

News Splash

August 2003

Hello and welcome to the first issue of the revised newsletter "Splash" from the City of Glasgow Swim Team. It has been a few years since the last publication but hopefully this will be the first of many regular issues. Most of you should be back from your summer holidays feeling refreshed and ready for another year of dedication, hard work and commitment with your swimming and the committee wish you all every success this year.


Your New Committee Members

Elected at the Annual General Meeting on Thursday 22nd May are:

Norah Finnegan – Vice Chair
Terri Carruth - Secretary
Pearl Punshon – Treasurer
Willie McIntosh
Eugene Docherty
Donny MacLean
Graeme Park
Tom MacKay
Liz Spalding

The following people were co-opted on to assist the committee:
John Officer
Julie Sommerville

The committee are very much aware of the current communication problems within the club throughout its various locations in the city and are looking at new ways of addressing these issues. The first step is the revival of the Splash Newsletter which will be printed on a monthly basis. These newsletters will contain a variety of items eg points of interest; a monthly statement of



accounts; details of forthcoming swimming meets; time trial dates; Head Coach Steve Hill's report; and any other news items as appropriate. Liz Spalding has taken on the responsibility of communication within the new committee and if anyone has any points of concern then please do not hesitate to contact her - 0141 772 6399



C.O.G.S.T. is currently undertaking a review of its fundraising activities and is also seeking new sponsorship any suggestions or offers of sponsorship should be directed to Tom McKay who can be contacted on:
Email: t.mackay@ntlworld.com

The committee meet at least once a month and have a wide and varied remit a few examples are:

- ❖ Club finance
- ❖ Swimming Calendar for the forthcoming year
- ❖ Organising Home Meets
- ❖ Fundraising
- ❖ West District Delegates

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June and July are busy months in the swimming calendar with the Scottish and British Nationals.

The Scottish National and Age Group Open Championships 18 - 22 June 2003.

City of Glasgow Swim Team had 48 swimmers taking part in this competition and a full result service is available on the internet. Some of the highlights of the competition include:

Day 2 saw Sinead Docherty 15/16 400 IM and Michael Jamieson 13/14 200 Breast, become National Age Group Champions. Medals were also won by Aileen Stirling, Andrew Park, Sinead Docherty and Michael Jamieson.

Day 3 saw the womens 4x200 Free relay were National Champions and Rebecca Cooke won the 400 Free, with medals also being won by Ross Taylor and Michael Jamieson.

Day 4 saw some more wonderful results with Rebecca Cooke winning the 1500 Free and Sinead Docherty becoming the National Champion in the same event. Michael Jamieson became National Age Group Champion in the 100 Breast, with medals also being won in other events by Suzanne Robertson and Michael Jamieson.

The **closing day** saw Rebecca Cooke win her third Gold medal in the 800 Free and the girls 13/14 4x50 Free Relay became National Age Group Champions and the 11/12 4x50 Free Relay winning silver.

The English Age Group Championships 27 July - 4 Aug

This competition is the culmination of a year of hard work for many swimmers. The club has 16 swimmers qualifying to swim in this event, which is a fantastic achievement. However only 14 are actually swimming and we wish them all the very best. The swimmers are:

Michael Jamieson, Chantal Carr
Aileen Stirling, Sam Harris
Ruth McLean, Judi Humphries
Andrew Park, Fiona O'Prey
Kirstie Muir, Suzanne Robertson
Sinead docherty, Kerri Holmes
Alana Miller and Amy Punshon
(Ross Taylor and Daniel Burns are both unable to attend).

Fina World Championships 2003 - Barcelona

Rebecca Cooke took bronze in the final of the Women's 800m Freestyle on Saturday 26th July, in 8:28:45.

On Tuesday 22nd July Rebecca smashed her own 1500m freestyle British Record by over two seconds to qualify for the final. In the final Rebecca led in the early stages before finishing seventh in a time of 16:20.41. Hannah Stockbauer from Germany won in a Championship record of 16:00.18s. **Well Done Rebecca!**

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A new swimming Calendar will be available soon for the forthcoming season and this shall be put onto the website as soon as possible. Here are the first few competition dates although these have not yet been confirmed:

North Ayrshire Mini Meet - 14th September

Cumbernauld Graded Meet - 20th-21st September

West Districts - Dunoon 4th - 5th October

The committee would like to take this opportunity to thank Jim O'Prey for his efforts in producing the website and for his hard work maintaining it. It is by far one of the best swimming websites around and we are very lucky to have this service.



Recent News Items

The Duel In The Pool



On Saturday the 12th of July Steve, Dave, Louise and Lindsey held a fun competition in place of morning training. All swimmers in their squads from the east and west were invited to join in. The swimmers were split into two teams blue for Dave and Steve and red with Lyndsey and Louise and the swimmers were allowed to swim three events from a choice of 100m, 200m all strokes, 400 Free and 200 IM and 400 IM. The main aim of this was to encourage team spirit and points were scored based on times relating to individual swimmers pbs. This event was a great success, with some 23 pbs being swum, a great achievement for that time in the morning! Apparently the Red Team won!!!!

After the duel in the pool all the swimmers were invited back to Steve's house for a BBQ, which was very much appreciated, and thoroughly enjoyed by everyone who attended.

Open Water

The Scottish Open Water Championships 2003 took place on Saturday 12th July at Loch Lubnaig, with City Of Glasgow swimmers taking top medal positions.

Senior Men -	James Leitch	1 st
Junior Boys -	Jamie Forrest	1 st
	Jamie Logan	2 nd
	Chris Cunningham	5 th
Senior Women -	Susan Black	3 rd
Junior Women -	Jenny McKie	2 nd

Three Glasgow swimmers have been selected to swim for Scotland in Holland and Belgium in August 2003. (James Leitch, Jamie Forrest and Susan Black)

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News Items (cont)

Head Coach's Meeting

A successful meeting was held at the west recently with Steve, Louise, Lyndsey and members of the new committee. A similar meeting was held at the East and Steve outlined his plans for the forthcoming year. If the club wishes to remain competitive Steve wishes the swimmers to do a minimum amount of training sessions depending on their squad:

National Development: - minimum 12 hours/week

National Age Group: - minimum 14 hours/week

National: - minimum 16 hours/week

The dates for the swim meets for the forthcoming year have still to be finalised, but Steve wishes that no swimmer competes in more than 12 meets per year - excluding league matches. His reason for this decision is because of the amount of training that a swimmer misses if they attend numerous meets throughout the year. When the swimming calendar is complete the coaches will discuss with each swimmer what meets he/she thinks are suitable for that swimmer to attend.

National West District Squads

The club has recently nominated 14 swimmers for this squad, which is a great achievement for these swimmers and we will let you know in September who was successful.

Bank of Scotland Flying Start 2003

The club is sending 19 swimmers age 10/11 years on to this programme, where they will learn new skills, improve their technique, be given nutritional information and land training advice. We hope they enjoy this experience and have a good time.

News Items

Anyone with any news about any of our swimmers then please don't hesitate to contact Liz Spalding and she will endeavour to include it in the next available issue of Splash.

Questions or Queries

Anyone who has any questions then please write to the editor who will put your question to the committee and publish a reply in the next available issue.

Editor: Mrs E Spalding
C/o Club Office
20 Trongate
Glasgow G21

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Pool Representatives

If communication is to improve we need representatives in each of the pools to ensure that messages get passed on and that information is placed on the notice boards. Here is a list of current pool reps:

Tollcross - Ann Muir

Scotstoun - Jennifer Smith

Gorbals - Katrina Kamisha

Knightswood - Jennifer Smith

Drumchapel - Mrs Quearns

Springburn -

The committee are still looking for representatives for Springburn and Knightswood as Mrs Smith is covering two pools.

Time Trials

The dates of the next time trials are:

August 31st

September 28th

October 26th

November 30th

The time trials are a great way of introducing your child to competitive swimming however as with any event they require to be organised and ran on the day. There is a desperate need for parents to become involved in these events by possibly assisting with time keeping (no experience is required and help will be given at the time), If time trials are to continue to run then again we need support from everyone and not just the same few who volunteer their services every time.

Club Timekeepers

If this club wishes to continue to take part in the many varied competitions that it does throughout the year, then it has to supply timekeepers and at present it is the same few people who attend all of these meets. It would not be so time consuming for those involved, if there were more volunteers as this would allow attendance at the meets to be spread evenly throughout the year. Anyone interested in becoming a timekeeper should contact: John Officer or Tom Punshon

Lost and Found



As every parent knows, swimmers seem to be very forgetful when it comes to making sure they have all their stuff and it was suggested that a lost and found section could be included in the newsletter. However someone would need to take responsibility for the equipment found and any volunteers for this job would be gratefully received. Please contact Liz Spalding 0141 772 6399 if you are interested.

Items for Sale



Swimming gear can be expensive and if anyone wishes to sell equipment that is too small for them or no longer needed then a small section of the newsletter could cover this area. Again contact Liz Spalding on 1041 772 6399 if you have any items you feel are appropriate. However the committee can take no responsibility for the condition of any items purchased in this way.

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DAVE HILL MOVES ON TO PASTURES NEW



Dave joined the club in April 2001 and has worked tirelessly since then to fulfil his remit of swimming development officer. He has been actively involved in all aspects of the club. He has organised the Clyde Coast League Matches and the club has won the Mini League Trophy for the last few years.

This has only been possible through his hard work and commitment in ensuring he knows the capabilities of all the young swimmers throughout the club, which enables him to select the best team. Dave seems to have endless energy and he has successfully organised the Masters, the Bank of

Scotland Flying Start programme and coordinated and ran the monthly time-trials. He regularly attends competitions throughout the year to offer his support and guidance to all the swimmers.

Dave coaches the National Development squad in the East and will be sadly missed by all his swimmers. He has been involved in coaching many of our top swimmers at some point in their life and has swimmers who have achieved entry into both the Scottish and English National Competitions. Last season many of his swimmers achieved West District Records.

Unfortunately due to a council "reshuffle" the club has to lose a full time swimming coach - either Lyndsey or Dave. Although both coaches were made aware of this decision last October, the council to date has not yet made a decision regarding this job. Dave however has a family to support and could not afford to lose his job and was therefore forced to apply for a Facilities Manager's position within Glasgow Council. He subsequently got the job and will be leaving the club very soon to take up his new post at Springburn and North Woodside pools.

The committee wish to offer Dave their sincere thanks for all his hard work and wish him all the best in the future.