

Forthcoming Competitions / Events

APRIL

Saturday 2nd PORTOBELLO MEET - PRESTONPANS **
Sunday 3rd 8 – 10 years (Sat) 11 – 15/o (Sun)
Monday 11th EASTER TRAINING CAMP TO
To Friday 15th NEWCASTLETON
Saturday 16th LOTHIAN INTERMEDIATE LEAGUES **
PRESTONPANS (Club event - Time Banded)

MAY

Sunday 15th INTERNAL CUPS – 2nd Round
Saturday 21st WEST LOTHIAN MEET – BATHGATE **
Sunday 22nd 10/U – 11/12 YRS – 13/14 YRS – 15/O
Sunday 22nd INTERNAL CUPS – 3rd Round

JUNE

Sunday 5th HUNTLY / ANDERSON CUPS
Saturday 11th LOTHIAN INTERMEDIATE LEAGUES **
PRESTONPANS (Club event - Time Banded)
Sunday 12th INTERNAL CUPS – 4th Round
Saturday 25th WEST LOTHIAN DISTANCE MEET –
Sunday 26th PRESTONPANS ** 12/U – 13/14 YRS – 15/O

Please keep dates marked ** free as it is intended to enter as many swimmers from the Club as possible.

EASTER HOLIDAYS 2011

The following sessions will **NOT** be running during the Easter holidays:

Monday 11th April – Ainslie Park & Glenogle
Monday 18th April - Ainslie Park – **PLEASE GO TO
GLENOGLE INSTEAD**
Tuesday 12th April - Glenogle
Thursday 14th April - Glenogle
Thursday 21st April – Trinity
Sunday 24th April – Leith Victoria
Monday 25th April – Ainslie Park & Glenogle



Inverleith ASC Newsletter March 2011



NEWS

Inverleith Awarded SwiMark Accreditation

Inverleith ASC has been awarded the highly acclaimed SwiMark accreditation demonstrating it is leading the way in setting new standards for swimming including strong coaching and effective management structures. SwiMark is Scottish Swimming's national quality accreditation programme for clubs and swim schools. Successful achievement confirms recognition that Inverleith has demonstrated a commitment to creating a sustainable swimming development pathway and operates a safe, effective and child friendly club, providing a service in the community that children and young people, their parents/carers, and others with an interest in swimming can trust.



Club Record

Sally Wood's Club Record time of 5.24.00 in the Girls 12 year-old 200 Free, which has stood since 2003, has been broken by 5 secs. by **Claire Dow**. Claire, swimming in the East District Age Groups on 5th March, swam exceptionally by taking 11 secs off her entered time and finishing on **5.19.09**. Claire is also knocking on the door of a few of Sally's other records. Congratulations to Claire on her achievement.

Swim Shop

The Club shop has a small permanent stock of floats, pull buoys and fins along with suits in our Club yellow and black. Hats are always available too. Old kit such as fins and Club t-shirts can be sold back to the shop for our second-hand resale. We also keep a selection of goggles. We make a small profit on items sold that contributes to our Club funds so please support the Shop. Prompt payment by cheque payable to IASC is appreciated so that we do not have to chase you. Give cheques to Kirsty/ Craig Watkins, Keith Inglis or one of the coaches please.

Craig and Kirsty Watkins (443 4252 craig.watkins@familywatkins.org.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 keit.inglis@selex-sas.com so the list can be kept up to date.

THANK YOU!

"Hello All,

I would like to express a very big **Thank You** to the President, The Committee Members, Life Members, Adult Members, Coaches and all of the Swimmers of Inverleith Amateur Swimming Club for the decanter and the inscribed base which was presented to me at the Annual Presentation Dance.

This presentation really brought home to me the finality of my decision to stop coaching and teaching at the end of June this year.

I would like to let you know that although I will no longer be taking Prep Group on a Thursday evening at Trinity Academy, you will still see me when I come back to haunt you at the Huntley and Anderson Cups, the Internal Cups and the Club Championships.

Bearing in mind that our Club is a Competitive Club I will also see many of the Swimmers at the various competitions that your coaches ask you to enter.

Once again a very big **Thank You** to one and all, and remember what I said when it was presented to me - "I have enjoyed every minute of my time as a Coach and Teacher".

Peter Allan

INFORMATION

Please note that the Club is making increasing use of its website to communicate with swimmers. To make sure you are up to date with Internal Cup information, shop updates, events such as the SwiMark award and more (including copies of this newsletter), please log on regularly to see what is there. As mentioned on the previous page, the address is: swiminverleith.com.

COMPETITIONS

EAST DISTRICT AGE-GROUPS, GLENROTHES, SATURDAY 5th / SUNDAY 6th MARCH

Four swimmers attended over the 2 days and swam very well.

Claire Dow had 2 swims, taking 3 secs off her 200 Free to 2.31.07 and 11 secs off her 400 Free to 5.19.09.

Calum Watkins made another improvement on his 200 Free by 4 secs. to 2.19.92 while

Scott Kerr improved his 200 Free by 9 secs down to 2.34.45.

Laurie Grant swam well on her 100 Breast but just shaded her PB.

Thanks to Allison, Malcolm and Craig for covering the poolside.

LOTHIAN INTERMEDIATE LEAGUES, PRESTONPANS, SATURDAY, 13th MARCH

A complement of 19 swimmers represented the Club in the 1st round of the Leagues.

In the 10/11 girls team, Catherine Boyd/Ailsa Inglis /Mia Fulton and Sophie Hamilton all swam PB's. Likewise the 3 swimmers in the 10/11 Boys team of Jonah Walsh/Charles Deboux and Fraser Allison all did PB's. Jonah Walsh who was drafted in at the last moment had an excellent swim on 200 Free did a PB at 100 as well as 200. In the relay (3 swimmers) Jonah swam first and last and the swimmers really excelled by just being pipped in the final length to win their heat. Brilliant swimming from them.

In the older groups, PB's were again prevalent more so in the 200's. Claire Dow took another 6 secs off her 200 IM and did a PB at 50 fly split. Nicola Ludwig and Sophie McCorkindale also swam PBs in their 100 Back and Breast respectively. The SOLE (one) 12/13 Boy – Scott Kerr took 8 secs off his 200 IM and also PBd at 50 Fly split.

In the 14/O Girls Katrina Denholm swam PBs in both her 100 Back and 200 Free. Tana Reid took 5 secs off her 200 IM, Phoebe Strachan did a PB for her 100 Breast while Moira Watkins PBd at 50 split and at 100 Fly. In the 14/O Boys Keiran Wilson took 8 secs off his 200 Free, Calum Watkins took 5 ses off his 200 IM and PBd at 50 Fly split while Mark Reid PBd his 100 Back (4 secs) and 100Breast (5 secs). Scott Kerr was allowed to swim in the 14/O Boys relay. It is heartening to see swimmers steadily improving their times.

Thanks to Allison Kerr for assisting on the poolside and to the parents who travelled in support.

Tom