



CARNEGIE SWIMMING CLUB



C, D and Junior Development Squads - Newsletter - Feb 2010

Training

Well - where to start? This has been a very testing month for the club following the problems at HMS Caledonia. As you may be aware, trying to find pool time in Fife is not easy at the best of times. A number of people have worked tirelessly behind the scenes to negotiate pool time for the club to tide us over until the Caley re-opens. Well done guys!

So, we will be working to the interim timetable until we hear any more details from the management at the Caley.

Just one thing - there is an increasing amount of kit being left at poolside after training sessions. Please can you ensure that all kit (including empty water bottles) is collected and the poolside is left tidy.

CSC Website - Members Forum

It's great to see that most have now signed up for the forum. Remember to visit on a regular basis, at least once a day, to check for updated information.

If you want to receive notification when an item is posted on the forum then click on "**start watching forum**" at the bottom right hand corner of each forum. We recommend, as a minimum, that you watch the appropriate forum for your squad.

Also remember that entries for galas should be made on the forum. You can also pay for the gala swims by bank transfer, rather than relying on cash or cheques. All you need are the CSC gala bank account details (see Gary or John) and to send an email to Julie England to let her know that you have made a transfer.

Galas

North Ayrshire 200s at Auchenharvie on 13th and 14th Feb 2010

Ten swimmers from Junior Development competed at the annual North Ayrshire 200s meet. Swimming in events at 200m plus, some for the first time in competition, the whole team of swimmers set some superb lifetime bests, with some swims achieving Scottish National Squad selection times. There is a full meet report on the Competition section of the CSC website.



The Carnegie team pictured poolside at the North Ayrshire 200s

CSC Graded meet at FIPRE on Sat 20th Feb 2010

Eight swimmers from C, D and Jnr Development competed at our own Graded meet at FIPRE. The meeting was hugely over-subscribed so some of our swimmers missed out. Unfortunately, illness on the day also resulted in two of our swimmers being forced to withdraw. Nevertheless, swimming in events at 100m, some for the first time in competition, there were some fine performances, and lifetime best swims, from Sophie Ross, Kirstin Cronie, Claire Lee, Carrie McLennan, Sarah Carstairs, James Collyer, Grant Ogilvie and James Gray. There is a full meet report on the website.

Fife Novice League and Fife League

The Fife Novice Leagues and Fife Leagues start in March. There are four galas, one per month from March to June (see below). The Novice League takes place in the morning with the League in the afternoon. All swimmers from C, D and Jnr Dev will be involved. The Novice League are great events in which first time gala

swimmers can compete, and earn points, for the Carnegie team.

Check out the team sheets on the board at Cowdenbeath (Novice) and on the CSC website (League). If you are unable to swim, please let us know asap.

What's on in March / April / May/ June

Another busy time.....

March 2010

East District Age Groups 4 at FIPRE on 6th and 7th March 2010 - this is the fourth and final weekend of the championships. See CSC website for details of relay swims. The draft programme is on the Swim Scotland website.

Fife Area Squad training session 4 at FIPRE (14th March)

Fife League and Novice League Meet 1 at FIPRE on 21st March 2010 - teams have been selected to represent the club - see noticeboard and website.

Warrender Junior Meet at FIPRE on 27th and 28th March 2010 - for squads C, D and Jnr Dev. Ages 9+under to 12 years. Acceptances are now on the website.

April 2010

Fife League and Novice League Meet 2 at FIPRE on 18th April 2010 - teams to be selected to represent the club - watch out for the team selections nearer the time.

Falkirk Otters Junior Meet at Larkhall on 24th April 2010 - for squads B, C, D and Jnr Dev. Ages 7 to 11 years - entries via the forum no later than Fri 12th March 2010.

May 2010

Incas Distance Meet at FIPRE on 1st and 2nd May 2010 - for Jnr Dev squad. Swims at 200m+. Ages 10+under to 14 - entries via the forum no later than Thurs 25th March 2010.

Fife League and Novice League Meet 3 at FIPRE on 16th May 2010 - teams to be selected to represent the club - watch out for the team selections nearer the time.

DASC Sprint at FIPRE on 22nd May 2010 - for B, C and D squads. Keep it in your diaries but **PLEASE NOTE** that this meet is still to be confirmed by DASC.

June 2010

Fife League and Novice League Meet 4 at FIPRE on 13th June 2010 - teams to be selected to represent the club - watch out for the team selections nearer the time.

There may be other galas - we will continue to monitor the "Swim Scotland" website, so keep watching the forum.

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

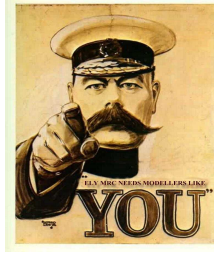
The Jnr Development Squad swimmer of the month for February 2010 is Chris Thompson. Other awards were given to James Collyer (swim of the month) and Taylor Fox (most improved swimmer for February)

For C and D squads, the swimmer of the month for February 2010 is Heather Anderson .

Well done to all swimmers.

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



As you may have seen on the forum, the club must supply officials for the Fife Leagues (as it must for all galas). This is to ensure that the meet is accredited. It is a good chance to become involved as we need timekeepers, judges, helpers etc. So if you want to get close to the "action", take one step forward!

Post a reply on the forum (Technical Officials section) if you can help.

Very best regards,

John and Gary
Coaches C,D and Jnr Development