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November 2003

Forthcoming Meet Dates

North Ayrshire Graded Meet: **16th November**

M & B Graded Meet: **22nd/23rd November**

British Grand Prix: **6th /7th December**

Boness Mini Meet: **6th / 7th December**

Scottish Xmas Open (Inverness): **11th – 14th December**

Winter League (Dunoon): **20th December**

Stirling Junior Open: **24th / 25th January**

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: - November 30th: January 25th: 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 in a continuous cycle.

Month 1	Month 2	Month 3	Month 4	Month 5
100 Fly	200 Back	50 Breast	50 Fly	50 Back
50 Breast	100 Back	100 Breast	100 Fly	100 Back
100 Breast	50 Back	200 Breast	200 Fly	50 Breast
200 IM	400 IM	50 Back	50 Free	100 Breast
50 Back	50 Fly	100 Back	100 Free	200 Breast
100 Back	100 Free	200 Back	100 IM	50 Free
50 Free	50 Free	50 Free	200 IM	100 Free
100 Free	200 Free	100 Free	200 Free	400 Free

We will start with month 1 in November, month 2 in January and so on. Details will also be on the webpage.

Remember

Once your child has achieved the time set for a 50 metre swim, they will then not be able to swim a 50 meters again but should progress onto a 100 meters and once they have achieved this set time, they will progress to a 200 meter swim etc. No child will be allowed to swim in an event unless they are eligible for that event. These rules are set for the benefit of the swimmers, the aim being to improve their stamina by competing in longer distances as they improve.

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Awards Night

Friday 24th October 2003



This event was a great success and thoroughly enjoyed by those who attended. Below is a full list of the children who received an award.

Excellence

10 & Under

11/12

13/14

15 & over

Girls

Sarah MacLean

Fiona O'Prey

Aileen Stirling

Rebecca Cooke

Boys

Ross MacKay

Andrew Park

Michael Jamieson

Jamie Forrest

Encouragement Awards - Bronze Tollcross

Stephanie Carr

Nicola McMahon

Heather Miller

Matthew McInnes

Lauren MacKay

Encouragement Award – Bronze & Silver Gorbals

Erin Flannery

Fraser Thomson

Katherine Merley

Hannah Terrance

Aisling Park

Arnold Law

Encouragement Award – Bronze & Silver Springburn

Margaret Coyne

Amy Brown

Hollie Young

Encouragement Award – Bronze Knightswood

Kenneth Sui

Emma Quearns

Cara Tosh

Fiona McCarron

Paul Nash

Sinead McLaughlin

Improvement

10 & Under

11/12

13/14

15 & over

Girls

Sarah MacLean

Alexis Smith

Nicola McNeil

Katy Finnegan

Boys

Jack Harris

Sam Harris

Michael Lynch

Jamie Forrest

Encouragement Award – Silver Tollcross

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Jillian Baird
Laura Spiers

Andrew McKie
Christopher Gorman

Alan Stuart
Stephanie Veitch

Encouragement Award – Silver Scotstoun

Megan Donnelly
Georgina Sellyn

George Elder
Robyn Thomson

Jack Walker
Cara Purdie

Master Improver of the Year

Colin Kerr

Encouragement Award – Gold Tollcross

Cameron Somerville
Nicole Main

Kevin Gough
Cheryl Bond

Mark Deans
Gayle Pike

Encouragement Award – Gold Knightswood/Drumchapel

Anna Bruce
Shaun Falconer

Katherine Crawford

Eilidh Lynch

Master Swimmer of the Year

Helen Ramsay

Encouragement Award – Senior Tollcross

Christopher Cunningham
Andrew Atkinson

Shona Brown

Lee McGowan

Events

200 Free
400 Free
800 Free
1500 Free

Girls

Abigail McLellan
Sian Sloan-Dennison
Laura Galbraith
Amy Punshon

Boys

Dean Crawford
Sam Harris
Martin Doherty
Martin Doherty

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Encouragement Award – National Development Tollcross

Nicole Gorman
Alasdair Stirling

Thomas Cunningham
Ciaran Doherty

Graeme Spalding
Vicky Officer

Encouragement Award – National Development Scotstoun

Aatif Alhiatly

Events

200 Back
200 Breast
200 Fly
400 IM

Girls

Alana Miller
Alana Miller
Sian Sloan-Dennison
Danielle Brown

Boys

Sam Harris
Vasili Gordeyev
Michael Lynch
Michael Lynch

National Age Group – Tollcross

Nicola Turner
Nick Shields

Ruth Humphreys

Erin Senior

National Age Group – Scotstoun

Stuart Thorn

Martin Kerr

Sportsmanship

Girl

Jennifer McKie

Boy

Michael McCue

Swimmer of the Year

Rebecca Cooke

Michael Jamieson

Fundraising was also a great success on the night, with two raffles taking place. One which was drawn on the night of the awards and the major raffle was drawn at time trials on Sunday 26th. Here is a list of the prizewinners from the major raffle.

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RAFFLE PRIZE WINNERS ARE LISTED BELOW

- 1ST PRIZE IRN BRU THEMED MOUNTAIN BIKE
 WORTH IN EXCESS OF £150
WINNER - S. HILL (HEAD COACH)
- 2ND PRIZE FOOTBALL AUTOGRAPHED BY THE SCOTLAND
 SQUAD
WINNER – CHRIS VEITCH
- 3RD PRIZE RANGERS CHAMPIONS LEAGUE
 DECANTER AND GLASSES
WINNER - WILLIAM COYLE
- 4TH PRIZE DIANA SPORTS TOWEL
WINNER – JAMES LEITCH
- 5TH PRIZE 40oz DEWARS WHISKY
WINNER – G. ELDER
- 6TH PRIZE LITRE SMIRNOFF VODKA
WINNER – W. MOLLOY

**ANY WINNER WHO HAS NOT COLLECTED THEIR PRIZE PLEASE
CONTACT PEARL PUNSHON 0141 573 3234 TO ARRANGE UPLIFT**

**THE HEAD COACH HAS GENEROUSLY DONATED THE BIKE BACK TO
THE CLUB TO BE INCLUDED IN A CHRISTMAS RAFFLE.
INFORMATION ON THIS WILL BE MADE AVAILABLE TO ALL
MEMBERS AS SOON AS POSSIBLE**

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Fundraising and Sponsorship

The committee is currently undertaking a large sponsorship project, which we hope, will run over a few years. Meetings are to be held with the council re advertising permission and then brochures will be produced to advertise the club to possible business sponsors. Anyone who knows of a company or individual who is willing to sponsor the club or any of our events please contact Tom MacKay on 0141 564 0482.

New Banners

Those who attended the awards night, time trials and the winter league in Dumfries will have seen the club's new banners. These are fantastic and thanks must go to Alex Somerville for all his hard work in producing the fantastic artwork, as well as donating the materials from his company.

Spree Books

By now you should have all received your 'Spree Books'. Again this is a major fundraising event and, if everyone participates and sells their three books, the club should stand to make around £5,000.

The club is still in debt to the council for pool hire etc. However the committee would like to see enough money raised through sponsorship and fundraising for all the children to benefit from this money e.g. tee shirts for mini leagues, subsidies for travelling and much more. However we need your help, as we can't do it on our own.

Planned fundraising events for the future

The committee is currently putting together the plans to hold a sponsored swim in the New Year for all members to participate in.

A bag-packing day will also be organised some time soon. More details will follow later

Recent Meet News

Glasgow International Masters Meet – 7/8 November 2003

Our swimmers performed very well at the above meet. We gained 4 gold, 17 silver and 15 bronze medals individually, plus silver in the men's relay.

Our gold medals were won by our Master Swimmer of the Year – Helen Ramsay

We also had 12 personal best swims.

I must thank Graeme Park for staying on to process the results, which allowed Jim O'Prey to swim in the medal winning relay team.

We are now looking forward to our next meet in 2004

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THOUGHTS FROM THE BOSS

My Times aren't Improving As Fast As I Want WHAT SHOULD I DO? By Jennifer Gibson (Ft Wayne Aquatics)

There are so many possible answers/reasons or combination of, as to why a swimmer's times are not dropping. (Or dropping fast enough to satisfy the swimmer) To answer this question, let's think about the following...

Do you, the swimmer, have set goals?

Are the goals realistic?

Are they written down somewhere?

Have you followed your goals and done everything that you possibly can to make these goals a reality?

Have you communicated the goals to your coach?

What feedback did the coach give you?

Without the goal, what are you working toward? Know what you are going to do and how to go about doing it before the season begins. Goal setting is a little scary at first – mainly because we are somewhat afraid to fail. The more you practice setting goals, the more comfortable and confident you will become. Remember, be specific – short-term = daily, weekly; mid-season and long-term goals (end of season). Remember that it will become necessary to re-evaluate and reset those goals periodically.

YOU MUST SEE YOURSELF DOING IT BEFORE YOU CAN DO IT

Common Performance Factors for Swimmers- Athletes of all ages...

- ❖ Technique
- ❖ Attendance/Consistency
- ❖ Natural Talent
- ❖ Mental Preparation
- ❖ Health Status

These are common factors but every swimmer's approach to dealing with these is unique. The quest to success is a very individual path for each of us. We are all unique and must find out what works for us to achieve success. Let's look at each Performance Factor in a little more detail to help understand these concepts...

Technique...It has been researched and proven that technique is best taught between the ages of 8- 12 years. Training (endurance) should then be introduced beginning at 10 or 11 years of age.

Do you have good technique?

Are you committed to making stroke changes?

Do you concentrate on stroke work within practices and make the most of this time to learn and conquer new skills?

Some athletes are born (or blessed) with a natural feel for the water. These swimmers seem to just glide through the water and their strokes seem to develop easier. But, EVERYONE needs to focus on stroke work. The younger the swimmer, the more time and emphasis that needs to be spent on stroke development. As an age grouper progresses, he/she needs to be able to focus on stroke refinement. Many athletes short-

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change themselves in this area. A swimmer should have goals, which include stroke improvement/refinement. No one has ever suffered from too much stroke work!

WITH TECHNIQUE, COMES SPEED

Attendance and Consistency...attendance and the consistency of that attendance throughout the entire season should also be included in the goal-setting process. As the old saying goes “*the more you put in the more you get in return*”, and “*the more you give the more you get*”. Many swimmers do a great job when they are at practice but they are not at practice enough.

**Do you start the season when everyone else does, or do you start a few weeks late?
 Do you take Saturdays off so that you end up being out of the water for two entire days in a row?**

Do you do several different sport/activities that prevent you from consistently being at the optimal number of workouts week-to-week?

How much time do you take off between seasons compared to others who are swimming well?

Following is a basic outline for the number of practices based on age (with abilities and experience kept in mind)

Ages (years)	Times Weekly
6-9	2-3
9-10	3-4
10-11	4-5
11-13	5-6
13 & over	6-6+

Natural Talent...can work in your favour, or it can work against you. This, however, is up to the individual swimmer. (Sometimes, in younger swimmers, the parent can play a big role here also) Sometimes when people are “blessed” with natural ability, they either do not learn a very valuable lesson, or it takes them longer. The lesson is learning to work for what we receive. Good old-fashioned work ethic! Young people can want a lot in return for not doing (or giving) very much to get the reward – whatever the reward may be. In this case, it would be to improve your swimming times. Most coaches would have to agree the athletes who are easiest to work with are those who have a great work ethic and will give of themselves at every practice. (Of course, this discipline becomes important as we progress and mature) Many times the athlete who has started out their swimming career with many successes without having to “try”, can often times face a harder road ahead when others physically develop and have been willing to put forth great effort in order to improve. Many parents of young and successful swimmers can find themselves being caught up in the whirlwind of excitement of having a young and successful swimmer. When the other teammates etc, begin to catch these athletes, they can have a very hard time understanding that physically the differences are beginning to even out as children go into and through puberty.

Every Parent & swimmer should read the section on Natural Talent through at least twice – Steve Hill

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Glasgow Sportsperson of the Year Award 2003



Rebecca Cooke was named Glasgow Sportsperson of the Year at a dinner last Friday night hosted by Glasgow City Council. The British long course 1500m freestyle record holder and Bronze 800m World Championships medallist was well deserving of the prize.

On receiving the award Rebecca said, "It's a fantastic honour to be given this award. When I look at the names of the previous winners on the trophy I feel really proud to have joined them. I hope I can go on and achieve more in the coming year".

Head Coach's Calendar

Steve has many commitments out with the club, due to his role as GB coach. The following list will give some indication when he will be away in the forthcoming months. Remember this is Olympic year and as such Steve will have extra commitments.

November 16th – 30th - Training Camp, America

December 2nd – 17th - Short Course Championships, Limerick, Ireland

April 7th – 11th - British Long Course Championships, Sheffield

The club funding received by our head coach has increased from £12,000 to £20,000. This is issued by British Swimming who obviously are investing a lot of financial support to the City of Glasgow Swim Team. This money can only be used by the head Coach (Steve Hill) and for what he considers necessary to improve the City of Glasgow Swim Team and all monies have to be accounted for and processed by British swimming before it can be used.

This money is given to the club as a result of Rebecca Cooke's outstanding success and world rankings, and by our results at the recent ASA Age Group and Youth Championships.

Although at times the club will be without the Head Coach or Age Group Coach the benefits for the future of this club far outweigh the inconvenience of their absence. So we hope you consider this before making any approaches to the committee re the subject.

Coaching Cover

Due to the Head Coach and the Age Group Coach being away from the 17th till 29th November the following cover has been arranged for Tollcross. It is essential that the

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children in the squad's concerned behave and show the same commitment to training as if their own coach was there. The coaching cover is listed below:

National

	Mon 17th	Tues 18th	Wed 19th	Thur 20th	Fri 21st	Sat 22nd
Am	Graham Smith	G Smith		G.Smith	G.Smith	Bryan Taylor
Pm	Greg Orphanides	Greg O	Greg O	G.Smith	Greg O	
	Mon 24th	Tues 25th	Wed 26th	Thur 27th	Fri 28th	Sat 29th
Am	G Smith	G Smith		G.Smith	G.Smith	G.Smith
Pm	Greg O	Greg O	Greg O	G.Smith	Greg O	

Age Group

	Mon 17th	Tues 18th	Wed 19th	Thur 20th	Fri 21st	Sat 22nd
Am	G Smith	G Smith		G.Smith	G.Smith	Bryan Taylor
Pm	G Smith	G Smith	G.Smith		Susan Black	
	Mon 24th	Tues 25th	Wed 26th	Thur 27th	Frid 28th	Sat 29th
Am	G Smith	G.Smith		G.Smith	G.Smith	G.Smith
Pm	G Smith	G.Smith	G.Smith		G.Smith	

National Development

	Mon 17th	Tues 18th	Wed 19th	Thur 20th	Fri 21st	Sat 22nd
Am		Paul Donald		P.Donald	P.Donald	Michelle Bryce
Pm	Susan Black	Susan Black		P.Donald	P.Donald	
	Mon 24th	Tues 25th	Wed 26th	Thur 27th	Frid 28th	Sat 29th
Am		Paul Donald		P.Donald	P.Donald	Bryan Taylor
Pm	Susan Black	Susan Black		P.Donald	P.Donald	

Michelle Bryce will do all the 5am sessions to help any coach on the pool deck.

Other Points to Remember

Football Strips

City of Glasgow Swim Team members are reminded that they must not wear club football colours to training sessions. All swimmers competing in competitions at home or away must wear full club kit at all times, especially during medal ceremonies.

Communal Changing Rooms

Swimmers are again reminded that they have been advised against using the communal changing rooms. Swimmers should also remember that they represent the club and should not be running around the changing areas, carrying on. Not only does this put the club in a bad light with the public, it is also extremely dangerous as running on a wet floor may lead to someone slipping and having a serious accident

Competition Entries

No more late entries to be submitted to the entry secretaries please, as it causes a lot of extra work. There is a closing date on the bottom of the entry form – please stick to this date. In future late entries will not be accepted.