

# NEWSLETTER

## November 2012



### Stirling Swimming

Welcome to the latest newsletter of Stirling Swimming. Following an inspirational Olympic summer (including our own highly successful Olympic-themed Summer Camp) it has been a busy start to the new swim year. It was good to see many of you at the AGM and a few new faces on the Management Committee. In the pool, we were sad to say good-bye to Andrei Cross but we have a great coaching team in place, and new squad allocations and training times. The Stirling Autumn Meet was extended to 2 days this year and proved a great success, not least from our swimmers recorded PBs in over 80% of their swims and walked off with many medals. Let's hope the rest of the year carries on in the same successful manner.

*David Rogerson*

**David Rogerson**  
*President, Stirling Swimming*

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#### *Poolside Update (Kerry Wood)*

Many congratulations to all the swimmers who have raced during September and October; there have been lots of outstanding performances, not least in the highly successful Stirling Autumn Meet. It is encouraging to see so many personal best swims this early in the season.

All squads now have a dedicated **land training** programme appropriate to their age and level of swimming. Kayleigh McGurk is taking the lead for land training for Bronze B, Bronze A and Silver. Angela McCowan and Kevin Wright lead on the land training for Gold and SIPS squad respectively. Land training is a key part of the programme in Stirling and I believe it is as important as the swim training. Recently we have been focussing on control and posture and are very lucky to have Natalie Garry working with the swimmers on Pilates on Saturday mornings.

I am still working on the **new training timetable** and hope to have confirmation from Active Stirling this week regarding the extra pool time that we need. We had hoped to start a new timetable this month, but the intention now is to implement this from January onwards. Thanks for your patience and understanding on this.

#### *Parent Volunteer Update (Janis Myles)*

Two timekeeper courses are scheduled to take place with 18 parents and 3 swimmers signed up to attend. The club is short of qualified judges. Judging is enjoyable and I would encourage current timekeepers to consider taking the next step and sign up for a Judge 1 course - more details will be posted on the club noticeboard.

Thank you to those parents who have expressed a willingness to act as volunteer coaching with Stirling Swimming Club. This will help us to support the Club and Water Polo squads in particular, and ensures we continue to meet child protection regulations.

We are looking for volunteers to act as Co-ordinators for **Promotions/Fund Raising** and for **Communications**. We are also looking for a volunteer to join the Communications team as **Newsletter Editor**, so that this newsletter can be produced and issued to club members on a quarterly basis.

An updated list of the areas in which the club currently needs parent volunteers has been posted on the noticeboard. There will also be a volunteers table at the Uni pool on **Saturday 17th November** from 9am to 10am to find out more.

## Communications

Patricia Malone has joined the team as Press Officer. She will endeavour to publicise our swimmers' successes internally on the club web site and externally through the Stirling Observer. Her first report on the Alloa Graded Meet was circulated recently. Patricia would like to receive newsworthy snippets from coaches, committee members and parents.

## Jim Anderson retires

"Jim the Swim" Anderson has retired after competing in his sixth Paralympics. With 16 medals including 6 Golds, World and European records, MBE and OBE, Jim has done himself, his family and his Club proud. He will certainly be missed. Where's Stirling's next Olympic medal coming from?

## StarFISH&Learn to Swim

The Club is continuing to develop a "pyramid structure" with increasing emphasis on recruiting younger, better-equipped swimmers into the Bronze squads. Age Group Coach, **Angela McCowan** is in charge of growing STAR-Fish, our pre-Club programme during the year.

## Swimmers of the Month

Congratulations to **Rebecca Murray, Harry Gray** and **Erin Iffla** who have been named as our latest Swimmers of the Month.

## District Programme

Congratulations to **Vincent Jozajtis** and **Amy Malone** who have been selected for the West District Regional Squad Programme. The DRP is open to swimmers across the District who achieve sufficient qualifying times in a calendar year. For more information see:

[http://www.scotswimwest.co.uk/html/national\\_regional\\_squads.html](http://www.scotswimwest.co.uk/html/national_regional_squads.html)

## Masters Section

The Club has established a Masters Section in conjunction with Stirling Triathlon Club. Over time we plan to develop this section and perhaps link it with the Club Squad.

## The T-Camp athletes enjoyed sunshine and swimming



### Quotes from the Torremolinos Swim Camp (see separate report)

*We went out as individual athletes, keen to develop as swimmers, but we came back as a strong team (Madeleine Gill)*

*Overall the camp was a fantastic opportunity and experience – I'd recommend it. (Fraser Allison)*

*It really brought us all together. (Ella Shilliday)*

### Water Polo Update

*We are currently participating for the first time in the Scottish League for the 1997+ Age Group. After a slow start, the team has registered consecutive wins in the most recent matches; more importantly skill levels and tactics have benefited from participation in this event.*

*Over the summer we had a weekly deep-water training slot at the NSA (University), and it has been hard to go back to the school pools since then. However, we have occasional sessions planned at the NSA for the rest of this year, and hopefully a weekly Sunday session will be available when the training timetables change in January.*

### Dates for the Diary

*Friday 7<sup>th</sup> December: Club Championships;*

*Saturday 22<sup>nd</sup> December: Grand Prix (with a Christmas theme);*

*12-13<sup>th</sup> January 2013: Stirling Junior Open Meet*

*Saturday 23 February: Awards Night and Ceilidh;*

*More details on all of the above will be distributed via the website.*

### Contact points

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