

SASC - NEWSLETTER

March, 2005

34th WISE Schools International

Congratulations to Gregor Thurlow who has been invited to represent Scotland at the 34th WISE Schools International this month. He will be competing at the new 50 m pool in Swansea against competitors from England, Wales and Ireland in the 200 m Individual Medley. We wish Gregor all the best of luck – our first club member to represent Scotland.

North District Age Group Championships, Inverness

Congratulations to the following swimmers who took part in the above gala during February:

Duncan Reid	Kirstie Howard
Fraser Red	Kirstie Duncan
Luke Brown	Kirsty Wood
Richard Preston	Kimberley Preston

An impressive total of 54 PBs out of 60 swims was produced – Well Done.

SAS Junior League, Westhill

The first match of this year's SAS Junior League took place at Westhill on 19th February. We had 22 swimmers attend and a total of 25 PBs were achieved. Everyone swam well and seemed to enjoy themselves. It was a first time gala for Iona Grant and Jessica Nellany of 'C' Squad. Unfortunately at the end of the day Stonehaven finished in 5th position but we still have three more chances to improve our position – Go Stonehaven!!

For new swimmers and parents to the club we would like to give you some information over the next few months of what training may be available to your child once they reach a certain criteria.

The Academy

The Academy is a training school set up by Scottish Swimming to help young swimmers progress by improving technical competence, training ability as well as attitude and commitment. Swimmers are chosen by the coaches and the nomination forms are then sent to Scottish Swimming for approval. This year's Academy has taken place at Bridge of Don where swimmers have been involved in a range of activities from pool sessions, theory to land training.

During the year 2004/2005 the following swimmers attended the Academy:

Nicola MacDonald	Emily Speakman
Karen Wood	Ruaridh Mitchell
Danny Connolly	

Fundraising – Bag Pack

A bag pack has been arranged for Saturday, 12th March at Somerfield, Stonehaven in order to raise funds for the club. We would like to see as many swimmers (10 years

and over) helping out by signing their name on one of the time slots on the Notice Board. For further details contact Heather Grant Tel. No. 763700.

Trip to Stirling

There has been a fantastic response for the trip to the 50 m pool in Stirling in April. Letters will be coming out shortly with final details and forms to complete. Would parents please note that the final balance, i.e. £30.00 is to be paid by 20th March, 2005. We are looking for a male volunteer to accompany the party – if any of you dads are interested please contact Mo.

New Purchases

The Club has recently purchased the following items for the benefit of the swimmers:

- Stop Watches for Coaches
- Hand Paddles
- Heart Rate Monitor
- Snorkels

Swimming Attire Courtesy of Coach Mo Howard

A swim cap is an important part of many swimmers attire. A cap can protect your hair from damage from pool chlorine, keep your hair from tangling in goggle straps, streamline you and keep you warmer in the water, as they insulate your head where you lose most of your body heat. A swim cap can add a fashion statement, compliment a swimsuit or make you look like an Olympic star.



The Swim Shop Catalogue has lots of trendier versions Does anyone have a cap as per the picture – why not bring it along for training if you do?

Forthcoming Galas

North District Age Group Championships – Inverness – 9th/10th April

Cromar Trophy – Westhill – 16th April

April Showers Mini Meet – Northfield – 24th April

SAS – Junior League – Westhill – 30th April

SASC Club Championships – Stonehaven – 8th May

Spring Holiday Training

During the school spring holidays the following training sessions will apply:

All Squads Tuesday and Thursday evenings as normal

'A' Squad In addition to the above an extra training session will be on Tuesday mornings from 7.30 – 9.00 a.m.

SASC Delegate

The Club is urgently looking for at least one, preferably two parents to volunteer to represent the Club at the South Aberdeenshire Squad Meetings. These are held once every two months, normally the second Wednesday of the month at Westhill. Further details can be obtained from Anne Hendry (764884)

SASC Hoodies

SASC Hoodies are on sale – various sizes – £16.00 – a bargain.