



Easter Holidays

There will be **NO** sessions over the Easter weekend from **Friday 14th - Monday 17th April (inclusive)**. Other holiday sessions will be as follows:

- Sunday 2.4.06 - Sessions as normal
Monday 3.4.06 - No session
Tuesday 4.4.06 - Glenogle 7.45 - 9.30 Advanced, Intermediate & Club Group
Thursday 6.4.06 - No Trinity, RCP as normal
Friday 7.4.06 - No Gillespies.
Leith Victoria 6.00 - 7.40 Advanced & Intermediate
- Sunday 9.4.06 - Sessions as normal
Monday 10.4.06 - No Trinity. Glenogle as normal + Club Group
Tuesday 11.4.06 - Glenogle as normal
Thursday 13.4.06 - No Trinity. RCP as normal

Have a great holiday and don't eat TOO many Easter eggs!!!



Glenogle Closure

This pool is due to close for refurbishment but I have been told that August is the latest date the staff have been given. I have written to Edinburgh Leisure reminding them that we will need somewhere else to swim when the pool does eventually close



Keeping in Touch

Notice Board

Just a little reminder, again, 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

...and the address of the Club website **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. So any suggestions you have should be passed on to Graeme.

Email

...also, you may be aware that we are attempting to compile a list of email addresses to ease communications of both swimming and social events. To get this off the ground, please send your email address to Donald Scott using the reference IASC (along with your name) at **donald@roofingandbuildingsupply.co.uk**.



Inverleith ASC Newsletter March 2006



Happy Easter everyone!

How time flies—when preparing my first Newsletter it was still early January and Christmas was still in the air—now here we are at Easter already—soon it will be the Summer holidays ... and then it's Christmas all over again! As I said, how time flies!

Chris Moncrieff



Swim Shop

Inverleith has its own stock of competitively priced swimwear and training equipment such as goggles, floats and hats. For competitions Club colours should be worn and the Shop can supply black hats, shirts and sweatshirts with logos for our swimmers.

A Shop order form is enclosed with this Newsletter and your order will be supplied when we receive the form and a cheque payable to IASC. Order forms will be available at Leith Victoria and on the Club website (**SwimInverleith.com**). Orders will usually be brought to a Sunday training session although other arrangements can be made.

Shop samples will be available for swimmers and parents to see at the Huntley & Anderson competitions and certain other internal competitions. News from the Shop will be posted on the Sunday boards at Leith Victoria. For further information contact Craig & Kirsty Watkins on 443 4252 or watkins@fish.co.uk.



Swimming Technique

There is a website at **www.swim.ee** which comes to us as highly recommended for those of you interested in improving your swimming technique. There are videos of many world class swimmers in action for you to study ... and, hopefully, copy! To view the videos, right-click on the one you want to view and download to your hard drive.



New Arrival

Congratulations to Louise Allan-Brown on the birth of the latest addition to her family - Kieran.



Tom Watson

As mentioned in the last newsletter, Tom Watson has now had his hip replacement operation. He enjoyed the experience so much that he decided to go through the whole thing again—but awake this time! He is now undergoing a period of recuperation—our best wishes go to him at this time.



New Swimmers

Welcome! Welcome to **Rachel Carter, Kirsty MacGreger, Lauren Gaff Louise Linklater, Sarah Ouenniche, Salma Zarugh, Tom Linklater, Louis Peto Grant and Blair Scott** who have recently joined our training squads. Please remember that if you know of anyone interested in swimming who may like to become part of the club, please encourage them to get in touch with Kathy Pitcher on 554 0914 and come along for a trial.



Volunteers needed

The Committee would like to thank the parents who volunteered for the vacancy of **child protection officer**. Two of them are now starting the required training.

On the Club Notice board at Leith there is information regarding an **ASA Helper course** which we hope to organise in the summer term. Details are on the board so if you are interested please put your name up.



Social Committee

A big Thank You to the Social Committee for arranging the annual presentation dance. You may be interested to know that arrangements are being made for next year's - in the same place, towards the end of February. Sooner than that, though, are plans for a get-together on Saturday 17 June. More details will follow soon, but please make a note in your diaries.

And finally, the Social Committee is always looking for volunteers to help with the fund-raising events. So, if you would like to help or have some good fund-raising ideas, please contact Donald Scott on 0131 339 5432.



Competition News

City of Glasgow Long Course Graded Age Group Meet

Well done to the following swimmers who took part in the above meet and

swam very well with several PB's. **Moira Watkins** did particularly well getting a silver in her 50 Back out of 66 swimmers. Results as follows:

Moira Watkins 10/U 50 Back - 2nd; 100 Free - 6th; 50 Fly - 9th
Lana Borwick 13/14 - 100 Fly - 9th; 100 Back - 8th; 200 Free - 9th
Suzie McGregor 13/14 - 100 Fly - 11th; 100 Free - 18th; 100 Back - 20th
Elaine Moncrieff 13/14 - 100 Breast - 8th; 100 Free - 7th; 100 Back - 18th
Stuart Currie 13/14 - 100 Free - 9th

East District Age Groups

We had very few swimmers in the ED Age Groups & unfortunately most had to withdraw for one reason or another but **Matthew Lloyd** had a fantastic swim in the 200 Fly moving from 14th out of 17 to 5th place. He brought his time down from 3.18.52 to 2.49.48. A brilliant achievement Matthew, well done. Well done also to all the others who took part in a variety of events - Matthew Lloyd 200 Free, 100 Breast, 100 Free & 100 Fly; Stuart Moncrieff 100 Back; Stuart Currie 100 Breast; Suzie McGregor 100 Fly & Dennis Henderson 100 Back.

Lothian Region Leagues

This is a team competition run over three separate days. The winning team in each age group is the one with the highest score after the third round.

Round 1 took place at Musselburgh Pool on Saturday 18th February where we had some great swims and produced 22 PB's in all. We only managed to have full teams in three of the age groups but despite this did not too badly.

10/11 Boys – 6 th	Girls – 10 th
12/13 Boys – 10 th	Girls – 12 th
14&O Boys – 3 rd	Girls – 1 st

Round 2 was at the new pool at Prestonpans which is lovely. It was just a pity no-one told me that the times had changed!!! Luckily John Sluman was great and most of our swimmers managed to get a little warm up. Again we had lots of PB's, some by swimmers doing the same event as before which was brilliant. After round 2 the places are as follows:

10/11 Boys – 5 th	Girls – 12 th
12/13 Boys – 11 th	Girls – 12 th
14&O Boys – 2 nd	Girls – 2 nd

Well done to all who swam as once again we did not have full teams in several age groups. Despite this there were lots of PB's.

Round 3 will be on 29th April with the venue to be confirmed.

Fiona M. Anderson