

Forthcoming Competitions / events

**** NOTE – NO TRAINING ON FRIDAY 11TH
FEBRUARY****

FEBRUARY

Friday 11th ANNUAL PRESENTATION DANCE,
Carricknowe Bowling Club

MARCH

Saturday 5th EAST DISTRICT AGE-GROUPS CHAMPS
Sunday 6th GLENROTHES (February programme)
Saturday 12th LOTHIAN INTERMEDIATE LEAGUES **
PRESTONPANS (Club event - Time Banded)
Sunday 13th INTERNAL CUPS – 1st Round
Saturday 19th EAST DISTRICT AGE-GROUPS CHAMPS
Sunday 20th GLENROTHES (March programme)
Saturday 26th WARRENDER JUNIOR AGE GROUPS *
Sunday 27th GLENROTHES 9 – 10 years (Sat) 11 – 12
years (Sun)

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
Sunday 22nd INTERNAL CUPS – 3rd Round

JUNE

Saturday 11th LOTHIAN INTERMEDIATE LEAGUES **
PRESTONPANS (Club event - Time Banded)

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

FOUND - INVERLEITH TRACKSUIT!!!!

An Inverleith tracksuit top was **FOUND** after the Club Champs at Leith Academy on 19th December. This was left on the seating in the spectator area near the shallow end of the pool. It appears to be a new issue without any identification mark. Despite efforts to return it to the loser via group e mails and requests at sessions on the poolside is still unclaimed. The tracksuit is upset that it still homeless and will be given to the Club shop for resale if there is no response.



Inverleith ASC Newsletter
February 2011



NEWS



Scottish Swimming Membership

As you are aware every swimmer and Club Official must be registered with Scottish Swimming and the amount for this year will not be known until after their AGM on 26 February. There are two proposals being put forward and the amounts for swimmers will either be £30 or £33, these could be rejected on the day but I think that unlikely. The decision to change the membership structure was taken last year but implementation was deferred until 2011. We will write to everyone when the amounts have been finalised. I would ask for you to deal with this promptly as we only have till the 24 March to collect in all payments. Anyone who has not paid by then will be unable to attend any sessions or competitions. Any problems please speak to me.

Committee News

The Committee held their first meeting of 2011 on the 19th January. I would like to welcome Stewart Wilson who was elected at the AGM and Gavin Fulton who has replaced Allison Kerr. Thanks to them both. Apart from their fresh input to the Committee it has also increased the membership to (I believe) 100 Members.

Kathy

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 keith.inglis@selex-sas.com so the list can be kept up to date.

INFORMATION

NUTRITION FOR SWIM TRAINING

(Taken from information given out at a District Training Day)

Swimmers need a good balanced diet of fruit, vegetables & protein with plenty of carbohydrates to fuel sessions in the pool to maximise performance, prevent early fatigue & help recovery between sessions. They also need plenty of fluid to help concentration, co-ordination & to stop them tiring out early in training sessions.

Before Training

Have a light snack before training if it has been more than two hours since the last meal eg. Cereal bar, scone/hot cross bun/pancake with jam, banana, small bowl of cereal, toast with jam, glass of milk. Not all of these just one of them! Make sure to have a drink with your snack.

After Training

Eat as soon as possible after training.

Have something very light as you change or in the car & something when you get home. Something from the suggestions above would be fine. Nothing too heavy as you need to sleep.

Swimmers use up a lot of energy & need to keep refuelling to be able to work properly. **Cars don't work without fuel & neither do you.**

Fiona

ATTENDANCE AT TRAINING SESSIONS

Swimmers and parents please note that session times start at the time stated. This means that swimmers should be in attendance at the respective pool 10 minutes prior to the start, as we get in early, get changed and ready on the poolside to begin the session at the time given. A bad habit has crept in **AGAIN** in that swimmers are arriving at the pool as sessions are starting. This is not only annoying but a distraction to those already in attendance and upsets the start of the session (training wise). It is also a courtesy to inform the coach why you are late.

EQUIPMENT

Swimmers should always check their bag before going to TRAINING AND COMPETITIONS to make sure they have a spare hat if they wear one and more importantly a spare pair of goggles, flip flops or pool shoes for their feet and a tracksuit top to keep warm.

Tom

COMPETITIONS

LIVINGSTON & DISTRICT DOLPHINS DEVELOPMENT GALA, 22ND JANUARY

We had seven swimmers at this meet which is a super event with demonstration swims & drills given by an international swimmer called Corrie Scott. She did a short demo before each stroke with lovely technique.

Each of our swimmers had four swims & achieved 20 PB's which was fantastic. There were no medals but each swimmer was given a swim cap & a certificate of participation. Our swimmers who got into the top six were as follows:

| | | |
|-------------------------------------|-------------------------------------|-------------------------------------|
| 1 ST – Faye Fulton 25BR | 4 TH – Aryan Singh 25FLY | 5 TH – Emily Mander 50BR |
| Aryan Singh 50BR | Ailsa Inglis 50F/C | Emily Mander 50F/C |
| Sophie Hamilton 50BR | Emily Mander 25FLY | 6 TH – Faye Fulton 25B/C |
| 2 ND – Faye Fulton 25F/C | Emily Mander 50B/C | Ailsa Inglis 25FLY |
| 3 RD – Faye Fulton 25FLY | 5 TH – Emily Mander 50BR | Ailsa Inglis 50B/C |
| Ailsa Inglis 50BR | Emily Mander 50F/C | Aryan Singh 50B/C |
| | | Mia Fulton 50BR |

Sarah MacFarlane also swam very well in all her events. Very well done to all. Thanks to Keith & Gavin for helping on the poolside.

Fiona

SCOTTISH SCHOOLS FINALS - TOLLCROSS, GLASGOW, SATURDAY, 29TH JANUARY

Catherine Boyd was a member of the Girls 12/U Freestyle Relay team from St. George's School which qualified from the Edinburgh round. On the day they swam exceptionally well and finished in 2nd place (Silver) with a time of 2.12.00. Well done Catherine and she was through at Prestonpans next day - Sunday.

LOTHIAN CLUB CHAMPIONSHIPS – PRESTONPANS, SUNDAY 30TH JANUARY

The Lothian Club Champs is a team competition and Inverleith takes part in it every year. The cost to the Club for entry for a full team is £100 and £50 for a half team. We entered as a full team, but from a programme of 32 heats with nominated swimmers, adjustment had to be made to 16 of them. The Club only filled 4 of the 8 relays and lost points for not having a team swimming. **This is a CLUB event which was advised of in advance. It is unavoidable that some swimmers may not be able to attend due to illness or other unexpected circumstances – but if you have indicated you will be able to swim, it is very frustrating to find that you do not turn up on the day - these swimmers let their fellow swimmers down.**

An enjoyable day once we got there with plenty of PB's by those in attendance even though it was with a depleted team (15 swimmers). Two 9 year olds (Aryan and Ailsa) were drafted in (for 11/u's) at short notice and swam brilliantly and their enthusiasm was noted. Two others swimmers were also drafted in - one 13 years and one 12 years (Patrick and Stuart) swam in the Open (16/O) to gain points for the Club and also did substantial PB's on their swims. 27 PB's were made including 16 at 50's which was very good. Stuart Crawford took 7 secs of his 100 Free and 3secs off his 100 Back while Patrick Mulvanny took 4 secs off his 100 Fly. There were numerous PB's of 2 to 3 secs which was excellent and most swimmers just shaded their other times which shows improving performance. Thanks to the swimmers for another improvement in their performance. Thanks also to Alison Kerr for her assistance on the poolside and Malcolm Dow for time-keeping duties on behalf of the Club.

Tom