

FAST

Newsletter June 2008

Dear Parents and Swimmers,

The FAST newsletter will be taking a well earned rest over the summer and will return again in September. So meanwhile, there's a lot to tell you about in this current edition.

Time Trial

A reminder to everyone that our next time trial takes place on **Sunday 8th June**. All swimmers should make every effort to attend. The last trial was a big success and is a great opportunity for the club and individuals to measure improvements in technique and speed. Remember that time trials are not competitive races, so there are no winners and losers. The only person you are racing against is yourself (and the clock!). Swimmers should look up their times from the previous trial so that they can aim for personal bests (PBs) in each stroke.

Summer Training

This year, FAST is planning to continue swimming sessions through July and August during the school holidays. This is because continuation of training helps to maintain the swimmers progress. All swimmers are therefore encouraged to attend as many sessions as possible during the summer (except of course when you may be away on holiday).

Coaching News

FAST is very pleased to announce that Val Wright has taken on the role of Head Coach. FAST will undoubtedly benefit from Val's considerable coaching experience and qualifications. Val is ably supported by assistant coaches Andrew Young, Louise Norman and Claire Urquhart. It has also been decided to allocate coaches to specific squads as follows:

Blues - Val

Yellows - Claire

Greens - Louise

Reds - Andrew

Club Rules

We would like to remind swimmers that they should be poolside at least 10 minutes prior to the start of a session. This is to enable the attendance register to be taken and to provide the opportunity for some land stretches and any information for swimmers to be announced prior to starting the training. Amongst the other rules to be noted is that swimmers should always wear their squad caps. If you have lost yours, replacement caps can be purchased for £2.

Equipment

For the safety of swimmers and coaching team, it is very important to keep the poolside area tidy and free from equipment after use. Special net bags are available for storage of fins etc. and can be purchased for just £2.

New Storage Cupboard

FAST is very grateful to Anne Toner and Ross Denver who helped acquire a large storage cabinet now located at the exit to the female changing room. This new asset is invaluable to the club as we are now able to securely store all our equipment and shop items. Of particular note is that the big pace clock fits into it beautifully which means no more transporting it back and fore in the car!

New Lane Ropes – Coming Soon!

FAST has been in discussion with Edinburgh Leisure regarding the installation of replacement lane ropes. As you may have noticed, the existing ropes drop off the side of the pool far too easily and they also provide very little wave resistance. The good news is that much better ropes have become available from Dalry pool. It is hoped that the replacement ropes will be fitted sometime over the summer. Watch this space.

Swimming Events

For anyone interested in watching swimming competitions, the Scottish National Open Championships 2008 take place at Tollcross Park Leisure Centre, Glasgow from 26th - 29th June. It would be very worthwhile for any swimmer wishing to progress onto competition to see such an event in action.

Scottish Swimmers head for Beijing

Four Scots have been named in British Swimming's thirty-six strong squad heading for the Beijing 2008 Paralympic Games in September. Jim Anderson, Sean Fraser, Andrew Lindsay and Mhairi Love's selections were recently confirmed by the British Paralympic Association. For Jim Anderson (Broxburn/Stirling Swimming Club) it will be his fifth Paralympic Games while for Sean Fraser of Warrender Baths Club, this is his first selection.

Swimming Courses

Ever thought of taking swimming qualifications and helping out at FAST? Well here are details about an ideal course on our doorstep to get you started. Funding support is available from FAST.

Swimming: UKCC Level 1 Teacher of Aquatics

Course Running Time: from 30.06.08 to 04.07.08
9am-5pm. Course Venue: Queensferry High Recreation Centre, South Queensferry, £300.00 per person.

About the course

The ideal course to begin teaching swimming! Candidates learn a range of teaching skills and technical swimming theory to enable them to teach a small group under the supervision of a fully qualified Level 2 Teacher. The course is UKCC accredited and awarded by Scottish Swimming and the Scottish Qualifications Authority. The course consists of practical pool sessions and ongoing log book assessment, followed by a 1-hour written assessment

No experience is required, just an interest and lots of enthusiasm!

Membership of Scottish Swimming (£10.00) is required to access the Scottish Swimming bursary. Edinburgh Leisure will provide membership application forms to all those booking onto the course, but bursaries are issued at the discretion of Scottish Swimming. In addition, Coaching Edinburgh offers scholarships of a value ranging between 0% and 100% of the course cost.

Candidates must be aged at least 16 at the date of commencement of the course.

Contact Details

Queensferry High Recreation Centre, telephone: (0131) 319 3222

So until the next newsletter, have a great summer, whatever your plans.

Best wishes

The FAST Committee