



CARNEGIE SWIMMING CLUB



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

Training

For details of training sessions over the Easter school holidays and throughout April, see the forum sections for your squad.

Any changes will be posted on the forum, so remember to "watch" the forum and/or visit on a regular basis, at least once a day.

Galas

Dumfries Graded meet at Dumfries 14th March 2010

James Gray made the long trip all on his own (well, with his mum and on Mother's Day too!) all the way to Dumfries to swim a 200m breaststroke event and returned with the gold medal in the boys' 9 yrs category, swimming an excellent time of 3:48.37, a winning margin of some 16 seconds.

Fife Novice League and Fife League at FIPRE on 21st March 2010

All swimmers competed in the first of the Fife Novice League and Fife Leagues at FIPRE. Swimming for points for the team there were some excellent performances and many personal bests. Follow the link on the website "News" page for the results.

Warrender meet at FIPRE on 27th and 28th March 2010

37 swimmers from squads B, C, D, Junior Development and Performance Development competed at the annual Warrender meet. The swimmers all swam their hearts out and Carnegie finished as top club, a great achievement. Well done everyone. There is a full meet report on the website.



A "team" photo of the swimmers who competed over the two days.....



..... and the swimmers who collected the trophy on the team's behalf.

What's on in April / May/ June

Another busy time.....

April 2010

Fife League and Novice League Meet 2 at FIPRE on 18th April 2010 - watch out for the team selections.

Falkirk Otters Junior Meet at Larkhall on 24th April 2010 - This meet was over-subscribed so check out acceptances on the website.

CSC AGM at Cowdenbeath on 28th April 2010 (1830) - please attend as this is your chance to have your say (and volunteer for a job!)

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 - watch out for acceptances.

Haddington Total Swimmer at Prestonpans on 9th May 2010 - for all swimmers aged 10-15. Enter via forum by 7th April 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 - enter via the forum by 16th April

City of Sunderland Long Course meet on 29th and 30th May 2010 - enter via forum by 16th April but note qualifying times.

June 2010

Fife League and Novice League Meet 4 at FIPRE on SATURDAY 12th June 2010 - teams to be selected to represent the club - watch out for the team selections nearer the time. Please note the date change for this gala - it is now on Saturday **NOT** Sunday.

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 March 2010 is Taylor Fox with other awards to Sarah Carstairs (most improved girl), James Collyer (most improved boy) and Lucy Thomson (land training).

For C and D squads, the swimmers of the month for March 2010 are James Gray (boys) and Eilidh Lister (girls)

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

We hope that you all had a great Easter and look forward to some excellent swimming in the next session up to the summer.

Very best regards,

John and Gary
Coaches C,D and Jnr Development