

Well done to everyone who took part, as well as doing great swims, you really supported each other and the club. Thanks to Cameron for help on the poolside and to all the parents who were timekeepers.

Round 2 is on 17th April, last Saturday of the Easter holidays - if you are **not** available please let Grant Denholm know ASAP. Round 3 is on 12th June a date for your diary!

Fiona Anderson

PORTOBELLO MAD MARCH MEET - PRESTONPANS 20th / 21st March

Four of our younger swimmers took part on Saturday. **Beth Gorman** swam PB's in both her swims, **Scott Kerr** swam four events—just outside his current PB's for 3 of them but took 8 seconds off his 200 IM. **Claire Dow** also swam very well, setting two PB's from her four events, the biggest being 10 seconds off her 200 IM time, Claire was also presented with medals for finishing in the top six in three of her entered events.

Two swimmers attended on the Sunday. **Niall McRoberts** took 9 secs off his 200 IM time (3.02.68) and just shaded his PB in the 200 Breaststroke. **Calum Watkins** made a 4 sec improvement in his 200 Free (2.25.21) to take 3rd place in the 13 years age group. In the 400 Free he had competition from swimmers on either side of him and seemed focused on winning as he flew down the last 50m to win his heat. The 2 swimmers behind him also stopped. But it appears Calum had a junior moment and had miscounted the lengths. After 5 secs or so, having been told they had another 50m to do, they all set off again before the others had arrived. Calum still won the heat with a 13 sec pb (5.13.14) and 5th in age group. Having just turned 13 last month that was excellent! His 2 times were also within the guideline time for the Bronze Squad—only another 2 to qualify!

Tom Watson and Allison Kerr



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 2010



Forthcoming events



EASTER HOLIDAYS

Thursday 25.03.10 – Last Thursday at Trinity.

Monday 29.03.10 – Last Monday at Trinity.

Monday 5.04.10 – Ainslie Park session cancelled.

All other sessions are as normal over the holidays. We will put out an email to let everyone know when Trinity restarts after the holidays.

Have a good Easter.

Fiona Anderson

April

Saturday 17th INTERMEDIATE LEAGUES PRESTONPANS (Time Banded)

Sunday 25th INTERNAL CUPS (ROUND 1)

May

Sunday 16th INTERNAL CUPS (ROUND 2)

Sunday 23rd INTERNAL CUPS (ROUND 3)

June

Saturday 5th BAG PACKING

Sunday 6th HUNTLY AND ANDERSON CUPS

Saturday 12th INTERMEDIATE LEAGUESPRESTONPANS (Time Banded)

Sunday 13th INTERNAL CUPS (ROUND 4)

Saturday 19th 2010 SPONSORED WALK

Later in the year

Sunday 5th Sept HUNTLY AND ANDERSON CUPS

Sunday 28th Nov HUNTLY AND ANDERSON CUPS

Saturday 18th Dec CLUB CHAMPIONSHIPS

Full details of the events in each round of the Internal Cups will be available on the Club noticeboard at Leith Victoria.

The Huntly and Anderson Cups warm up is at 5pm for a 5:30pm start.

Note the date for the Club Championships. It can be a busy time of year, but these are the Club's annual championships and a good turn out is great for everyone.



Congratulations

Congratulations to **Ross Borwick** of Prep Group who has been selected to play Ice Hockey for Scotland. Unfortunately they did not win their first match but we would like to wish Ross and his team mates good luck in their future matches.

Kathy Pitcher



Child Protection

Following on from the last newsletter, 26th May has now been finalised for child protection training for coaches and other pondside helpers.

Kathy Pitcher



Social & Fund Raising Committee

2010 Presentation Dance

The Annual Presentation Dance was held at Carricknowe Bowling Club on 12th February. 120 Club members and their families attended this glittering extravaganza. It was great to see so many new faces up “doing their thing” on the dance floor alongside the regulars.

Thanks to Peter for organising the venue, although if the Club continues to grow at the current rate he might have to get an extension built for next year to get everyone in. (I noticed a nice flat grassy bit at the front that would be ideal for this!)

It looked like we all had a good night and as a bonus we made almost £200 from the raffle. Thanks to everyone who brought something along or bought tickets, or most probably both! Well done and thanks to all those who helped out on the night with the food/trophy presentations, and to Ross and Niall for selling all those raffle tickets!

Bag Packing

The Club has secured a Bag Packing slot at ASDA, Leith, on Saturday June 5th. We will issue more details nearer the time.

2010 Sponsored Walk

Following on from the successes of the last two years we intend to hold a Sponsored Walk again this Summer. The walk will follow the same format as before with various staging points for walkers to join us depending on ability.

This year, although preparations are in their infancy, we hope to walk from the Forth Rail Bridge to the Scout Hall at Trinity with joining points at Cramond Brig and Davidson’s Mains. Date for your diaries for this epic is Saturday 19th June. Usual fun and games/refreshments etc. at the Scout Hut afterwards.

Keith Inglis

Social and Fundraising Committee.



Competition Results

LOTHIAN CLUB CHAMPS - 31st January, Prestonpans

More details as promised in the January newsletter ... Teams in competition are divided into 3 divisions, and we were in division 2 but unfortunately were relegated despite some super swims. As reported in the last newsletter we achieved 19 PB’s over the day which was great.

We drafted in some more mature swimmers, **Stuart Currie, Stuart Moncrieff and myself**, for the open age group. Pity that swimmers age has to go on the programme!! We all managed to complete our events without resuscitation!

Everyone swam well and supported each other - which was great. The challenge for next year is to move back up to division 2. Thanks to Allison and David for help on the poolside.

Fiona Anderson

EAST DISTRICT AGE GROUPS – GLENROTHES 6th/7th March

3 swimmers from the Club make this week-ends finals. **Scott Kerr** in the 10/11 years age group swam well to just edge a PB on his 100 Back in 1.27.86; **Claire Dow** also in the 10/11 years group had two fine swims—she took 3.22 secs off her 100 Fly in 1.27.40 and 2.44 secs off her 100 Frontcrawl time (1.16.50); **Calum Watkins** in the 12/13 years swam 100 Fly—Calum managed 2 PB’s, one at 50m mark by 1.14 secs (35.57) and by 4.16 secs. at the 100 in a time of 1.18.01.

Well done to the swimmers. Their dedication and commitment has paid off with good results. Thanks to Allison for assisting on the poolside.

Tom Watson

LOTHIAN REGION INTERMEDIATE LEAGUES (Round 1) – PRESTONPANS, 13th March

We did surprisingly well considering that we had a disappointing 50% call off rate. We had entered teams in 8/9, 10/11 (2 teams), 12/13 & 14&O girls and 10/11, 12/13 (2 teams) & 14&O boys. But we ended up with only 3 full teams!!

The swimmers who did take part were fantastic. For some this was their first external competition and they swam their socks off. We had 19 PB’s some over 10secs. **Calum Watkins** swam too fast in both his events (this gala is time banded) so will not be able to swim in the next round unless they change the times! **Scott Kerr**, the only Inverleith swimmer in the 10/11 boys team, swam a superb 200F/C to win his event doing a great PB into the bargain. **Sofia McCorkindale, Ailsa Inglis, Alex Dean, Hannah Watson & Nicola Ludwig** all swam well in their first external competition.

Places after Round 1:

8/9 girls – 6 th =	
10/11 girls – 2 nd =	10/11 boys – 9 th (Scott Kerr on his own!)
12/13 girls – 8 th	12/13 boys – 5 th
14&O girls – 3 rd	14&O boys – 6 th (Ross Crawford on his own!)