

October, 2005

Ross Tuckwood

The Club would like to thank Ross Tuckwood for donating £1,000 through the Diced Cap Charitable Trust. At a recent committee meeting it has been decided to buy a new trophy, i.e. Ross Tuckwood Annual Performance Award – Best Male. This will be presented during the Distance Championships and hopefully Ross will do the honours.

As many of the swimmers know the pool is in need of new blocks and lane ropes. Funding has been approved through Aberdeenshire Council for 50% of the costs and we plan to use the remainder of the money donated by Ross to buy new lane ropes and blocks. The blocks have to be custom built so we are keeping our fingers crossed that they will be in place by the 4th December and it would give the club great pleasure if Ross would agree to being the first one off the blocks.

We hope you approve of our plans Ross and on behalf of the committee and the club a big thank you for the very kind donation.

Ross's Sponsored Swim – Congratulations to Ross who completed 100 lengths on Sunday night for his Prince's Trust Project. Below are members of the team who are fundraising for a community project – if anyone would like to sponsor Ross I am sure he would be delighted to accept any contributions for his project.



Gregor Thurlow

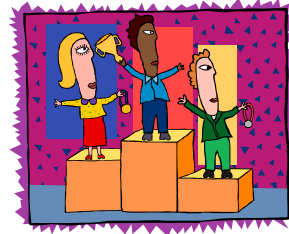
Gregor and his family have very kindly donated a new trophy to the Club, i.e. Gregor Thurlow Annual Performance Award – Best Female. This will be awarded to the best female overall within the club who has performed well at National/District level. It is hoped to present this new award during the Distance Championships.

Galas

We are delighted to announce that September has been a good month for Sasc with several medals and too fast certificates being awarded.

Westhill Minnows:

Arran Shoker Goes For All Three – Gold, Silver and Bronze – well done Arran



Arran – Gold 50 m Breast, Silver 50 m Free and Bronze 50 m Back. Congratulations also to the following swimmers who reached the finals:

Elise Setter
Jonathan Gray

Andrew Beattie
Sam Howard

Speedy Sara goes for another too fast certificate!!

Garioch Timeband – Although only five members took part it was a very successful day with Sara Hamilton getting a Too Fast Certificate in the 200 m Backstroke. She decided to slow down a bit so she could get the silver in the 200 m Breast and Bronze in the 200 m Freestyle.

Not to be outdone by the only female swimmer at this meet the boys did well with Luke Brown receiving a gold medal in the 200 m Backstroke, silver medal to Ruaridh Mitchell for 200 m Breaststroke and two silver medals for Richard Preston in the 200 m Breaststroke and 200 m Butterfly. Matthew Grant also swam well and obtained a PB in his 200 m Breaststroke, 13 PBs from 15 swims – well done.

Holiday Training

If you are not going away to sunnier climates for the October holiday, then come and join us for holiday training on Tuesdays and Thursdays – dates and times on noticeboard.

Distance Championships

The Distance Championships for Squads A, B and Club Squad are to be held on Sunday, 6th November and Sunday 4th December from 6.30 – 9.00 p.m. There will be no swimming for C Squad during those evenings but they would be very welcome to come along and support their fellow swimmers.

Swimmers should have received by now their choice letter. Please make sure that this is completed and returned to your coach by Tuesday, 25th October if you wish to enter the Championships. If you don't have a form see your coach immediately.

We are looking for timekeepers for both sessions so if you can help please contact Heather on Tel. No. 763700 or sign up on the sheet on the Notice Board. Although this is not an accredited event please bring along your Ponside duties form as you will be able to get a signature from the referee.

Gell well Andrew – hope to see you back at training soon.

