

basic stroke on Frontcrawl and Backcrawl. We have also worked a great deal on kick; this continuous kick helps with building stamina. There is still more that we can do to help these strokes get better, but we have had an excellent start.

This month we are been looking at Breaststroke, for some it is a natural and easy stroke to master, for others it's a lot harder. Some of the practices can be worked on at home and this helps the swimmer to improve faster. So Red Squad look out for your homework!!!

I am really enjoying my Squad of new swimmers. I just want to say WELL DONE to all of Red Squad, with their attendance, willingness to learn and excellent achievements so far.

Dawn xxx (Red Coach)

Dates for the holidays

Here are the dates and times for the Christmas break and New Year.

45 minute sessions are as follows:

Sunday 20 November

Monday 21 November

Sunday 27 November (p.t.o. for more)

Monday 28 November

Sunday 4 December

Monday 5 December

Sunday 11 December

Monday 12 December

Sunday 18 December* (see below)

Monday 19 December

BREAK for Christmas

Sunday 8, Monday 9 January 2006

* SUNDAY 18 will be a full 1 ½ session for the pool-party.

All these sessions are at SQF Recreation Centre. We do hold other sessions at Broxburn and Bo'ness however these additional sessions are by invitation only at the moment.

More details of additional sessions will be posted on the FAST noticeboard in

the recreation centre lobby area.

A Word About Costs

As we are a very new club, we are still trying to provide the swimmers with the best value for their membership fees.

More details on these cost should soon be posted on the FAST noticeboard in the recreation centre lobby area.

Swimmer of the Month!

Congratulations to **ALAN** and **YASMIN** for winning the Swimmer of the Month award for October.

This award is given by the coaches to the boy and girl swimmer who shows the most improvement both in and out of the pool. More winners coming soon!

Equipment

As the club develops we plan to buy necessary equipment. The coaches will also be asking swimmers to use swimming fins.

We plan to buy a selection of equipment that can then be bought or hired by the swimmers.

Doing it this way enables us to achieve club discounts through bulk purchase. Thereafter we can pass those savings on to the parents. Please speak to a committee members for more information or to request specific equipment.

Code of Conduct

We have a code of conduct for all club members. This code is being developed all the time. The code is designed to provide a safe and friendly environment where club members can learn and develop their swimming skills.

From time to time parts of the code will be listed in this newsletter.

Code of conduct (Bullying):

Bullying will not be tolerated. This applies to all club members and in all locations. In the pool, changing rooms

and meeting areas. Anyone found bullying will be expelled from the club.

Bullying can be physical or verbal.

NEITHER WILL BE TOLERATED

Christmas Hamper Donations

Between now and the Christmas Party the committee will be collecting any donations you can make towards a Christmas hamper.

The hamper will be raffled at the Christmas party.

You can donate anything you think would make an interesting Christmas donation - tins of food, chocolates, small presents, bottles of wine, etc.

Donations to be made no later than the 12th December.

Raffle tickets will be on sale at the Christmas Party.

Help Wanted

The FAST swimming club needs your help and more importantly, your kids need your support.

Come along to any of the swimming sessions and see what happens.

Occasionally the committee needs extra help from parents - things like Gala's, road-trips, parties, etc.. Even if you cannot commit to a lot of time, a little can still be helpful.

The Noticeboard

As you will have read throughout this newsletter, more information on anything to do with the club will be listed on the club noticeboard. This noticeboard is located in the lobby of the Recreation Centre at South Queensferry.

When you drop-off or pick-up your kids it only takes two minutes to check-out the noticeboard.

Please make that 2 minutes available next time your child attends swim club as this will be advantageous to both your child and to yourself.

