

SASC Newsletter

CLUB CHAMPIONSHIPS

Stonehaven Amateur Swimming Club held their Annual Club Championships on Sunday, 10th June at the Stonehaven Leisure Centre.

The following swimmers were overall winners:

Boys

Age Category	First Place	Second Place	Third Place
10 Years and Under	<i>Duncan Ritchie</i>	<i>Barry Vaughan</i>	<i>Barnaby Simpkin</i>
11/12 Years	<i>Jonathan Gray</i>	<i>Sam Howard</i>	<i>Sam Jones</i>
13/14 Years	<i>Fraser Reid</i>	<i>Andrew Benton</i>	<i>Danny Connolly</i>
15/16 Years	<i>Richard Preston</i>	<i>Duncan Reid</i>	<i>Matthew Grant</i>

Girls

Age Category	First Place	Second Place	Third Place
10 Years and Under	<i>Ruth Grant</i>	<i>Catriona MacDonald</i>	<i>Isobel Groom</i>
11/12 Years	<i>Sara Hamilton</i>	<i>Pamela Beck</i>	<i>Faye Docherty</i>
13/14 Years	<i>Karen Wood</i>	<i>Emily Speakman</i>	<i>Nicola MacDonald</i>
15/16 Years	<i>Kirstie Duncan</i>	<i>Kirstie Howard/ Laura Robertson</i>	

Points were awarded as follows:

6 for 1st, 5 for 2nd etc. to 1 for 6th, then summed across all 5 events to determine Gold, Silver and Bronze trophies. Where points are tied, position is based on the swimmer who has the higher number of 1st places.

Young Otter Trophies

(Biggest improvement in overall PB)

Boys *Barry Vaughan*
Girls *Bethany Sim*



Heat Winners Certificates

Girls 8-10 100 IM *Isobel Groom*
Girls 8-10 50m Back *Catriona MacDonald*
Jessie Knowles
Hayley McMillan

CHAMPIONSHIP RECORDS

These are the fastest times swum in the given age class at all previous club championships (dating back to 1992).

Girls 11/12 100 IM - *Sara Hamilton* 01:10.78
Girls 11/12 50 Fly - *Sara Hamilton* 31.88
Girls 11/12 100 Free - *Sara Hamilton* 01:03.81

AGE GROUP CLUB RECORDS

These are the fastest times that have ever been swum across all events for swimmers of a given age, again dating back to 1992.

Boys 11 yrs 100 IM *Sam Howard* 01:22.70
Boys 13 yrs 200 IM *Fraser Reid* 02:35.00

SWIMMING CAPS

The stock of swimming caps ran out during the Club Championships. More caps have been ordered and will be with us soon. Place orders with Pat Whyte - 764216.

HOLIDAY TRAINING

Summer holiday training sessions are on Tuesday and Thursday evenings only, from Tuesday 24th July to Thursday 16th August, times as follows:

6:30pm - 8:30pm: 'A' & 'B' Squads
6:30pm - 7:30pm: 'C' Squad
7:30pm - 8:30pm: Club Squad

Swimming returns to normal from Monday 20th August.

ANNUAL GENERAL MEETING - 18th June

The AGM was held on Monday, 18th June in the G.P. Room at the Leisure Centre. Despite this having been advertised (on the noticeboard, in the newsletter and by an e-mail requesting at least one representative from each family to attend) very few people turned up and there was only a handful of apologies received. This pathetic response was very disappointing for the committee. As there were a few resignations from posts there are still areas where people interested in supporting the club can offer to do so. If you would like to help but couldn't manage to the AGM, please contact a member of the committee.

The new committee:

Chair	Martin Leiper
Vice Chair	Billy Morrison
Club Secretary	TBA
Treasurer	Carmel Vaughan
Technical Officials	
Coordinator	Jackie Gray
Database Manager	John Speakman
Membership Secretary	Pat Whyte
Gala Secretary	Barbara Hamilton
Coaching Convenor	TBA
SAS Representatives	Glen Beck/Izzi Davidson
Child Protection Officer	John Mitchell
General Member	David Watt
General Member	Fiona Wood
<u>Non committee posts:</u>	
Newsletter Editor	Pat Whyte
Swimshop	Pat Whyte/Fiona Wood

SAS ANNUAL GENERAL MEETING

The SAS AGM will be taking place in Stonehaven this year on 29th August, venue to be advised. 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

North District Open Meet - 2nd & 3rd June

This meet was attended by:

*Duncan Reid Fraser Reid
Matthew Grant Duncan Anderson
Kirstie Duncan Sara Hamilton
Pamela Beck Jonathan Gray
Danny Connolly Ruairidh Mitchell*

There were some excellent PB's in the Time Trials.

Finalists and medallists were:

<i>Pamela Beck</i>	200 Fly	Silver
	400 IM	
<i>Kirstie Duncan</i>	100 Back	Bronze
<i>Sara Hamilton</i>	400 Free	
	200 IM	

Sara's 200 IM is a North District Record, Scottish Age Group Record and Club Record!

Girls Relay teams -

Pamela, Sara, Kirstie and Roslyn won Bronze in the 4x50m Medley Relay.

Pamela, Sara, Kirstie and Laura won Bronze in the 4x50m Freestyle Relay.

Dee/Don Challenge - 17th June

Points were as follows:

Aberdeen	14
Cults Otters	13
Stonehaven	12.5
Banchory	10.5

The squad of 20 swimmers did very well gaining 24 PB's from 40 swims which, considering it was only a week after the Club Championships, was a great success. We would also have had a few more points if it were not for our swimmers going so fast and going through the cut-off times!

North District Senior Development Meet - 23rd June

Only 5 swimmers travelled to Banff for this meet but performed outstandingly to get 100% PB's and a grand total of 8 medals between them. They were:

*Karen Wood Jonathan Gray
Andrew Benton Ruairidh Mitchell
Ben Jones*

and not forgetting the coach for the day, Mark Gray, who obviously had a few inspirational talks with them prior to their swims!

FORTHCOMING MEETS

DATE	MEET	WHERE
28th June - 1st July	Scottish National Open Championships	Tollcross, Glasgow
23 rd - 26 th July	ASA National Age Group Championships	Ponds Forge ISC, Sheffield

A team of 6 Stonehaven swimmers are joining a larger SAS team to compete in the Scottish National Open Championships in Glasgow 28th June - 1st July. They are:

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

Sara and Pamela are off to Sheffield in July to compete in the ASA National Age Group Championships. They don't even get the first two weeks of the summer holidays off training - in fact they have to do even more training at Westhill starting at 6am!

Further information regarding meet results and forthcoming meets can be viewed on www.swimscotland.org.uk and www.britishswimming.org

SAS LONG COURSE TRAINING TRIP

Contributed by Glenn Beck

Ten Stonehaven swimmers along with three coaches attended the recent SAS Junior and Developments Squads visit to the 50m pool at the National Swimming Academy in the grounds of Stirling University. Saturday in Stonehaven was a day of heavy rain and it was grey and overcast as we left to go south on Sunday. By the time we reached Stirling the cloud had broken, the sun was out and the temperature was rising. After a pleasant picnic lunch the swimmers and coaches were split into teams and went for a 1.5 mile run round the lake, followed by rounders for the swimmers while the adults settled down on the grass in the sun. It was then into the pool for two hours swimming with each Squad having three lanes. The Junior Squad session was quite tough as several of them were to be competing at the Scottish National Open Championships in Glasgow two weeks later. Development Squad did their own thing and towards the end the squads combined back into their teams for


some fun relays. Everyone had a meal at the University Refectory before heading back to Stonehaven, which was still grey and overcast. Everyone appeared to enjoy themselves, and benefited from some good training in a fantastic location and great facility.

STIRLING 2008

Contributed by Glenn Beck

Next year's long course training weekend at Stirling has been booked for Saturday 8th / Sunday 9th March 2008. For those of you who have not been before, it is for swimmers in 'A' and 'B' squads to give them experience in a 50m pool and is particularly useful for those competing at the Scottish National Age Group Championships in Glasgow at Easter. We travel down by coach on Saturday, do a land training session and swim late afternoon, then check into the hotel and have dinner. We swim again on Sunday morning and then head back home. As well as getting in some good training, the weekend is great fun for the swimmers and coaches. More details and request for names will be issued after the summer holidays. Put the date in your diary and remember that some of you in 'C' squad will have been promoted by then, so keep working!

FUNDRAISING Spree Books

As part of SAS fundraising for this year the swim club are  selling Spree Books. Unfortunately SAS still do not have a Fundraising Committee, but the opportunity to sell Spree Books and potentially raise a considerable amount of funds could not be ignored by the SAS Management Committee.

All club members should be aware that SAS is made up from four swimming clubs within the southerly half of Aberdeenshire and by being a member of Stonehaven ASC you automatically are a member of South Aberdeenshire Swimming. The driving force behind SAS is to provide increased and improved opportunity within swimming for our youngsters; they must be allowed to reach their potential. The costs involved in supporting our swimmers are ever increasing and SAS provides support in many ways - Coach Education/Support, Club Training Manual, Top/Transitional/Junior/Development

Squads, Relay Trials and practice, SAS League, Time Trials, Coaching Support at competitions within and outwith the District (i.e. Glasgow Age Group Meet, Scottish Nationals etc.).

There is a huge amount of support provided which is not necessarily obvious however, if you speak to our club coaches they will be able to assure you that we have made huge progress since SAS was first formed.

By purchasing a Spree Book you can save money at Restaurants, Takeaways, Leisure and Recreation facilities etc. The vouchers are valid until October, 2008 and the book costs £23.00 with cheques being made payable to South Aberdeenshire Swimming. The Spree Books are due to arrive at the beginning of August so every family will receive a Spree Book to sell. In the meantime SAS would be grateful if you could 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. Please note that the timescale allowed is fairly tight so please give us your orders as soon as possible. If you have any queries, or have not received the e-mail, please contact Jackie Gray - 01569-731239.

SAS Bag Pack - Saturday, 14th July, 2007

Euan Cheyne (Westhill) has been selected to represent Great Britain at the World Deaf Championships. The team members have to fund their own costs therefore Westhill District and Euan's Dad, Neil, have been fundraising to support the trip to Taiwan in August.

The last planned fund-raiser is a bag pack at Sainsbury Garthdee. Neil isn't sure if they will require this but didn't want to give up the date as they are like gold dust. Neil has offered the bag pack to SAS in order to give them the opportunity to raise some extra funds. SAS has suggested that we go 50/50 with the money raised with a joint effort of packers.

If anyone would like to help out with the Bag Pack please sign up below or give your name to Maureen Preston - 766953. The date of the Bag Pack is Saturday, 14th July and packing will be in two hour shifts from 10.00am to 4.00p.m.



NEW PURCHASES

The club has bought a super duper scanner/printer/photocopy machine - thanks to *Dave Hamilton* for organising this.

CONGRATULATIONS

New Judge

Well done to *Barbara Hamilton* who has passed her Judge exam.

New Recorders

Congratulations also to *John Speakman* and *Glenn Beck* who have both passed their Recorder Exam.

Tae Kwon Do Success

Julie Whyte, 'B' Squad came second for Pattern in the recent British Tae Kwon Do Championships. It was a close thing between Julie and the winner with two of the five judges voting for Julie.



MEDICAL FORMS

Medical forms have recently been distributed to the swimmers. It is important that they are returned to Maureen ASAP. If you have not received one please contact Maureen - 766953.

COURSES

Timekeeper's Course

The next Timekeeper's Course is due to take place at the end of August/beginning of September. Maureen Preston has 8 names on the list but if anyone would like to go on a waiting list should someone be unable to attend, please get in touch with Maureen - 766953.



SASA Level 1 Teachers Course - Cults Academy

A course will be running on the following dates:

Friday 24th August

Saturday 25th and Sunday 26th August

Friday 28th September

Saturday 29th and Sunday 30th September

Fridays will be in the evening 7.00pm - 9.00pm, Saturday and Sunday - 9.00am - 5.00pm.

The course costs £200.

If anyone is interested please contact Sonia Richardson - 01224 316854.

Sports Coach (UK) Safeguarding and Protecting Children Workshop

The club is looking to host a Sports Coach (UK) Safeguarding and Protecting Children Workshop early next season. The workshop provides valuable guidance to coaches and pool-side helpers. This enjoyable and informative workshop - presented by Scottish Swimming - lasts around 3-4 hours. A date is being sought for a Saturday morning away from gala commitments - watch this space! A maximum attendance from poolside helpers/coaches is being sought. Contact John Mitchell - 766002- if you are interested. Subject to numbers, it may be possible for coaches from other sports clubs in Stonehaven to attend.