



## 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](mailto: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.

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# Inverleith ASC Newsletter October 2007



## HAPPY HALLOWEEN

### Forthcoming events

#### Competitions

- Sunday 24 November— Inverleith 200 Gala, Carnegie Pool, Dunfermline (CANCELLED)
- Saturday 8 December—Club Championships
- Sunday 16 December—Christmas handicap / Fun Swim

#### Social / Fund raising

- Saturday 24 November - Bag Packing, Scotmid, Leith Walk
- Monday 17 December—Bag Packing, Waitrose, Comely Bank (evening)
- Friday 8 February 2008—Club Presentation Carrick Knowe Bowling Club, 81A Broomhall Avenue.



### Fund-Raising Gala—24 November 2007

Unfortunately this event has had to be cancelled due to lack of entries—many thanks to all of those who had put in the effort to get the project off the ground.

### Fun Night - Christmas Handicap

*Leith Victoria Sunday 16th December*



The last training night for this year will take a slightly different form from usual. We want to get as many parents in the water as possible to join the kids. The intention is to have a laugh and make a bit of money for the Club funds at the same time. Participants will be split up into relay teams based on perceived ability with a mix of kids/parents in each team. There will also be individual races, appropriately handicapped by the Social Committee of course! Full information will be e-mailed to everyone soon and entry form posted on the notice board at Viccies.

*Keith Inglis , Social Committee*



## What is ‘Coaching’?

“Coaching is convincing the willing and unwilling to accept the unwanted and to achieve the unattainable and unknown.”

(Bill Sweetenham - former Performance Director of British Swimming)



## Competition Results

### **IAIN MACFADYEN MEMORIAL GALA – 22<sup>ND</sup> September**

We had five swimmers taking part in this event which was held in Prestonpans Pool which is great for me as I only live about 10 minutes away! The swimmers taking part were Josh Harkins, Scott Kerr, Niall McRoberts, Alastair Nicholson and Mackenzie Sayle. Out of 15 swims we managed 8 PB’s which was excellent.

Alastair managed a massive PB of 25secs on his 100 F/C which was fantastic. No medals at this gala but lots of good swimming — well done everyone.

### **HADDINGTON MEET—PRESTONPANS — 23<sup>rd</sup> September**

13 swimmers represented the club in this competition. Everyone swam exceptionally well from young ones through to the older swimmers. There were 18 PBs from 26 swims with the remainder swimming close to their best times. In the 10/u Ross Inglis took 30 secs. off his entered time on his 100 Back as did Calum Watkins on his 100 Back. Rachel Carter took almost 15 secs off her 100 Breast.

This meet had a 400 free and 400 IM event in the programme. 5 of our swimmers tackled the 400 I.M. and 2 of them also did the 400 Free. We did a little preparation work in the weeks up to the competition and an internal time trial. The result of this was that all came through their first 400 IM. swim without any pain. Hannah Little took almost a minute off her 400 I.M. time compared with her time trial swim 4 weeks before. Well done Hannah and to all those who took part in the 400s as all did PB’s.

Calum Garvey had two good swims taking a few secs off his time to gain medal placings in both. Scott Inglis also took 14 secs off his 400 Free. Ryan Scott and Scott Inglis swam both 400’s. Well done!

The results and places are:

<b><u>10/u</u></b>	Ross Inglis	Gold 100 Back & 100 Free
	Calum Watkins	Gold 100 Breast & Silver 100 Back
	Rachel Carter	Bronze 100 Breast & 100 Fly
<b><u>11 years</u></b>	Calum Garvey	Bronze 100 Back & 100 Breast
<b><u>14/0</u></b>	Ryan Scott	Gold 400 Free & 400 IM

### **EAST LOTHIAN NOVICE GRADED MEET – 7<sup>th</sup> October**

This was a most enjoyable gala again at Prestonpans which seems to be a popular venue at the moment. There were only 4 clubs taking part and not huge numbers of swimmers but I think that is why it was so good. This meant that the sessions weren’t too long.

The competing clubs were Haddington, Inverleith, Musselburgh & Portobello.

Our swimmers were Josh Harkins and Scott Kerr in the morning session which was for 9 & under swimmers and in the afternoon session for 10 & over we had Ben Brown, Louise Currie, Zoe McGachie, Niall McRoberts & Alastair Nicholson.

What a lot of fantastic swimming Inverleith swimmers produced, 14 PB’s out of 16 swims, 8 medals & 1 ‘ I Swam too Fast’ certificate.

I Swam too Fast – Josh Harkins – 50 Br  
 Gold – Zoe McGachie – 50 Fly  
 Gold – Niall McRoberts – 50 Fly  
 Gold – Louise Currie – 50 F/C  
 Silver – Josh Harkins – 50 B/C  
 Silver – Josh Harkins – 50 F/C  
 Silver – Ben Brown – 50 Fly  
 Silver – Ben Brown – 50 F/C  
 Bronze – Alastair Nicholson – 50 B/C

Well done to everyone who took part you did at least 1 PB.

*Fiona Anderson*