



Swim Shop

The swim shop has a range of other equipment for sale, including club hats, T-shirts, swim suits in club colours and fins. Please also remember that there are order forms on the Club Noticeboard on Sundays and you can always email or call — *Craig and Kirsty Watkins* (443 4252 craig.watkins@surefish.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

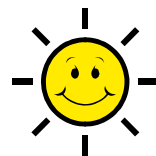
Notice Board Please keep an eye on the notice board on a Sunday — all sorts of interesting things are there — competition results, future events, details of courses, volunteer requirements, etc, etc.

Web-site ..the Club website is at **Swiminverleith.com**. Please visit it and pass any suggestions or updates to Graeme Pitcher.

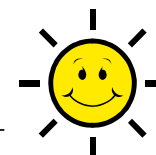
Email ..also, if you have not already done so, please send your email address to Donald Scott using the reference IASC (along with your name) at **donald@roofingandbuildingsupply.co.uk** to help us keep in touch with you more easily.

Inverleith ASC Newsletter **August 2007**

??SUMMER 2007??



A couple of happy sunshines in case you didn't see any of them over the 'Summer'.



However, that is now in the past and hopefully everyone is back and ready to get down to some hard training and big improvements in personal bet times in the months ahead.

Forthcoming events

All sessions back to normal from start of September

- Prep. Sunday Leith Victoria 5.00 - 6.00
 Thursday Trinity 6.00 - 7.00
(At present we are only using these two sessions as the Friday was very poorly attended a lot of the time.)
- Inter. Sunday Leith Victoria 5.00 - 6.30
 Monday Glenogle 7.45 - 9.00
 Thursday Trinity 6.00 - 7.00
 Friday Leith Victoria 6.00 - 7.40
- Adv. Sunday Leith Victoria 6.30 - 8.30
 Monday Glenogle 7.45 - 9.15
 Tuesday Glenogle 7.45 - 9.30
 Thursday RCP 8.10 - 9.10
 Friday Leith Victoria 6.00 - 7.40
- Club. Monday Trinity 7.00 - 9.00
 Thursday Trinity 7.00 - 9.00

Competitions

- Suunday 23 September—Haddington 100s Meet
- Sunday 24 November— Inverleith 200 Gala, Carnegie Pool, Dunfermline
- Sunday 8 December—Club Championships

Social

- Friday 8 February 2008—Club Presentation Carrick Knowe Bowling Club, 81A Broomhall Avenue.



Summer Event

Thanks to everyone who took part in the IASC Sponsored Run in June. Almost 40 kids and adults took part in spite of the weather, which was on the damp side to say the least. Popular new feature this year was the "water jump" under the bridge in St. Mark's Park!

Rounders, football, and tug-o-war outside, (won again by the female contingent!), interspersed with indoor activities such as dodgy, blind-man's-buff, and drinking at the bar, when the Heavens opened, completed the day.

Everyone seemed to have a great time, (the wee ones had to be dragged home!), and we banked £366.83 profit for the Club into the bargain (at the last count!).

Thanks also to everyone who contributed, be it by running, home baking, or generally helping out in other ways.

Keith Inglis, IASC Social Committee



Fund-Raising Gala

Welcome back after the summer break.

On 24th November 2007 Inverleith ASC is organizing a gala at Carnegie swimming pool in Dunfermline. We have done this for the past few years very successfully and are hoping that this year is equally so. The competition comprises 200m in free, breast, back and IM in age groups with the 200 fly being open. Details of it can be found on the Swim Scotland website.

We are currently looking for sponsorship for the meet to help cover the costs. This could be in the form of sponsoring a race for £10 or advertising your business card for £25.

Please could you all give this consideration and ask relatives, friends, business colleagues if they would like to be a part of this.

This could be a major source of income to the club as swimmers come from all over Scotland to take part in this event. Any questions don't hesitate to ask me.

Thanking you in anticipation

Norma Wood, Membership Secretary



Return of Internal Cups

The time has come again to call in the Internal Cups which were swum for last year in order that I may have them engraved with the names of the 2007 winners.

Peter Allen



Attention all Technical Officials

Please note the following note from the Swimming Technical Officials Committee.



"At District (and National) Events, we would appreciate if all Officials wear white. The wearing of shorts is not acceptable.

This includes all officials from the referee down to the timekeepers."



Peter Allan



Poolside Assistance

Would you be interested in helping the coaches and finding out what's going on during the training sessions?

We are setting up a course for parents/carers to help out on the poolside during training sessions. The course is called the 'ASA Helper Certificate' and is run by a qualified tutor from the Scottish Amateur Swimming Association. The aim of it is to train adults to assist on the poolside during training: the course covers basic safety rules, awareness of the use of equipment and how to support the coaches effectively.

The coaches are very keen to have a pool of adults/parent helpers who can help them and this would be a great opportunity for parents/carers to learn about how the IASC sessions are organised and run.

The course would run during the current training sessions, probably over 4-5 sessions, depending on how many people there are involved. Once it was completed, we could discuss how to arrange for parent helpers to assist at the training sessions.

Please let me know if you're interested as soon as possible and I can send you more information about the course. Either email me at this address, or phone me on 07802 926 904.

Janet Sylvester (aka Emma Shorter's mum)