

News Splash

April 2004

Forthcoming Meet Dates

Mini League Match (Kilmarnock):	4 th April
Olympic & European Trials:	6 – 11 th April
Edinburgh International:	17/18 th April
Harrogate Open Meet:	17/18 th April
Alloa Graded:	17/18 th April
Time Trials:	25 th April
Mini League Match (Home Match):	2 nd May

A full list of all meets is now available on the web site - in the diary section.

Time Trials

Time trials will run on the following dates: April 25th and 30th May. Remember you are only allowed to swim a maximum of 3 events and warm up starts at 4 pm prompt. Events will run as listed below:

Month 1– April 25 th
200 Back
100 Back
50 Back
400 IM
50 Fly
100 Free
50 Free
200 Free

The sponsored swim "challenge race" will be held on the 25th April, prior to time trials starting. So come along and support your teammates!!!

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Bag Packing

Apologies to the following people who helped at the bag-packing day in Toryglen and whose names were inadvertently missed out of last months news splash:

Mrs Carr
Alex Somerville
Julie Somerville
Nicola Carr

Cathie Robertson

City of Glasgow Home Meet 22nd & 23rd May

We are currently planning for our next meet on the 22nd/23rd May. This is the last competition for those seeking National times and will therefore be a very busy meet, with swimmers coming from all over the UK.

Remember this meet is one of our major fundraisers and it is essential that parents and swimmers volunteer to help. There has not been a great response so far from parents offering help – so come on even if your own child isn't swimming the club still needs your help – and all the children benefit from funds raised.

Another way to help could be to ask local businesses or friends/family business to support the event (£25 per event- includes ¼ page advert in the programme), either through a cash contribution or donation of prizes for raffles. Although it may seem difficult or awkward to ask, we have found people are generally very willing to help and quite generous! Anyone wishing standard letter for sponsorship please contact Tom MacKay.

Any contributions for the raffle or tombola can be given to Cathie Robertson or a committee member or coach.

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Clyde Coast League

The final results of the winter league were published recently and are as follows:

1 st	Ren 96
2 nd	City of Glasgow
3 rd	North Ayrshire

Relays

10 years & under Girls 4 x 50 Medley Relay	City of Glasgow
10 years & under Boys 4 x 50 Medley Relay	City of Glasgow
12 years & under Girls 4 x 50 Medley Relay	City of Glasgow
12 years & under Boys 4 x 50 Medley Relay	City of Glasgow
14 years & under Girls 4 x 50 Medley Relay	City of Glasgow
14 years & under Boys 4 x 50 Medley Relay	North Ayrshire
Open Girls 4 x 50 Medley Relay	Ren 96
Open Boys 4 x 50 Medley Relay	Ren 96

The trophies for the above relays and the 2nd place shield will be on display in the trophy cabinet at Tollcross (once they are engraved). Well done to all who took part, the appropriate medals shall be distributed to those who swam in the league as soon as possible.

Mini League

The first round of the Mini League took place last month. The team swam very well as the following results show:

Ren 96 171	City of Glasgow 202	North Ayrshire 195
Kingston 135	Milngavie & Bearsden 122	South Ayrshire 139
Renfrew Baths 122	Dumfries 81	Inverclyde 106
	Scotia 74	
West Dumbartonshire 202		
Kilmarnock 147		

The next round is on Sunday 4th April against Kilmarnock and Renfrew Baths.

Good Luck to City of Glasgow.

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Clyde Coast AGM

The Clyde Coast A.G.M. took place in Largs on the 12th March. Due to the enormous problems with arranging matches it was proposed to put in place the following changes to the league structure:

- ❖ Those clubs interested in the Intermediate league would swim together in a one-day match called the Intermediate Championship.
- ❖ The same idea would be applied to the winter league with 12 clubs swimming on one day for the Winter Championship.
- ❖ The mini league would stay the same.

These proposals were agreed and accepted by all club representatives present.

Other News

SPONSORED SWIM

Sponsored swims should have taken place over the week commencing the 22nd March. Sponsor forms and all monies to be handed in by the 7th April. The child who has raised the most money in each squad will be invited to swim against the coaches relay team on the 25th April at time trials.

I believe the coaches are looking forward to this race and feeling confident!!! - So come on kids it is time to beat them at their own game!!! Who do we want to see winning the trophy - the swimmers team of course?

Annual General Meeting

Contrary to the details printed in the last issue the venue for the AGM has changed to the Pavilion at Scotstoun Leisure Centre.

Anyone interested in becoming a member of the committee need to complete a nomination form and these will be available from Cathie Robertson.

**Venue: Pavilion Building
Scotstoun Leisure Centre**

Date: 27th May 2004

Time: 7 pm

If you feel you have any points to raise or decisions to question then it is in the interests of your children and yourselves that you attend this meeting

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Masters News

Four of our swimmers travelled to Ireland to compete in the Limerick Open Masters Meet, on Saturday 6th March at the new complex at the University of Limerick. The swimmers produced some good swims and returned with a number of medals. The City of Glasgow swimmers were the only non-Irish team taking part and were made to feel very welcome.

Scottish National Masters Championships

The above meet took place at Tollcross on Friday 26th and Saturday 27th March. We had a small team of swimmers taking part, but still managed to pick up 11 gold, 8 silver and 4 bronze medals.

Next Meet.....

The next Masters meet will be when we compete in the Yorkshire Open Meet, which will be held in Scarborough on 15th May.

Away Meets

Following a few recent incidents while the club was attending away meets the committee would like to remind all parents that they are not allowed on poolside during these competitions.

The coaches are there primarily to concentrate on the children who are swimming and should not be approached on poolside by parents.

Likewise it is imperative that no parent from City of Glasgow attempts to speak to officials during the running of each session. This unfortunately distracts the officials from the important role they fulfil and also this kind of behaviour will reflect badly on the club.

The committee and Head Coach are aware that at some of the recent meets the volume of children attending has been significantly larger than expected and therefore too much for one coach to effectively deal with. This matter is now being addressed, to avoid similar situations.

Meet Entry Forms

Cathie Robertson, our administrator has asked me to remind all parents that the meet entry forms must be returned to the **designated meet secretary** named on the bottom of the form and not returned to the office. Also some forms are still being handed in too late – please **check the closing dates** at the bottom of every form to avoid disappointment.

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Using the Internet Safely

There has been a lot of publicity recently over the safe way to use the Internet and the following guidelines were issued to all clubs from the club's Child Protection officer.

The two main areas of risk are:

- ❖ Unsuitable contacts – you cannot see the person online and so you cannot be sure they are who they say they are. Main risks are adults who seek to exploit children by making contact over the Internet.
- ❖ Unsuitable content - It is easy to stumble across images or content unsuitable for children



Chat Guide for Chatting Safely on the Web

Source: www.thinkyounow.co.uk

- ❖ **Online friends might not be who they say they are.**
- ❖ **Don't give out personal details such as your email or phone number**
- ❖ **Respect your friend's privacy**
- ❖ **Be careful when posting a profile in a chat room**
- ❖ **Be cautious about arranging to meet face to face**



As the web site says "Children love the Internet and go online to have fun, do homework, stay in touch with friends or sometimes buy things like books, games or music. Most of the time, children's Internet use is perfectly safe and enjoyable. But like everything in life, there are some risks. As a parent or carer, you can do a lot to reduce those risks:

- ❖ Choose the best Internet Service Provider (ISP) for you and your family
- ❖ Educate your child about staying safe
- ❖ Take protective measures to prevent children receiving unsuitable material."
- ❖ Pass on essential safety tips
- ❖ Agree what is acceptable and safe online behaviour and use of the Internet
- ❖ Encourage your child to talk to you about anything that worries them.

If your child knows they can talk to you about anything that they come across online that they don't like, that is the single best way of keeping them safe. There are plenty of great web sites that can help educate you and your child about Internet safety. Many provide excellent advice, guidance and publications for parents and children. Some of these present safety information in an entertaining, often interactive, way that is suitable for younger children. Examples include:

- www.safety.ngfl.gov.uk
- www.nch.org.uk
- www.parentsonline.gov.uk.

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Training Techniques

“Resistance Training Swim Harness”

Some of our swimmers have been using this apparatus at Tollcross recently. The main reasons for using it is to:

- Improve feel through the stroke
- To develop more power in the stroke
- To improve distance per stroke
- To develop strong, efficient kick



Making this technique simple and effective.

However our Head Coach being known to go one step further has developed another technique for developing more power.

“The Bucket Resistance Technique”

The swimmer must pull a five-gallon bucket behind them. This will develop more power in the stroke and improve stamina.

Some of the swimmers have been heard singing a familiar tune but with new words!!

“I wish there was a hole in my bucket”

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Steve Hill our head coach asked that this article be included in the newsletter.



“Butterfly”



A man found a cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to squeeze its body through the tiny hole. Then it stopped, as if it couldn't go further.

So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bits of cocoon. The butterfly emerged easily but it had a swollen body and shrivelled wings.

The man continued to watch it, expecting that at any minute the wings would enlarge and expand enough to support the body. Neither happened! In fact the butterfly spent the rest of its life crawling around. It was never able to fly.

What the man in his kindness and haste did not understand: The restricting cocoon and the struggle required to get the butterfly through the opening was a way of forcing the fluid from the body into the wings so that it would be ready for flight once that was achieved.

Sometimes struggles are exactly what we need in our lives. Going through life with no obstacles would cripple us. We will not be as strong as we could have been and we would never fly.

The moral of this story is to let your children have a nice day, struggle a little, and you parent well.

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"Swimmer Profile"



Name: Vicky Officer
Squad: National Age Group

How long have you been a member of COGST?	Seven years
How long have you been swimming and when did you realise your potential?	Started swimming lessons at age of 5. I haven't realised my potential yet, you would need to ask Louise.
What/who is your biggest influence on your swimming career?	Dave Hill, Steve Hill and especially Louise – she has given me confidence in myself.
What is your favourite event and current PB?	400 IM – 5.26.10
What is your favourite pool and why?	Tollcross, I train there every day
What has been your best competition and why?	West districts at Dunoon 03, as I had great pbs in all of my swims.
What has been your best swim and why?	400 IM at Dunoon as I took off 26 secs.
What has been your proudest moment in swimming and why?	Winning my first ever West District medal.
What has been your biggest disappointment in swimming and why?	The two injuries I have had which have stopped me improving on my times.
Do you have any other sporting interests and if so what are they?	Gymnastics and Trampoline
What/who is your favourite type of music?	Blue and Christina A. Pop/Chart
What is your favourite food?	Chicken Korma
What is your favourite TV programme?	The Bill
What is your favourite film and why?	Titanic
What other things interest you?	Music, shopping and going out with my mates
Do you have an idol and if so what is special about them?	No not really
What is the next swimming challenge that you face?	Achieving qualifying times for the Scottish Nationals for all my main swims and doing well at the competition.