



Swim Shop *Craig and Kirsty Watkins* (443 4252)
craig.watkins1@surefish.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@selex-sas.com).



Keeping in Touch

Notice Board - at Leith Victoria pool

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

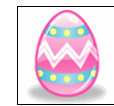
Club e-mail list - To communicate as efficiently as possible we have compiled a Club e-mail list. If any new member hasn't already given us their e-mail address or if you change it please contact Keith Inglis at keith.inglis@selex-sas.com so the list can be kept up to date.



Inverleith ASC Newsletter March 2008



Forthcoming events



EASTER HOLIDAY TRAINING SESSIONS

No training on Monday 24th, Tuesday 25th & Thursday 27th March.

Sundays 23rd, 30th March & 6th April – **Normal sessions.**

Monday 31st March, Tuesday 1st & Thursday 3rd April – **Normal sessions**

Fridays 21st, 28th March & 4th April – **Normal sessions** at Leith Victoria.

Prep. may train at Leith from 6.00 – 7.00.

Trinity restarts on Monday 14th April.

Huntley and Anderson Cups Sunday 7th September
Sunday 1st June Sunday 30th November

Internal Cups Sunday 27th April Sunday 25th May
Sunday 18th May Sunday 15th June

Club Championships Saturday 13th December

Lothian Region Leagues 19th April & 14th June(Prestonpans)

Duns 500 Swim Meet 17th May (Prestonpans)
(Intermediate squad and possibly some advanced squad)



Internet

We have learnt of an incident where a swimmer's picture was put on the Bebo site by another swimmer without their consent. This was **not** done with an intention to cause problems but could swimmers please be aware that you should not put **anyone's** picture on the internet without their knowledge.



Social & Fund Raising Committee

Scotmid Bag Packing—Sunday 23 March

The Club has managed to secure a bag packing slot at SCOTMID, Duke St., Leith, on Sunday 23rd March. (Next to Leith Waterworld). Last time we had a slot at this super-market we managed to raise nearly £800 for Club funds. Since these opportunities are our main means of keeping fees down as large a turnout as possible would be appreciated. If everyone comes for a few hours then we should easily be able to cover the whole day. I suggest we try to cover 8am to 5pm.

Club colours should be worn if you have them. In particular the yellow IASC tracksuits stand out well. Parents will also be welcome since we are required to have supervisory adults in attendance.

Please advise me by e-mail if you will be able to attend and your preferred time. I will put up a sheet at Victoria as well to which you can add your names. If anyone has any questions please don't hesitate to contact me.

Keith Inglis, IASC Social Committee

PS Then the next day about 20 swimmers are off to Newcastleton Swimcamp for a rest! (Ha Ha.)



Competition Results

EAST DISTRICT AGE-GROUPS AT GLENROTHES 2/3 February

Only 3 swimmers were in attendance for the 3rd week-end of the Age-Groups. Between them they had 5 swims. There were 5 PB's which included 2 at the 50 mark. The most significant swim was by Moira Watkins who took 6 secs. off her 200 IM. Well done to Moira, Susie and Eilidh.

HUNTLEY and ANDERSON CUPS—SUNDAY 9th MARCH

The results of the Anderson Cup are :-

1st - Sarah Anderson

2nd - Valentina Moran

3rd - Keiran Wilson

The results of the Huntley Cup are :-

1st - Niall McRoberts

2nd - Josh Harkins

3rd - Ross Inglis

EAST DISTRICT AGE GROUPS – GLENROTHES 1/2 March

We had some super swimming at the last weekend of the above competition. Unfortunately we had to pull out nearly all the teams as we had so many call offs. This is very disappointing not only from a Club point of view but also because we cannot get the entry fees back. Please also remember if you call off from a relay you let down another 3 swimmers.

The boys 10/11 relay were 4th in the Medley and 5th in the Freestyle which was excellent. The relay swimmers were Ben Brown, Ross Inglis, Alastair Nicholson and Calum Watkins.

The 12/13 girls swam the F/C relay on the Sunday afternoon and performed very well. The swimmers were Louise Currie, Hannah Little, Kirsty MacGregor and Moira Watkins.

In the individual events, **Calum Watkins** swam 100 B/C, 100BR & 100F/C. He took 7 secs off his 100 Breast and 100 Free and also 5 secs off his 100 Back. **Ross Inglis** equalled his PB in the 100B/C and took 6 secs off his 100 Free PB. Very well done both of you. **Ryan Scott** also swam well in the 100F/C & 100B/C having qualified from previous weekends taking 1.5secs off his 100 Back.

LOTHIAN REGION INTERMEDIATE LEAGUES (Round 1) – PRESTONPANS8th March

We had six teams entered in this competition and managed to have five of them complete, unfortunately the 10/11 girls only had two swimmers. Everyone swam extremely well and we had a lot of PB's once again. Most significant was Rachel Carter taking 45 secs. off her 200 Free, obviously last swim on that stroke was a while ago but still shows good improvement. Andrew McGregor took 15 secs off his 200 IM and Blair Macdonald took 10 secs off his 200 Free.

The teams after the first round are lying as follows:

10/11 Girls – 10TH, 10/11 Boys – 5TH

12/13 Girls – 5TH, 12/13 Boys – 7TH

14&O Girls – 6TH, 14&O Boys – 1ST by 1 point!

Well done everyone. Thanks for all the help on the poolside David.