



# CARNEGIE SWIMMING CLUB



## C, D and Junior Development Squads - Newsletter - Jan 2010

### Training

Please note the following changes to training during early February, owing to the East District Age Groups gala at FIPRE (6<sup>th</sup> & 7<sup>th</sup> Feb), and the North Ayrshire and Edinburgh International galas (13<sup>th</sup> & 14<sup>th</sup> Feb).

Sat 6<sup>th</sup> February - training at Caley (1000-1200) for C, D and JD  
-there will be **NO** training at Inverkeithing (1200-1400)

Sat 6<sup>th</sup> February - long course training at Stirling (1800-2000) for C, D and JD  
- there will be **NO** training at Cowdenbeath (1830-1930) for C, D and JD.

Sun 7<sup>th</sup> February - **NO** training at FIPRE due to East District event.

Sat 13<sup>th</sup> February - training at Caley (1000-1200) for C, D and JD  
-there will be **NO** training at Inverkeithing (1200-1400)

Sat 13<sup>th</sup> February - long course training at Stirling (1600-1800) for C, D and JD  
- there will be **NO** training at Cowdenbeath (1830-1930) for C,D and JD.

Sun 14<sup>th</sup> February - **NO** training at FIPRE due to North Ayrshire 200 meet.

A few points regarding training were brought up with the swimmers last Friday. For those not there, and as a refresher for those that were, please can you ensure that you go over the following points with your son/daughter:

1. New rules for the Caley. Make sure that you have read the rules on the website and ensure that the swimmers know them too.
2. Please try to arrive on time for training. preferably at poolside around **5 minutes before the start** of the session, ready to swim with goggles properly adjusted. We appreciate that sometimes it is outwith the parents' control eg traffic problems, but if you know you are going to be

late in advance, please let us know.

3. Ensure that the swimmers use the toilet before the start of the session. For sessions longer than 1 hour, there is always a "half time" break. If swimmers leave the pool during sets, then it is disruptive to the session.
4. There are **no ipods, phones, DS's** or similar to be brought to the land training sessions on a Friday. We want the swimmers to take these sessions seriously.

### **Swim suits**

As everyone now knows, FINA introduced new swim suit regulations effective from 1<sup>st</sup> January 2010. East District have provided some clarifications as stated below. Please read carefully, as you would not want to be disqualified on a technicality eg for wearing a "charity band":

**FINA rule states** "In swimming competitions the competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as part of a swimsuit."

East District notes: Bands and leg bands will apply to all bands, no matter how large or small. **Charity bands, friendship bands, necklaces, bracelets and anklets** will come into this category and any swimmer wearing these articles will run the risk of being disqualified.

**FINA rule states** "From January 1, 2010 swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.

East District notes: This will be interpreted as only **trunks and jammers for males and costumes and kneesuits for females**. Suits with zips and/or Velcro fasteners are not permitted. If a swimmer is wearing jammers or kneesuit and they extend past the knee because of their size, we will not disqualify, as there is no intent to breach the rules. Any swimsuits which have non-textile materials on them, (rubber studs, neoprene panels etc) but excluding the makers' advertising logo (the size of which is subject to FINA byelaw 7.1.1), will not be permitted.

**FINA rule states** "No swimmer shall be permitted to use or wear any device that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.). Goggles may be worn. Any kind of tape on the body is not permitted unless approved by FINA Sport Medicine Committee."

East District notes: Any tape (including "elastoplasts" or similar medical tape) must be approved by the referee prior to swimming.

### CSC Website - Members Forum

I think that most have now signed up, but if you still haven't then register **today** as you should now enter galas using the forum. There are instructions on how to do this. Please ask if you are not sure.

### Galas

#### **Stirling Junior Open at The Peak, Stirling on 23<sup>rd</sup> and 24<sup>th</sup> Jan 2010**

This gala was for ages 11 and upwards with Gavin Roderick, Sarah Carstairs and Carrie McLennan (from Jnr Development) all swimming well and achieving good PBs. There is a full meet report on the Competition section of the CSC website.

#### **LDD Annual Development Gala at Whitburn on 23<sup>rd</sup> Jan 2010**

16 swimmers competed at the annual LDD development gala held at Whitburn pool. Before each event the swimmers were able to watch a demonstration by Scotland's Commonwealth and Olympic swimmer Andy Hunter.

There were some excellent swims with around 85% being PBs. There is a full meet report on the Competition section of the CSC website.



The Carnegie team pictured poolside at the LDD meet, with mascot Carnie

## What's on in February / March

A busy time.....

East District Age Groups 3 at FIPRE (6<sup>th</sup> and 7<sup>th</sup> February 2010) - check swims on the Swim Scotland website.

North Ayrshire 200 meet at Auchendarvie (13<sup>th</sup> and 14<sup>th</sup> February 2010) - acceptances are on the CSC website and forum.

Fife Area Squad training session 3 at FIPRE (21<sup>st</sup> February)

Carnegie Graded Spring meet at FIPRE (20<sup>th</sup> February 2010) - some swimmers have unfortunately missed out on their swims so check acceptances on the CSC website and forum.

East District Age Groups 4 at FIPRE (6<sup>th</sup> and 7<sup>th</sup> March 2010) - this is the fourth and final weekend of the championships.

Fife Area Squad training session 4 at FIPRE (14<sup>th</sup> March)

Fife League and Novice League at FIPRE on 21<sup>st</sup> March 2010 - teams to be selected to represent the club - watch out for the team selections soon.

Warrender Junior Meet at FIPRE on 27<sup>th</sup> and 28<sup>th</sup> March - for squads C, D and Jnr Dev. Ages 9+under to 12 years - entries via the forum by 17<sup>th</sup> Feb. If you do not have access to the forum then sign up.

## 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 January 2010 is James Collyer.

For C and D squads, the swimmer of the month for January 2010 is Eilidh Lister.

Well done to both 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!)

### Sore knees

John Kirby has noticed that a few swimmers in Jnr Development are complaining of sore knees during breaststroke sets.

Sore knees are generally caused by inflammation of the ligaments within the knee joint, due to a considerable amount of stress which is exerted during the kick, when the lower leg is required to rotate outwards. Those of you at the LDD last week will remember that, during Andy Hunter's demonstration, the commentator suggested that genetics play a big part in being a good breaststroker, or failing that, it helps to walk like Charlie Chaplin!

So keep an eye on you son / daughter for signs of sore knees and, if necessary, consult a paediatrician or podiatrist.

### ... and finally

Well done to Jane Milroy and Morag Mitchell in passing their UKCC Level 1 in Teaching Aquatics. Jane and Morag undertook an intensive week-long training course at Portobello in December, involving around 32 hours of theory and practical poolside work. They were assessed on each aspect of their work culminating in a written test.

Very best regards,

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