

# Splash!

Peebles Amateur Swimming Club  
Newsletter August 2009 Issue 3/09  
Web site - [www.peeblesasc.com](http://www.peeblesasc.com)

## Welcome Back!

We hope you have all enjoyed the summer holidays and are ready to go! Training times are back to normal from the week commencing August 17<sup>th</sup>.

## Extra Training Sessions

As we have mentioned before The Club not only has Club Night on a Thursday but runs training sessions on other weekdays. 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.

## Borders League

Our Juniors have continued their fantastic form by maintaining their lead at the Borders Junior/Intermediate League Meets. Despite coming second at the last Meet they are still ahead in the points table. We are confident that the Team can continue their great form and Peebles will top the Table for the Junior League. To make sure we do need to field a full Team so;

**Please note that the next and last Meet is on Sunday 13<sup>th</sup> September; please keep that date free in your diaries.**

## E-mail Addresses



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)

We send out information and newsletters this way so it is important if you want to keep up to date with Club news and competitions or have a query.

## Competitions

The method of sending out all entry slips for competitions by e-mail is working well. We are seeing more swimmers attending competitions, especially the younger ones, which is fantastic. More swimmers competing at each event makes for a much more enjoyable day for all and they usually swim better too!

However we need to make sure that all the children behave in a courteous and appropriate manner poolside as they are representing the Club at each event. Attached is an information sheet detailing what you need to know and this will also be put on the website. It includes things such as:

- The wearing of the correct swimsuit or trunks
- Wearing a Club t-shirt or hoody to collect any medals won, not football tops.
- Putting on dry clothes and footwear before entering the spectator area.

Swimmers should also try to remain Poolside during the competition in case they are missing when it is time to marshal for an event. The Coaches cannot be looking around the Pool complex for a missing swimmer and they may miss their race. Equally once your child's swims are finished it is sporting to stay until everyone else has finished so that, firstly they can cheer each other on, secondly and most importantly, the Coaches are aware of who is where and are not looking for a child who has in fact left with a parent.

This may sound like common sense but we felt that it is important to make sure that everyone has the same information.

## 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.



## Mobile Phone

Don't forget that we now have a mobile phone, which can be used solely for competition issues i.e. if your child is unable to swim through illness or if you get lost on the way!

**The number is 07804 974170.**

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.

## Contact Details

We have had most swimmers contact details back but it is important that we have up to date information should we have an emergency and need to reach you. If your details have changed the PLEASE let us know. Equally if you have not sent in your form then please do so.

## Parents – We Really Need You!

In every Newsletter we ask for Parental involvement in the Club as it is vital to ensure that we can continue to run. However few of you seem to be willing to give up any time to help. SASA 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, usually about £6. The lack of help, especially at competitions has caused problems in the past.

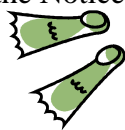
We are also desperate for any parents who would like to get involved with coaching. The Club will cover any costs involved for coaching courses.

**PLEASE** give this some thought and if you have any time to spare or can attend competitions and help poolside then ask a Committee member for more details.

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.

## Flipper Exchange

Don't forget the 'flipper exchange' we have running. 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 Titley for more info.



## Stars of the Future



We will be holding our annual swimming gala on Saturday November 7<sup>th</sup>. More information about this will be given out nearer the time.

We produce a Programme of Events for sale on the day and are looking for sponsorship from local businesses either per race or for an advert.

Individual race sponsorship will be £10 and a half page advert will be £30.

If you or anyone you know would like to advertise in our Programme then please let either Jane Macintosh or Louise Scott know.

## 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. We have some kit in stock and new kit is ordered every four months or when needed.

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 – both boys and girls.

## 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.

## Website

Please note the PB lists, competition information and reports plus lots of other useful info. Can be found on the Club website;

[www.peeblesasc.com](http://www.peeblesasc.com)

## Swimmer Profile

*Name:* Sean Strain    *Age:* 9  
*School:* Priorsford  
*Hobbies:* Football, Swimming (of course)  
Computer Games, Reading  
*Favourite TV Programme:* Sponge Bob (To his mothers delight!)  
*Favourite Food:* Pizza  
*Best thing about swimming:* Breaststroke and seeing friends  
*Worst thing about swimming:* Butterfly and training so hard my legs hurt!  
*When I grow up I want to be:* A policeman

## Dates for your Diary



- Borders League** - September 13<sup>th</sup>  
(Gala Pool)      warm up 3.30, 4pm start
- Freestyle Champs** - September 24<sup>th</sup>  
(Gala Pool)      warm up 6.30, 7pm start
- Starts of the Future** - November 7<sup>th</sup>  
(Peebles Pool)      warm up 1pm, 1.30pm start
- Relay Champs** - November 29<sup>th</sup>  
(Gala Pool)      warm up 2pm, 2.30 start

## 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