



# Inverleith ASC Newsletter

## May 2009



### Welcome! ... and Thank You!

The Committee would like to extend a warm welcome to all our new members and a thank you to our existing members for their continued support of the Club.

### Forthcoming events

**Bag Packing** Saturday 30<sup>th</sup> May, at the new ASDA near Ocean Terminal  
**Sponsored Walk** Saturday 27<sup>th</sup> June

### Competition Dates

#### MAY

**Sunday** 17<sup>th</sup> INVERLEITH INTERNAL CUPS  
**Sunday** 24<sup>th</sup> INVERLEITH INTERNAL CUPS  
**Sunday** 31<sup>st</sup> HEARTS NOVICE MEET - LEITH ACADEMY

#### JUNE

**Sat / Sun** 6<sup>th</sup>/7<sup>th</sup> EAST DISTRICT OPEN - RCP (LONG COURSE)  
**Sunday** 7<sup>th</sup> HUNTLEY AND ANDERSON CUPS  
**Saturday** 13<sup>th</sup> LOTHIAN REGION INTERMEDIATE LEAGUES  
AT PRESTONPANS  
**Sunday** 14<sup>th</sup> INVERLEITH INTERNAL CUPS  
**Saturday** 20<sup>th</sup> AQUANAUTS GRADED MEET - PRESTONPANS

### Training at Ainslie Park—Mondays 8:00-9:30pm

Some swimmers have been arriving late and are not on the pondside until almost 8.10pm. As the changing area can be busy, could swimmers please meet in the foyer at 7.45pm start changing at 7.50pm ready for a prompt 8.00pm start.

*Tom Watson*

### Swim Shop

*Craig/Kirsty Watkins* (443 4252 [craig.watkins@familywatkins.org.uk](mailto:craig.watkins@familywatkins.org.uk))

### Help needed!

***New members*** - Kathy Pitcher on 554 0914

***Social Committee*** - Keith Inglis / David Little. ([keith.inglis@selex-sas.com](mailto:keith.inglis@selex-sas.com)).

### Keeping in Touch

***Notice Board*** - at Leith Victoria pool

***Web-site*** [Swiminverleith.com](http://Swiminverleith.com) (updates to Graeme Pitcher [gpitcher@swiminverleith.com](mailto:gpitcher@swiminverleith.com))

***Club e-mail list*** - [keith.inglis@selex-sas.com](mailto:keith.inglis@selex-sas.com)

## EASTER CAMP 2009

As ever we had a great time at camp. Lots of work, not only by the swimmers but also the adults. I actually think they work harder!!!

We set off in our convoy of goodness knows how many cars and headed down the A7 to Hawick then the twisty, windy road to Newcastleton on Monday 6<sup>th</sup> April. Two + hours later we were all there, unpacked (well my car was, it had the important stuff like the coffee!) and raring to get going.

There is always something new each year and this year it was wrist bands for child protection. I did ask if they were waterproof as I'm not convinced the staff realised how much time we spend in the water. Anyway they didn't charge us for the bundles of extra bands that we had to acquire.

What a great group of swimmers we had, 17 from Inverleith and 13 from Portobello. Boys were severely out numbered 22 v 8 but they still made more noise! The adults Cath Flemming (Portobello), Tom Watson, David Little, Lynne Lineen, Elyse Sayle and myself, were pretty good too!

Each day we either had 2 or even 3 water sessions as well as land-training or a run or orienteering or even an Easter Egg hunt. The swimmers were fantastic, we had very few who had to miss sessions or were too tired to take part. You were all brilliant. So very well done. On the Tuesday, Wednesday and Thursday we had activities at the outdoor centre. This year we did open canoeing, high ropes and raft building. David and Lynne even did the high ropes, well done you two.

We may have had 30 swimmers but it felt like we were feeding the 5,000. What great appetites, everyone ate really well and we have never gone through so much fruit which was fantastic. Maybe they will have a dishwasher next year!!

As usual we did our cabin inspections which I did on the Tuesday - predictably the boys were the most untidy. The next day Lynne and Elyse said they would do the inspections, that was fine as I was on the poolside. We got back at lunchtime. Cath and I were horrified to hear that our cabin had been a dreadful mess with crisps, sweet wrappers, crushed biscuits and clothes thrown all over the place. Even our room was a tip with overflowing bin and trashy magazines lying everywhere. Lynne wrote copious notes ready to give us a real telling off. They were appalled at the mess we had left after our warnings to everyone else—so they left the cabin and went to lock the door, only to discover the key wouldn't lock the door. They were horrified to realise that the cabin was NOT one of Inverleiths!!! Don't know whose it was to but it wasn't ours. Check the numbers next time ladies! Anyway it gave us a laugh!

Friday 10<sup>th</sup> at about 2pm brought a great sigh of relief from me, not only because we were finished but because everyone was home safe and in one piece which is always wonderful especially when you are away with other people's children. It is a big responsibility but great fun.

Many thanks to my fellow helpers who did a great job. Thanks also to Sean and Cameron for bringing the extra shopping and to Cameron for helping with the BBQ.

*Fiona Anderson*

## Sponsored Walk—Saturday 27th June

After last year's success we have decided to use the same route again, following part of the Water of Leith Walkway from Colinton to Trinity—about 7 miles, finishing at the Scout Hut, South Trinity Road, Goldenacre, for something to eat and drink before organising some fun and games.

We have enjoyed a large turn out in the past, made some money, and had a good day out into the bargain. There has been a steady influx of new members so we hope to see a lot of new faces. Some of the younger ones who joined at half way last time (Roseburn) might like to try the whole route this year ... and those “experienced walkers” who managed to get lost last year can have another attempt . (Not mentioning anyone in particular, Ross and Greg!)

The intention is to have a fee of £3 per person, (under 5's free), to cover refreshments and Scout Hut hire, so all sponsorship will go directly to Club Funds. If you intend joining us, either e-mail me or put your name on the Club notice board list at Victoria from this weekend. See me or Davie Little for sponsor sheets. **Donations of home baking to sell on the day will be most welcome.**

*Keith Inglis, IASC Social and Fund Raising Committee*

*(PS. To avoid further humiliation to the male members of the Club as the women attempt to make it four wins in a row in the tug-o-war, any women or girls who are suspected of being any good at this event by the very impartial judge, (me!), may be found something else to do while the competition is underway!)*

## Bag Packing

The Club has managed to secure a bag packing slot at ASDA (Leith), 2 Sandpiper Drive, (near to Ocean Terminal), on Saturday 30<sup>th</sup> May from 11am till 5pm. These allocations from the major supermarkets are becoming harder to obtain since many other groups are vying for them.

As a club we try to obtain two bag packing slots each year. From experience we should be able to raise between £600 and £800 —so they're well worth supporting. These opportunities are a key means of keeping fees down and as *everyone* benefits, as large a turnout as possible would be appreciated. I understand that most of the kids are involved in other pursuits on Saturdays but if everyone could fit in a couple of hours then we should easily cover the whole day.

Club colours should be worn if you have them.—the yellow IASC tracksuits stand out well. Parents will also be welcome since we are required to have supervisory adults in attendance.

**Please advise me by e-mail if you will be able to attend and your preferred time. I will put up a sheet on the Club notice board at Victoria to which you can add your names.** If you don't know which slot to volunteer for can I ask you to put your name down anyway and we can juggle the times later - this usually happens anyway ... or speak to either me or Davie Little at training.

*Keith Inglis, IASC Social and Fundraising Committee.*

## ....and how is your swimsuit constructed?

Changes to the "FINA Regulations and Rules Governing The Construction and Use of Swimming Costumes" were considered by the FINA Bureau in March. Many of the changes cover the material, its buoyancy, the construction of the costumes so there is no external stimulation or influence (eg pain reduction or chemical/medical substance release), etc. All costumes must conform to samples provided for testing by manufacturers and approved by the FINA Bureau.

Swimmers and parents have no control over the material but they do have control over two matters. Firstly, costumes shall not cover the neck nor extend past the shoulders or ankles. Secondly swimmers, in competition, can only wear one swimsuit at a time.

When I was convenor for the Lothian Intermediate Leagues, I introduced a one costume rule after one girl (a good swimmer) was wearing a loose costume over the top of a tight fitting costume to give increased drag so she did not swim faster than the time band. The one costume rule was introduced in Scotland as of 1st April and at the Scottish Age Groups several swimmers were told to remove a second costume and one boy was sent to change a costume which had a split seam.

*Peter Allan*

## Competition Results

### LOTHIAN INTERMEDIATE LEAGUES - PRESTONPANS 18<sup>th</sup> APRIL

The 2<sup>nd</sup> round of the leagues saw 20 PB's. There was almost a full turnout of teams apart from boys 14/o when only 1 swimmer was available.

Everyone swam well with Sarah Anderson in the 10/11yrs taking 45 secs off her 200 Free as well as 15 at the 100 mark. Well done Sarah! Louise Currie in the 14/o took 15 secs off her 200 IM. Good work Louise. Andrew McGregor did his usual trick by swimming too fast. (Not complaining.) I do not know positions other than Boys 10/11 are in 3<sup>rd</sup> place because the attachment sent with the results was not responding properly.

Parent help on the poolside would be appreciated especially with the younger swimmers. Thanks to David for his help in the afternoon.

### LIVINGSTON & DISTRICT DOLPHINS GRADED MEET - PRESTONPANS 9/10<sup>th</sup> MAY

This was a 2 day event which incorporated 200m events - now considered the benchmark for the younger and emerging swimmers.

5 swimmers participated and from 12 swims 13 PB's were recorded including 2 at 100 mark. All swam exceedingly well with the highlight on Sunday when Scott Inglis and Katrina Denholm took 20 secs off their 400 Free.

Thanks to Grant Denholm for assisting on the poolside and timekeeping and Andrew McRoberts for officiating duties. Congratulations to the medal and momentos winners.

1 <sup>st</sup> 14 yrs	200 Back	Scott Inglis	3 <sup>rd</sup> 14 yrs	200 Breast	Andrew McGregor
3 <sup>rd</sup> 12 yrs	200 Back	Ross Inglis	3 <sup>rd</sup> 12yrs	200 Breast	Niall McRoberts
3 <sup>rd</sup> 12 yrs	200 Breast	Ross Inglis	4 <sup>th</sup> 14 yrs	400 Free	Scott Inglis
			6 <sup>th</sup> 12 yrs	200 IM	Niall McRoberts

*Tom Watson*