

# Splash!

Peebles Amateur Swimming Club  
Newsletter April 2009 Issue 2/09

## Borders League

Our Juniors had a fantastic afternoon at the first Borders Junior/Intermediate League Meet at Galashiels Pool on Sunday 22<sup>nd</sup> March. They managed to take first place with a total of 117 points. There were some great races with Gregor Mackintosh and Sophie Newbold competing here for the first time and doing fantastically well.



## Goodbye and Thank you

We are saying 'goodbye' to Kate Innes this month after many years as a Coach for Peebles ASC. She feels the time is right for her to give a bit more time to her girls and her thriving business at The Tontine. We owe her a huge 'thank you' for all her time and enthusiasm and she will be greatly missed. We also said 'goodbye' to Les Silk at Christmas. He and his son Thomas had been active members of the Club for many years with Les taking the role of Secretary of the Committee for seven years. We are grateful to them for their time and effort.

## Extra Training Sessions

As you know The Club not only has Club Night on a Thursday but also runs training sessions on other week days. If your child is enjoying their swimming and is keen to enter competitions then it is beneficial for them to train for more than just 45 minutes per week. This will build up their stamina, which helps in many other sports, and also enables them to fine tune their technique. Most sessions have spaces and for just an extra £10 per month they could swim on any other day of the week or every day of the week !

Please speak to your coach for more details.

## Calling all Coaches

We have been really lucky in recent years to have fantastic coaches but unfortunately due to other commitments we are now finding ourselves short on some nights. We have recently welcomed Oliver who is proving a great asset but we cannot rely on so few people for our growing Club of young swimmers. The situation is now getting quite pressing and so if anyone is interested in joining the coaching team or know anyone who may be, then PLEASE let us know. We do not want to reduce our lane time at the Pool but without another coach we cannot run all our training sessions. Coaching experience or qualifications are not essential although swimming knowledge would be an advantage and training courses are available and can be financially supported by Club.

## Competition Entries

We have been sending out all entry slips for competitions by e-mail, which has proven successful. We now have a mobile phone, which can be used solely for competition issues i.e. if you child is unable to swim through illness or if you get lost on the way!

The number is 07804 974170.

If we haven't got your email address yet could you please let us know ASAP. You can e-mail Louise with your details on [lou47@btinternet.com](mailto:lou47@btinternet.com).

Information about meets can be found on the website and also on the Notice board. Please note that some competitions can last all day so please check the details for each Meet.

## Fifty Club

If you did not manage to buy your number in the Fifty Club there are still slots available in our monthly Fifty Club draw. Only £1 per month could win you a cash prize not to be sniffed at!

1<sup>st</sup> prize - £20 2<sup>nd</sup> prize - £10 3<sup>rd</sup> prize - £5

Please see Rupert for more details.

**£20... £10... £ 5...**

## Club Nights - Thursdays

There is usually a Committee staffed table or Committee member present at the Pool on a Thursday from 5.30 onwards for anyone needing to hand in forms or get information regarding the Club.

## Flipper Exchange

Don't forget the 'flipper exchange' we have started. Bring down flippers you have outgrown and see if you can exchange them for bigger ones. Obviously this will take some time to build up a stock. See Alana for more info.

## Swimming Kit

If you would like to order Peebles ASC kit, please get an order form from the committee on a Thursday or from the website. An order will be placed at the end of April for hoodies, T shirts and costumes so please ensure you have placed your order by then.

To ensure that you get the longest life out of your swimwear we advise that:

- suits are soaked and then rinsed in cold water immediately after use. Do NOT use fabric conditioner.
- suits are NOT wrapped in a towel after use – this allows the chlorine to attack the Elastane in the suit so please use a plastic bag.
- Allow the suits to air dry naturally.

The Pool here at Peebles does have quite high levels of chlorine so some suits are not lasting as they should. Coaches also recommend that boys don't wear baggy boarder shorts as they drag down their legs whilst swimming, fitted shorts or jammers are much better. **Any** child with long hair should wear a swim cap – boys and girls.

## Swimmer Profile

Name: *Rachel Barr* Age : 14  
School : Biggar High School  
Hobbies : Tetrathlon, orienteering, horse riding  
Favourite TV Programme : everything!  
Favourite Food : Chocolate  
Best thing about swimming:  
Seeing my friends Scout and Claire  
Worst thing about swimming:  
Stewarts hair!  
When I grow up I want to be:  
'famous, I want to be a star, I want to be in movies...'

(I think Rachel should keep taking the tablets...!)

## Borders Junior Development Squad

The second Junior Development Squad run by Alex Jordan took place recently and was attended by Sean Strain, Gregor Swinney and Alastair Watson. The swimmers were given training in all aspects of strokes and starts plus nutritional and general advice. Alex runs these sessions on a quarterly basis and will be looking for six swimmers from each Club to attend each session. He also runs a Swim Team Borders at Selkirk Pool on a weekday morning for those swimmers of 11 and above. Gregor will be joining him for these early mornings and we wish him luck! More information can be found on the Notice board or from the Coaches.

## Scottish Swimming Biographical Data

We have been asked by SASA to point out to all members that their website contains online membership details. This comprises of the members name, date of birth and membership number. If you wish this information to be blocked then please contact Lesley Ireland. More information about this can be found on the Notice board and website.

## Books for Sale

Some of you may have noticed the box of books at the Pool, which are for sale. The money collected goes towards The Club so we would ask that you take a look sometime. If you have any books that you have read then please feel free to bring them to the Pool and pop them in the box. There is a box for your donations.



## Parents – We Need You!

Parental involvement in the Club is vital to ensure that we can continue to run. Guidelines say that we must have both male and female supervision at competitions and we also must provide timekeepers at each meet or we run the risk of a hefty fine. If you are taking your child to a competition then it certainly makes the time go quicker if you are busy doing something and time keeping is an excellent way of being poolside to watch the action. To meet insurance requirements parents need only be members of SASA for a nominal fee if they want to help out. If you want to know more then just ask one of the Committee members. We will be hopefully organising a time keepers course in the near future so if you are interested then please add your name to the list on the Notice board.

## **Your Committee**

President: Liz Strain

Secretary: Louise Scott

Treasurer: Bryan McDiarmid

Membership Secretary: Lesley Ireland

Competitions Secretary: Ann Duncan

Child Protection Officer: Alana Titley

Also on the Committee are:

Val Shaw, Rupert Leng, Pete and Helen Collins,

Sarah Duncan and Jane Mackintosh

Meetings are held on the first Tuesday of every  
month in

The Neidpath Inn at 7.30pm.

ALL ARE WELCOME TO COME ALONG