



## C, D and Junior Development Squads - Newsletter - Dec 2009

Sorry it's a bit late.....

### CSC Website - Members Forum

I think that most have now signed up, but if you still haven't then register **today:**

<http://www.carnegieswimmingclub.co.uk/>

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Updated  
27 Nov 2009

Welcome to Carnegie Swimming Club

Carnegie is one of the leading swimming clubs in Scotland. Established in 1877, it has a long and impressive tradition of sporting achievements.

The club is based in Dunfermline in Fife, Scotland and provides swim coaching for young swimmers from Fife and surrounding areas.

Swimming is one of the most popular sports world-wide. It is a great way to improve your health and fitness and by joining a club it is also a great way to make new friends and have fun too.

**NEWS**  
Wendy Brisbane Is Organising Secret Santa For Perf And Perf Dev Squads. Swimmers To Pick Names At Presentation Night.

**COMPETITION**  
Carnegie Win Top Club Title At Winter Meet

**1475**  
W3 Counter

You will notice the "Members" button on the left hand side. Click on this and then register your details to gain access to the Members Forum. Registering is easy and then an administrator will activate your account.

Please note that you should now enter galas using the forum. There are instructions on how to do this. Please ask if you are not sure.

## Training

Wednesday sessions at Cowdenbeath revert back to normal slot of 1900-2030 from Weds 13<sup>th</sup> January 2010 as the beginners sessions start again.

We have a new Sunday session at FIPRE starting 10<sup>th</sup> January 2010 (1400-1600).

C squad therefore now move from Saturdays at Inverkeithing to this new session.

For D and JD squads this replaces the Sunday Lochgelly HS session.

**Please note** however, that we are awaiting confirmation that FIPRE will be open on Sunday - watch out for news on the website / forum.

## New FINA regulations come into effect

Remember that the new FINA regulations regarding swimsuits came into effect on 1<sup>st</sup> January 2010, so the regulations apply for all galas from now on, starting with the Stirling and LDD meets on 23<sup>rd</sup> January - check out the FINA website.

## Galas

A fairly quiet December saw Gavin Roderick compete at the East District Age Groups 2 at FIPRE on 5<sup>th</sup> and 6<sup>th</sup> December. Gavin swam in the 12/13 yrs 200m freestyle swimming a PB.

## What's on in January / February 2010

Fife Area Swim Squad session 2 at FIPRE (10<sup>th</sup> January)

LDD development gala at Whitburn (23<sup>rd</sup> January) - look out for acceptance sheets soon.

Stirling Junior Open at Stirling Sports Village (23<sup>rd</sup> and 24<sup>th</sup> January) - see the acceptance sheets on the website.

North Ayrshire 200 meet at Auchenharvie (13<sup>th</sup> and 14<sup>th</sup> February) - for JD squad, this gala is over 2 days at distances of 200m+. Enter via forum no later than **12<sup>th</sup> January**.

Carnegie Graded Spring meet at FIPRE (20<sup>th</sup> February) - this is a graded meet for D and JD squads. Check the entry times and enter via forum no later than **15<sup>th</sup> January**.

### Squad reps

Sharon Bowman is the squad rep for C and D squads. Sharon can be reached at:

sharonbowman71@live.co.uk

Lorraine Lee is the squad rep for Junior Development. Lorraine can be contacted on:

Lorrainelee09@ yahoo.co.uk

### Swimmers of the month

The Jnr Development Squad swimmer of the month for December 2009 is 1<sup>st</sup> Stacey Miller, 2<sup>nd</sup> Megan McGhee and 3<sup>rd</sup> Lucy Hallam. Other awards for Jnr Development squad were given to Heather Paul (most improved swimmer in December), Claire Lee (most improved swimmer for August-December 2009) and Megan McGhee (swimmer of the year 2009).

Well done to all swimmers in the Jnr Development squad.

For C and D squads, the swimmer of the month is combined for December and January and will be awarded at the end of January 2010.

Remember ANYONE can win SOTM. It is not just about being the fastest - it's about training well - attendance, bringing all kit to poolside, bringing (and drinking) water, commitment and attitude to training, behaviour, lane discipline and achieving PBs in galas (which is a by-product of training well!)

### ... and finally

A very big "thank you" to you all for the Xmas gifts for John and myself. It is greatly appreciated. We look forward to working with all of the swimmers through 2010.

Very best regards,

**John and Gary**  
**Coaches C,D and Jnr Development**