

# SASC Newsletter

## BRITISH OPEN WATER SWIMMING CHAMPIONSHIPS

*Pamela Beck* travelled to Nottingham on Friday 24<sup>th</sup> August to take part in the British Open Water Swimming Championships as part of the Scotland North team. Competing in only her 2<sup>nd</sup> open water event, swimming a distance of 1500m, Pamela finished 2nd in the 13/14 age group. She also won another silver medal as part of the Scotland North team which finished second overall - a huge achievement considering this is a very new team with very little experience. The Open Water season is now nearly at an end however maybe some other Stonehaven swimmers will fancy giving it a go next year? Anyone interested should speak to *Catriona* for more information.



## UK SCHOOL GAMES

*Sara Hamilton* was selected as part of the Scotland North & West team to participate in this year's UK School Games in Coventry on 25<sup>th</sup> & 26<sup>th</sup> August. She was competing in the 50m Freestyle event and swam to an outstanding time of 27.68 - a new 13 year Scottish Age Group Record. This time placed her 4th overall, an amazing achievement against some much older swimmers. As part of this team Sara was given a considerable amount of new kit, watch out for her sporting it around the poolside in the next few weeks!

## BARBEQUE AND WATER FUN



South Aberdeenshire Swimming (Stonehaven, Banchory, Westhill and Upper Deeside swimming clubs) is having a barbeque and fun session at Stonehaven Outdoor

Pool on **Saturday, 1<sup>st</sup> September** from 6.00pm until 8.30pm. Come and join in the fun with parents, coaches and swimmers. Entry is £1.00. Contact any of the coaches or committee members for tickets.

## SAS ANNUAL GENERAL MEETING

Stonehaven Community Centre

29<sup>th</sup> August

7.30pm

Refreshments will be served

## IMPORTANT REMINDER - FEES INCREASE

An e-mail was sent out on 5<sup>th</sup> July to advise about an increase to the monthly standing order which will take effect from 1<sup>st</sup> September. The increase is necessary to cover the increased costs of pool hire and coaching. The new rates are as follows:

A Squad	£27.00
B Squad	£23.50
C Squad	£18.50
Club Squad	£15.50

The Minnows rate remains unchanged as this was set reflecting the current costs.

If you have not already done so, please ensure that your standing orders are amended for September.

## TECHNICAL OFFICIALS

### STO Exams

Jenny Young, STO Convenor has advised that the closing date for the STO exams is 1st September and all applications for Recorder, Judge, Referee, and any resits from the Starters exams in May should be with Jenny by that date.

### STO Seminar in Perth - 30<sup>th</sup> September

The 3<sup>rd</sup> of September is the closing date for confirming attendance at the annual STO Seminar in Perth on 30th September. All registered officials should have received an invitation by post with a reply slip.

## FORTHCOMING MEETS

DATE	MEET	WHERE
8 <sup>th</sup> September	Bridge of Don September Splash	Northfield Swimming Pool
9 <sup>th</sup> September	Cults Otters ASC Bibby Offshore Gala	Northfield Swimming Pool
22 <sup>nd</sup> September	Westhill District ASC Minnows Meet	Westhill Swimming Pool
22 <sup>nd</sup> & 23 <sup>rd</sup> September	Garioch 200 Open 2007	Inverurie Swimming Pool
6 <sup>th</sup> & 7 <sup>th</sup> October	North District Sprint Championships & District Time Trials	Westhill Swimming Pool
27 <sup>th</sup> & 28 <sup>th</sup> October	Dundee City Aquatics Open 100/200 Meet	Olympia Leisure Centre, Dundee

## FUNDRAISING

### SAS Bag Pack - Saturday, 14<sup>th</sup> July

Still waiting to hear how well this event did!

### SAS Bag Pack - Saturday 22<sup>nd</sup> September

A Bag Pack has been booked for Saturday 22<sup>nd</sup> September at Sainsbury's, Garthdee from 10.00am to 4.00pm. If you are not attending the Minnows Meet or the Garioch 200 Open meet please support this fundraiser. Izzi will be taking names for the sessions you can do.

### Spree Books

Jackie will let us know how much was raised for SAS funds through the selling of Spree books in the next newsletter

## SAS TRANSITIONAL & JUNIOR SQUADS

All members of SASC (Stonehaven ASC) are automatically members of SAS (South Aberdeenshire Swimming). SAS has four training squads - Development Squad, for swimmers aged 10 & 11; Junior Squad, for swimmers aged 11 - 13; Transitional Squad, for swimmers aged 12 years upwards and Top Squad which is a full-time squad training ten times a week.

Members of the Transitional and Junior Squads selected from SASC are:

### Transitional Squad

*Kirstie Duncan  
Pamela Beck  
Sara Hamilton  
Andrew Benton  
Ruairidh Mitchell  
Danny Connolly  
Fraser Reid*

### Junior Squad

*Sam Howard  
Jonathan Gray  
Ruth Grant  
Morgan Deans  
Faye Docherty  
Euan Morrison  
Jack Speakman  
Chloe Setter  
Julie Whyte  
Shannon Marshall  
Lorna Ligtendag*