

FORTHCOMING EVENTS

NOVEMBER

Saturday 5th EAST DISTRICT AGE GROUPS –
Sunday 6th PRESTONPANS 400/800 FREE /400 IM - HDW
(ACCREDITED TIMES ONLY) C/D 5th OCT

Saturday 12th LOTHIAN REGION GRADED –
PRESTONPANS 11/U - 12YRS - 13YRS - 14/O
Sunday 13th IAN PRENTICE GALA - 8-10YRS; 11/12YRS;
RELAYS

Wed 23rd AGM, WARDIE CHURCH

Sunday 27th HUNTLY AND ANDERSON CUPS
CLUB SWIMMERS 12/U – AGE ON DAY

DECEMBER

Saturday 3rd EAST DISTRICT AGE GROUPS –
Sunday 4th PRESTONPANS 200'S BACK / BREAST / FLY
FREE HTS AND FINALS (ACCREDITED
TIMES ONLY) C/D 2nd NOV

Saturday 17th CLUB CHAMPIONSHIPS - LEITH ACADEMY
(100% ATTENDANCE REQUIRED)

FEBRUARY

Friday 24th PRESENTATION DANCE AT PETER'S
BOWLING CLUB.

FUND RAISING RESULT

This month I was delighted to be able to hand over a cheque for £1,500 to the Club Treasurer on behalf of the Social & Fundraising Committee.

This is the result of money raised over the year from, in particular, the Presentation Dance, Club Championships, Sponsored Walk, and Gear Shop. Thanks for everyone's support in the various activities, whether from helping out, donating prizes for tombolas/raffles, or attending the events.

Particular thanks must go to David Little for his efforts in helping organise the Dance and Sponsored Walk and to Craig and Kirsty Watkins for their tireless efforts in running the Gearshop.

A full breakdown of the Social Committee Accounts will be available for anyone interested at the AGM in November. If anyone has any ideas for future fundraising then please let me know.

Keith Inglis, IASC Social Committee



Inverleith ASC Newsletter
October 2011



CLUB CHAMPIONSHIPS

The Club Championships are on Saturday 17th December at Leith Academy. Registration is at 9.45am; warm starts at 10am and the competition starts at 10.30am. Swimmers must swim all events for their age group to be eligible for medals. Events are as follows:

Novice (Prep Group swimmers) 25m of each stroke – should be finished in the morning session
8 & under 25m of each stroke
9 & 10 yrs + Masters 50m of each stroke & 100IM
11 & over 100m of each stroke & 200IM

The cafe will operate selling filled rolls and toasties along with home baking (all donations gratefully received). There will be a raffle and tombola and Craig and Kirsty will be there with the gear shop for these last minute stocking fillers.

AGM

The AGM is on Wednesday 23rd November at Wardie Church: 7.30 for 8.00pm start. All are welcome. Elections for President, Vice-President, Treasurer and Committee Members will take place and there will be opportunity to discuss matters related to the running of the Club. Volunteers to join the Committee are always welcome.

Kathy Pitcher

SWIMMING GEAR

For competitions all swimmers must have an IASC cap and we encourage everyone to wear one of our cool yellow and black Club suits/jammers. These club suits are single layer and should be a neat fit – lined suits are good for training but have some drag.

The Speedo girls' suits (sorry guys) are extra good value as they are made in a chlorine resistant endurance fabric. Swimwear should be thoroughly rinsed in cold water as soon as you get back from training/ competitions and then laid up to dry – never put your kit in the washing machine.

We are now also offering a personalised Club T-shirt option at only £12. Add your name to the list on the Board at Leith Victoria.

Kirsty Watkins

CLUB WEBSITE

I am currently investigating the potential to make it easier for us to update the Club website, which may make it a better means of communications. It would be helpful as part of this to know how many of you would use the Club website as a source of such information if it was kept up to date on a regular basis with details of competitions, up-coming events, etc. Could you email me to let me know your thoughts on this idea. My email address is cmoncrieff@blueyonder.co.uk.

Chris Moncrieff

COMPETITIONS

HEARTS PREMIER MEET - 5th OCTOBER

The above meet was held at Prestonpans pool where 2 swimmers represented the Club. Our swimmers competed in 7 events, all at 200 metres, and resulted in 12 PB's.

Claire Dow had 3 swims resulting in **5 PB's**. On her 200m Back she did a PB at 100m split (1.22.71) and also at 200m with a time of 2.45.41 for **3rd (BRONZE)** place. On her 200m Front Crawl she did a small improvement at 2.29.20 and on her 200m Fly she PB'd again at 100m split (1.23.79) and finished in **1st (GOLD)** place with a time of 2.55.61.

Calum Watkins had 4 events and also did **7 PB's**. On his 200m Back he did 37.20 at 50m split and 2.35.35 at 200m. On the Breaststroke he did 41.27 at 50m and finished on 3.04.5. On the 200m Fly he improved his time by 15 secs. with a time of 2.58.09 and on the 200m Free did a slight PB at 50m but 4 secs at the finish (2.19.52).

Well done to both swimmers for an outstanding days work.

Tom Watson

SWIM SHOP

The Club shop has a small permanent stock of floats, pull buoys, goggles and fins along with suits in our Club yellow and black. Hats are always available too. Old kit such as fins Club t-shirts can be sold back to the shop for our second-hand resale. 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 - We have compiled a Club e-mail list. If anyone 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.