



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.

We are happy to order by mail items such as swimwear in larger sizes in either black or in the Club Colours (black with a yellow stripe). Jammers are also available. See the noticeboard for further information. The best way of getting a discount is to order in batches so let us know if you are interested and when we have enough orders we can send off for them. Almost all items from the Swimshop catalogue are discounted if the Club buys them in this way.

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. For further information contact Craig & Kirsty Watkins on 443 4252 or watkins@fish.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

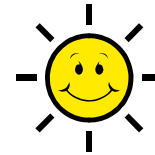
Notice Board Just a little reminder, again, to keep an eye on the notice board on a Sunday — all sorts of interesting things are there — competition results, future events, details of courses, volunteer requirements, etc, etc.

Web-site ..the address of the Club website is 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. So far we have about half of your email addresses — to make this most effective we need a much higher percentage — so please send your email address to Donald Scott using the reference IASC (along with your name) at donald@roofingandbuildingsupply.co.uk.



Inverleith ASC Newsletter May 2006



Summer is nearly here!

I am trying to prepare newsletters approximately every two months. As we take a break over July, however, a special holiday edition will be issued just before we break up — hopefully it will at least provide details of the holiday training arrangements for when we come back in August and an update on the possible Glenogle closure mentioned in the last Newsletter

Chris Moncrieff



IASC 5K Sponsored Run—Sat 17 June

Meet at “The Scout Hut”, South Trinity Road, Off Ferry Road—Saturday 17th June 13:50—18:00. (Run starts at approx 14:20)

We want all Inverleith swimmers to contribute; to what we're sure will be an enjoyable day. It's a “fun run” with a fun day afterwards. If you have younger brother or sisters they can join in too - we will also have a 2K run for people with shorter legs!!!

There will be medals for all and prizes – come in fancy dress if you like! However we don't want to do this all purely for fun, so we are asking for some sponsorship.

(If everyone managed say £10 /£20 each that would be a further £300 /£600 towards club funds)

If you require any information please see the noticeboard or ask Keith, Kathy, Gwen or Donald (0131 339 5432).. Sponsorship forms are available now.

Please Support Your Club — Help Us To Help You!



Pool Closure

Please note that TRINITY pool is closed for the rest of this term. This is very regrettable, but completely outwith our control. We would encourage swimmers to make use of other sessions available to their training groups. For Club Group, space is available on Monday and Tuesday nights at Glenogle.



Easter Training Camp – April 2006

Well once again Easter has been and gone along with another camp at Newcastleton. As usual we had a great time with 26 swimmers from Inverleith and Portobello and 7 adults. The swimmers were fantastic. They worked hard and played hard, where the energy comes from I don't know, must be all the great food we feed them!!!

We had two or three swimming sessions each day, a landtraining session which varied from circuit training to orienteering to football to basketball, low ropes course and kayaking and climbing on two of the days. That is without the extra games of football and racing about between the cabins.

The adults were kept out of mischief too with coaching, lifeguarding, cooking, washing up, sweeping floors, washing up, landtraining, washing up (again!) and generally making sure everyone was where they should be and not watching the Simpsons on a portable DVD player!!

We really had a super time, well I did, & it was fantastic to have some parents along who had never been before, I only hope they will come again.

Very big thank you to the swimmers for being so good, to Isobel Bennett for once again helping out with the food, to Peter Allan, Cath Fleming (Portobello), David Little, Keith Inglis, Graeme Pitcher & Yang Jain for working so hard & making it a great camp. Hopefully by now you have all recovered!!!

See you next year?

Fiona



Competition News

Warrender Junior Open Meet – 25/26 March

Congratulations to **Scott & Ross Inglis & Moira Watkins** who swam really well at the above meet. Scott did 3 PB's out of 5 swims, he took 6 seconds off his 200 free, his third PB on this event in as many weeks. Ross produced 6 PB's out of 6 swims, two of those are new times meaning he has never swum these events before. Moira swam 3 PB's out of 3 swims taking 10 seconds off her 200 free. - Great swimming!

Lothian Leagues – Round 3 – 29 April

This was the third and final round of the above leagues and as in the previous rounds we had some great swims and some super PB's. Unfortunately we did not always have enough swimmers to have a relay team which is disappointing for the remaining swimmers but we did pick up a couple of medals.

14&Over Girls – 2ND On the day Inverleith were awarded 1ST but after checking errors were found giving us the silver so unfortunately we had to hand the trophy over to Haddington. The medal winners were **Alex Anderson, Lana Borwick, Suzie McGregor, Elaine Moncrieff and Hannah Watt**.

14 & O Boys – 3RD The medal winners were **Stuart Currie, Dennis Henderson, Matthew Lloyd, Chris Moncrieff, Stuart Moncrieff and Jamie O'Neil** who all swam in at least one of the rounds.

Well done to everyone who took part in all the age groups and who produced so many PB's and thanks to Chris for finishing off as I had to rush off to the RCP.

Haddington Total Swimmer – 7 May

We had twelve swimmers taking part in this event which is a great gala with everyone swimming 5 events and the top six in each age group swimming a 200IM as a final.

Helen McRoberts, who was swimming for Inverleith, won the 14/15 age group quite convincingly. Well done Helen.

We had three other swimmers who did not quite make the final **Moira Watkins** 7TH in 10/11 group, **Elaine Moncrieff** and **Stuart Currie** were both 8TH in the 14/15 age group. Well done.

We also had some really super swims from the other eight swimmers who were competing—Well done, everyone! ... and many thanks to David Little & Chris Moncrieff for helping on the poolside.

LDD Graded Meet – 13 May

Four swimmers took part in this competition doing extremely well.

Emma McGachie had one swim 50 Fly and did a two second PB, well done Emma; The following swimmers all had several swims with a number of PB's.

Stuart Currie – 100 Fly PB, 100 Back 6TH, 100 Breast 1ST PB, 100 Free 5TH

Elaine Moncrieff – 100 Back PB, 100 Fly 1ST PB in heat & PB in final, 100 Breast, 100 Free 4TH PB in final

Stuart Moncrieff – 100 Fly 6TH PB in heat, 100 Back 4TH, 100 Breast 4TH

Well done all of you! You did some great races, especially Elaine in her 100 Fly final where she took another 2 seconds off her time after taking 4 off in the heats — Brilliant!

Fiona