

FAST

Spring Newsletter 2009

Dear Parents and Swimmers,

Welcome to our first Newsletter of 2009 and what a busy start to the year it has been. There have been lots of enquiries from swimmers wanting to join and we have altered our training times too.

Firstly though, a quick recap on things that happened in December of last year!

FAST AGM & Social:

The 2008 AGM was held on 3rd December when unfortunately very few parents attended! However new committee members were recruited and the minutes of this meeting are available on the club notice board. The AGM is held once a year and it is really important for parents to attend as it lets the committee know that it has parent support in the way it is running the Club.

The new committee was confirmed as follows:

Huw Thomas – Chairman
Secretary – Christina McRoberts
Treasurer – Claire Urquhart
Child Protection Officers – Robbie Wallace / Gillian Tennant (interim)
Club Shop – Tracey McRae

This year's AGM will be held earlier, sometime in September. Watch this space for details.

Xmas party:

This took place on Sun 14th December at the Bowl Plex, Dunfermline. This was a really fun event with the majority of swimmers attending. Not only do we have excellent swimmers but we saw some great bowling too!!!

Time Trials:

Following the December Time Trial, Leigh Purves and Eilidh Lyle were promoted from the Red to the Yellow squad and Laura Doliczny was promoted from the Yellows to the Greens. Well Done!

The time trial held on Sunday 1st March 2009 was a great success with 35 swimmers attending. Many thanks to all the parents who helped out on the day as time keepers.

Promotions – March 2009:

Those swimmers who were promoted following the March time trial were:-

Cara Peebles and Catriona McRoberts move from red to yellow squad.

Michael McRoberts moves from green to blue squad.

Katie Shaw and Jamie Burke move from blue to silver.

All swimmers should note that the key to improvement and gaining squad promotion is to work hard, not miss training sessions, to listen carefully to the coaches and to follow their instructions.

Best Boy/Girl Awards

Every quarter, FAST presents best boy and girl awards which reflect the improvements made to swimming technique, swim times, attendance and behaviour. Following March's Time Trial these awards have been given to:-

Gareth Thomas, first with Jamie Burke second and Duncan Lyle third.

Katie Shaw, first with Eilidh Lyle second and Aiesha Cook third.

Congratulations!

Session Dates and holidays:

Please make a note of the following dates in your diary. Where no date is mentioned, this means that training will take place as normal.

Sun 12th, Mon 13th, Sun 19th, Mon 20th April:

No training due to Easter & Spring Holidays.

Swimming resumes on Sun 26th April.

Mon 4th, Mon 18th May: No training due to public holidays.

New Training Times:

The new training times began in February and have allowed the Club to recruit new members as well as providing extra lane space for existing swimmers. As a reminder the new times are:

Sunday

Red and Yellow squads: 2.30-3.30pm

Green and Blue/Silver squads: 3.30-4.30pm

Monday

Red and Yellow: 5-6pm

Green and Blue/Silver: 6-7.30pm

N.B. Please remember to alter your standing order where necessary to reflect the changes. Red and Yellows are now £18 per month. All other squads are £20 per month.

New Treasurer Needed:

Claire Urquhart, our stalwart treasurer and coach is moving on to pastures new in the summer (more in the next newsletter). This means that we will soon have a vacancy for the vital position of treasurer. We therefore desperately need a volunteer to take over this role, we can't function without it. If you can help, please speak to Huw or Claire.

Vacancy - Head Coach:

As you know, our previous Head Coach Val left for a new job in Oman last November. We have advertised for a replacement Head Coach and the vacancy is posted on our notice board. If you know anyone who might be interested and meets the relevant criteria, please point them in our direction. The advert has also been circulated around Edinburgh Leisure and the Scottish Amateur Swimming Association (SASA).

New Members:

FAST is very happy to welcome the following new members who have joined since the last newsletter:

Blue Squad: Emma Smith

Yellow Squad: Matthew McRae, Euan Newlands and Elise Rohan

Red Squad: Samuel Pearson, Lloyd Rohan and Zac Eisler

Coaching

Ross Denver who has been a valued poolside helper at FAST has successfully completed his UK Coaching Certificate (UKCC) Level 1 Teaching Aquatics Course in January 2009. Well done Ross!

We are very fortunate to have another parent, Rosemarie Peebles who will be doing the same course in April. Best of luck Rosemarie!

Friendly Gala

Four members of FAST took place in the Livingston District Dolphins Development Gala, at Whitburn Swimming Pool on Saturday 24th January. These swimmers were chosen as they fitted the restricted age criteria and had the necessary qualifying entry times. The swimmers were Holly Urquhart, Gregor Glass, Stephen McRae and Alex Doliczny (see photo below). It was a very long day with over 50 heats in both the morning and afternoon sessions but the children (and parents) coped very well with the hanging about and swam very well when it was finally their time!! Professional swimmer Megan Gilchrist demonstrated each stroke and answered questions about her career at the end. All of our swimmers went home with a signed silver cap!! Well done everyone!



Pool Shop

We have a well stocked pool shop and you can now buy the following items:-

Fins £8.50-£13.50 (depending on size)

Fin Bags £2

Pullbuoys £2.50

Replacement Caps £3

Water Bottles £3.50

Please speak to Tracey McRae or another member of the committee if you wish to buy something.

SASA Membership fees 2009

Like most swimming clubs, FAST is affiliated to the Scottish Amateur Swimming Association (SASA) and FAST administers the annual membership fees on behalf of the swimmers. The 2009 fees are as follows:

Aquatic 1 (Under 8 years): £7.20
Aquatic 2 (8 years & under 11 years): £16
Aquatic 3 (11 years or over): £29.60
(All ages are as on 1st March 2009)

SASA fees for all swimmers are now due and should be payable by Monday 30th March at the latest.

Please hand in your payments to FAST who will send off the membership fees to SASA. **Please do not send any payments directly to SASA** (as this confuses things and messes up their system!)

If you have recently joined FAST and have not yet completed a SASA membership form, please hand this form in with your membership fee. Existing SASA members do not need to fill in a new form.

A member of the FAST committee will be at the front table during training to receive your SASA fees. All cheques should be made payable to FAST (not SASA), as we will send off one cheque for the whole of FAST.

SASA provides the club with compulsory insurance cover and allows swimmers to be entered for galas, something we hope to do more of in the future. SASA membership also enables FAST to claim bursaries for coach training courses, which are essential for the long term future of our club.

For more information on SASA, please visit <http://www.scottishswimming.com/>

If you are an existing SASA member, you can find your membership details online at the above website (just click on the 'Home Country Membership Check' and enter your surname into the search field)

Thinking of a new challenge for the summer?

Some swimmers have already expressed an interest in triathlons. These events involve a swim (which can be indoor or outdoor), cycle and finally a run. This is a rapidly growing sport and Triathlon Scotland is the organising body involved in overseeing the sport in Scotland. Until about the age of 13 interested children can take part in aquathlons which involve a swim and run and some triathlons where the organisers can ensure the cycle section is done on closed roads (i.e. no traffic to worry about). For a full list of events this year look up the Triathlon Scotland website at <http://www.triathlonscotland.org/> under 'Events'.

Once over the age of 13 you can still take part in aquathlon and triathlon events and it is around this age that Triathlon Scotland will be on the lookout for new talent to invite to their training camps. So whether you wish to just try a new challenge or have ambitions of Olympic Triathlon success then check out the web site for an event to suit. "

And Finally.....

One of our swimmers, Alex Doliczny recently had an unfortunate accident in which she fell and broke her arm! Needless to say Alex cannot swim at the moment and so is having to miss training (shame !). So from all at FAST, we wish Alex a very speedy recovery.

Best wishes,

The FAST Committee