45



Inverleith ASC Newsletter January 2006



Happy New Year everyone!

I have now taken over the production of the newsletter from Norma Wood — hopefully I will be able to keep up her high standards! Please let me know if there is anything you would like included in future newsletters or if there are any improvements you can think of in terms of layout, content, etc.

Chris Moncrieff



Thank You

A very big thank you to all the swimmers & parents for the gifts that you gave the coaches and lifeguards. It was very kind of everyone and much appreciated. I hope everyone had a great Christmas and New Year and that you are all back and training hard.

Fiona M. Anderson



Tom Watson

As you may be aware Tom Watson, our Chief Coach, will be going into hospital during the week commencing 30th January for a hip replacement operation. I am sure all other coaches, swimmers and Club members will want to wish him a successful operation and a speedy recovery.



Club Championships

I was very pleased with the efforts of our swimmers who participated in the Club Championships. There were many excellent performances and very many PB's. My only question is :- "Where were all the swimmers who did not attend?" This Year's event will be on 25th November, so please put it in your diaries **Now**!!!!

Peter Allan



AGM

At the Club AGM which was held in December, the following office-bearers were elected for the year ahead:

President: Peter Allan
Treasurer: Cameron Watson
Secretary: Kathy Pitcher

There are still two vacancies on the Committee and we require a new Child Protection Officer — so if anyone wishes to get more involved please contact Kathy Pitcher for more details.

Memberships

We are combining Club and Scottish Amateur Swimming Association Memberships this Year and most swimmers will receive their letter by the end of January., with payment being due by end February.

Notice Board

Just a little reminder to keep an eye on the notice board on a Sunday — all sorts of interesting things are there — competition results, future events, details of timekeepers courses, volunteer requirements, etc, etc.

Web-site



Did you know that the Club has a website? If not, you do now! The address is **SwimInverleith.com**. Please visit it to see what's there. Graeme Pitcher deals with the site and he updates as and when he is given the information — but this does not happen very often. So any suggestions you have should be passed on to Graeme.

Social Committee

Thank you to all those who helped with the bag-packing on 29 December. We raised a grand total of £438,65!

Please make a note for your diary that the annual presentation dance will be held at Carricknowe Bowling Club on 24 February from 7pm til midnight.

And finally, the Social Committee is always looking for volunteers to help with the fund-raising events. Please contact Donald Scott on 0131 339 5432 for further details.

Competition News

Livingston & District Dolphins Development Gala — Saturday 21 January

We had ten young swimmers taking part in the above gala which was for ages 9, 10 & 11 years. We called it our 'learning ' gala as hopefully the swimmers learnt something while they were taking part. They asked lots of questions, watched demonstration swims by a young Scottish internationalist, Robert Lang, and were not disqualified if they made a mistake but were told what they had done.

Over the two sessions we had twenty PB's which was fantastic. The relay team of **Ross Inglis, Alice Spratt, Innes Buckley, Zoe Megachie, Scott Inglis** and **Moira Watkins** swam a brilliant race to take the silver medal. **Moira Watkins** also won all three races she took part in.

All the swimmers went home with a cap & a certificate for taking part. This was a really good gala for swimmers who have never competed or who are not very experienced.

I certainly enjoyed my day & hope all the swimmers did too. Many thanks to all the parents who helped out by timekeeping, we can't run galas without your help.

Fiona M. Anderson

Dates of Internal Competitions.2006

Huntley and Anderson Cups

12th March (5th March - E.D. Age Group Finals Weekend)	Warm-up 16.45; Start 17.15
4th June (4th June - District Open Short Course)	Warm-up 16.45; Start 17.15
3rd September	Warm-up 16.45; Start 17.15
3rd December (3rd December - East District Age Groups)	Warm-up 16.45; Start 17.15

Internal Cups

23rd April	<i>Round 1</i>	Warm-up 18.30; Start 19.15
	400 Trophies (12 & Over 400 Freestyle)	
21st May	<i>Round 2</i>	Warm-up 17.00; Start 17.45
	Huntley Cups (12 & Under 100 I/M)	
	Lee Trophies (13 Years 200 Free)	
	Macfadyen Trophies (1650 & 800 Free)	