

SASC Newsletter

MESSAGE FROM HEATHER GRANT (OUTGOING SASC CHAIRPERSON)

I would like to thank my fellow committee members for their support during my time as Chairperson of SASC and I wish Martin Leiper and all committee members good luck for the future. I would also like to add a very big thank you personally to Maureen Preston who has been the Club Secretary for such a long time and has guided the Club through many ups and downs. She will be sorely missed. I am sure the Club would like me to pass on their thanks...

SAS ANNUAL GENERAL MEETING

The SAS AGM will be taking place at the Stonehaven Community Centre at 7.30pm on 29th August. Particularly as it is being held in Stonehaven, the committee expects at least one parent from every family to attend. Most of the swimmers have been involved with SAS as part of the SAS Junior League, Development Squad/Junior Squad/Transitional Squad and benefited from their involvement so please show support by attending the AGM.

RECENT MEETS

Scottish National Open Championships

28th June - 1st July

Congratulations to *Sara Hamilton* who was 1st in the Women's 13 & Under 100m Freestyle with a time of 1:01.92 and 4th in the Women's 13 & Under 200m Freestyle with a time of 2:15.22.

ASA National Age Group Championships

23rd - 26th July

Sara Hamilton won bronze in the Girls 12 years 100m Freestyle final. With a personal best of 1:01.58 two days before, Sara improved her time through her relay lead-off, her heat swim and then again breaking the minute barrier in a nail-biting final with a time of 59.76.

Further information on both of these galas at:
www.swimscotland.org.uk/meets07/snopen07/index.htm

FORTHCOMING MEETS

DATE	MEET	WHERE
8 th September	Bridge of Don September Splash	Northfield Pool
9 th September	Cults Otters ASC Bibby Offshore Gala	Northfield Pool

LEVEL 2 ASA COURSE

Alford Otters is running a 4 unit level 2 ASA course for swimming starting with an initial introduction on 24th August. The course runs over 4 weekends - 22/23 September, 29/30 September, 10/11 November and 24/25 November. The cost of the course is £475 and there are still some spaces available. Prospective candidates should purchase log books before the course starts. Grants may be available from Aberdeenshire Sports Council to assist with the cost. These grants have to be applied for before the course starts. Contact Lynn Alderton by e-mail on lynnalderton@f2s.com.

FUNDRAISING

Spree Books

By purchasing a Spree Book you can save money at Restaurants, Takeaways, Leisure & Recreation facilities etc. The vouchers are valid until October, 2008 and the book costs £23.00 (cheques payable to South Aberdeenshire Swimming). Books are due to arrive at the beginning of August and every family will receive a book to sell. In the meantime SAS would be grateful if you would ask friends, neighbours, work colleagues etc. to place advance orders. An order form was e-mailed out, just fill in your name as the contact person. The timescale allowed is fairly tight so please send your orders as soon as possible. Contact is Jackie Gray - 01569 731239.



SAS Bag Pack - Saturday, 14th July, 2007

Total raised to be announced later.

LOG BOOKS

'B' Squad are now following the good example of 'A' Squad by using a log book to record their swim training and galas. The log books are used to allow swimmers to record the programs that they do each session; to note the distance they are swimming; to remind them of technical pointers and to record how they felt at each training session. In general swimmers have been asked to log their progress in swimming and to think about how they might improve their skills. At periodic intervals swimmers will have their log books reviewed by coaches who can then help with any queries or issues raised in the logs. In June, 'B' Squad swimmers were also asked to complete goal sheets. The goal sheets ask swimmers to think about what they would like



to achieve in swimming in the short, medium and long term and then how they plan to do this technically, tactically and in training. Many goal sheets were returned before the end of term (maybe due to the initial chocolate incentive!) and in time for pointers for the club championships but there are still some outstanding. These should be returned to any 'B' Squad coach as soon as possible so that coaches can help swimmers with their ambitions in the new session.

MEDICAL FORMS

Medical forms were distributed to the swimmers before the end of term. Any which have not yet been returned should be dealt with ASAP and returned to Maureen Preston.

KIT LIST FOR SWIMMERS

CAPS - Swimmers with long hair (both boys and girls) are required to wear a cap in the pool whenever they are training. Stonehaven Amateur Swimming Club caps can be obtained from Pat Whyte (pat.whyte@which.net) for £4.00. At galas SASC caps are required by **all** swimmers. SASC swimmers are very distinctive in races amongst the other club caps. Swimmers should have their SASC cap with them at all times when they are swimming. Spare caps should also be carried.

Those going to galas as part of the South Aberdeenshire Swimming (SAS) team will be required to wear an SAS cap. Ask your coach or any of the committee for the contact name for SAS kit if you need it.

GOGGLES - are worn by most swimmers. It is preferable to try goggles on at the time of buying to ensure the best fit. New goggles should also be tried and tested and adjusted in training before being used at swimming galas.

FINS - These are used regularly in training. Coaches expect swimmers to have their own fins (**not flippers**) and swimmers without them do not have the same training opportunities as their squad mates. There may be a number of these FINS in circulation amongst the swimmers and if anyone has fins that they have outgrown can you please remember that there are new swimmers at the club who could make use of them. Fins can be found in www.swimshop.co.uk under 'Training Aids' and then 'Fins/Flippers'. The most commonly used in South Aberdeenshire Swimming are the WIN training fin (£8.75) but other examples include the Kiefer training fin (£12.30).

KICKBOARDS & PULLBUOYS - These can also be obtained from the swimshop (see 'Floats & Kickboards' and 'Pullbuoys' sections). These items of kit are used regularly in training and, although they can be borrowed from Stonehaven pool, this kit is required by swimmers during warm up at galas; in other pools where there is no equipment to borrow and for swimmers in South Aberdeenshire training squads.

KIT BAGS - should be big enough to keep all training kit together. A kit bag helps to avoid loss of kit in transport and on poolside. Kit bags also keep poolside a tidier and safer place for all. See www.swimshop.co.uk under 'Swimming accessories' then 'Sports bags'. Most swimmers in South Aberdeenshire favour the Win mesh equipment bags (£3.20).