



Swim Shop

The new T-shirts have arrived. They are available in sizes small, medium and large at £6.00 each. The swim shop also has a range of other equipment for sale, including club hats, swim suits in club colours and fins. Please also remember that there are order forms on the Club Noticeboard on Sundays and you can always email or call—see details below)

Craig and Kirsty Watkins (443 4252 craig.watkins@surefish.co.uk)

Help needed!



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 ...AND ...

... 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.



Keeping in Touch

Notice Board Please keep an eye on the notice board on a Sunday — all sorts of interesting things are there — competition results, future events, details of courses, volunteer requirements, etc, etc.

Web-site ..the Club website is at **Swiminverleith.com**. Please visit it and pass any suggestions or updates to Graeme Pitcher.

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. Please, if you have not already done so, send your email address to Donald Scott using the reference IASC (along with your name) at **donald@roofingandbuildingsupply.co.uk**.



Inverleith ASC Newsletter March 2007



***** Easter Holiday Sessions *****



If a session is not mentioned it is on as usual

- Monday 26TH March** – No Trinity – Club Group to Glenogle.
- Thursday 29TH March** – No Trinity – No other session.
- Monday 2ND & 9TH April** – No Trinity or Glenogle.
- Tuesday 3RD & 10TH April** – Glenogle 7.45 – 9.30 – Club, Adv & Inter.
- Thursday 5TH, 12TH & 19TH April** – No Trinity – no other session.
- Friday 6TH & 13TH April** – No Gillespies.
 - Leith Victoria: 6.00 – 7.40 (Adv & Inter)
 - 6.00 – 7.00 – (Prep)
- Sunday 8TH April** – No sessions (Easter Sunday).
- Monday 16TH April** – No Trinity.
 - Glenogle: 7.45 – 9.15 (Adv & Club)
 - 7.45 – 9.00 (Inter)

Some other dates for your diary



- Intermediate Leagues—21 April; 16 June
- Internal Cups—22 April; 13 & 27 May; 3 June
- Bag Packing—April/May no definite dates yet
- Summer Social EVENT - Saturday 9 June (details pending)
- Club Championships—Saturday 17 November, Leith Academy

(Please keep an eye on the Club Noticeboard for more details on these and other Club events)

Poster Competition Update



Entries are coming in gradually—these will be put on the noticeboard at Leith Victoria for you to look at. The winner will be chosen in late March.

Keith Inglis (on behalf of IASC Committee).



Thanks!

I would like to thank all within the Club who offered me their congratulations on my being honoured with the East District Volunteer of the Year for 2006. It was very gratifying to receive a volunteer award in 2007 as in September I will have completed 50 years of service to young people. Thank you all again.

Peter Allan



Technical Tip—How to Do a Racing Dive

Leap up and out, then enter the water without a splash for a perfect racing dive.

Instructions

- Wait at the base of the starting block until the starter gives the instruction to get up.
- Step up onto the block and get a feel for the block's size and stability. This is the time to clear your head and focus on the race you are about to swim. Go over your race strategy one last time, relax and focus.
- Find your footing.
- Bend your knees slightly and reach down to touch (or grab) the block when the starter gives the signal, "Swimmers take your mark." Your weight is on the balls of your feet and your entire body is poised to leap up and out.
- Swing your arms forward and push off with your legs, your feet and even your toes at the sound of the starter (usually a gun or a horn). Aim for the opposite side of the pool.
- Extend your arms over your head, with your shoulders up by your ears, and your legs together and toes pointed.
- Enter the water at slightly less than a 45-degree angle with your body streamlined. Your head is between your shoulders and looking down (this will keep your goggles on). Try to enter the water with almost no splash.

Tips & Warnings

- The proper position for your feet varies. Some people like both feet on the front of the block, separated a couple of inches, with their toes over the edge. Others like to put one foot further back on the block and do a "track start." Experiment with a couple different stances to find what works best for you.
- Rules and etiquette for racing starts differ slightly from place to place, so if you are unsure about something, ask a referee or your coach.

- Be careful not to roll forward at all. If any swimmer rolls forward, the starter will ask everyone to stand back up. People rolling will usually fall and be disqualified.
- Make sure to angle down into the water. A belly flop is not only slow, but painful and embarrassing.

Colin Mitchell



Competition Results

East District Intermediate Leagues

We entered a number of teams into the Intermediate Leagues, the first round of which was swum on Saturday 10 March. We had a whole host of personal best times some of the highlights being:

The morning produced 6 individual PB's with Kirsty MacGregor taking a massive 28 seconds off her time and some great relay swims in the boys team. Unfortunately the 10/11 girls did not have a team because of a late call off.

The afternoon gave us 11 individual PB's and again some very good relay swims. Our 14 & O boys, Stuart Currie, Matthew Lloyd, Stuart Moncrieff and Ryan Scott swam extremely well and are currently lying in first place. Other positions are still to be confirmed—an update will be provided in the next newsletter.

Well done to all the swimmers who took part in the above leagues, we had some fantastic swimming in both morning and afternoon sessions and many thanks to Chris Moncrieff for helping on the poolside in the afternoon.

Apparently several doors were damaged at Prestonpans during the leagues so if anyone saw anything that might shed some light on this could they please let me know.

Fiona Anderson

Please remember Round 2 is on 21st April at Prestonpans and there is a final round in June - if you are unable to swim for any reason, please let Fiona Anderson know as soon as possible so that a replacement can be found in time to make up team numbers.

Chris Moncrieff