

News Splash

Summer 2004

Forthcoming Meet Dates

| | |
|------------------------------------|-----------------------------------------------|
| Cumbernauld Graded Meet | 11 th – 12 th September |
| North Ayrshire Distance Meet | 18 th – 19 th September |
| West Districts Age Groups (Dunoon) | 2 nd – 3 rd October |
| Winter League (Ayr) | 10 th October |
| Warm Weather Camp | 13 th – 23 rd October |
| Alloa Graded (Bellshill) | 16 th – 17 th October |
| West District Open (East Kilbride) | 30 th – 31 st October |

A full list of all meets will soon be available on the web site
Theses can be found in the diary section.

Time Trials

Time trials will run on the 26th September, 31st October and 28th November. Remember you are only allowed to swim a maximum of 3 events and warm up starts at 4 pm prompt. For a list of events please check the notice boards in each pool.

Please remember that time trials is for the following squads only:

Transition
Bronze
Silver
Gold
Seniors

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Recent Competition News

Sarah wins 3 Medals at ASA National Age Groups 2004!

City of Glasgow swimmer Sarah MacLean had a great meet at the ASA National Age Group Championships in Sheffield. Sarah took bronze in the 11 years 100m, 400m and 800m freestyle events and also came 5th in the 200m freestyle final.

Sarah's older sister, Ruth also made the 13 years 200m breaststroke final, finishing seventh. Michael Jamieson also reached the final of the breaststroke in his age group.

There were more City of Glasgow swimmers achieved qualifying times for this meet than in recent years. A full list of results is available on the website.

Athens - Olympic Games 2004

Well done Rebecca!



On behalf of the club, the committee would like to offer our warmest congratulations to Rebecca for being the only woman on the GB Swimming Team to make not 1 but 2 Olympic Finals! These were achieved in the 400m freestyle and then in the 800m

freestyle. Rebecca did a personal best time in the heats of the 400m and narrowly missed taking yet another long standing British Record. Since Rebecca came to Glasgow she has consistently been a credit to the club, swimming at all levels from the Clyde Coast League through North Ayrshire 200, West Districts to Commonwealths and Olympics! Truly a champion and a swimmer for all pools!

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British Short Course Championships 2004

City of Glasgow had three swimmers representing the club at this meet - Rebecca Cooke, Michael Jamieson and David Shewan.



Rebecca Cooke made a promising start to her short course season when she **set a new British record** to win the 800m freestyle.

A 400 and 800m freestyle finalist in Athens, she became only the fifth swimmer to go under the tough qualifying standard for the World Short Course.

She bettered the 2003 world top eight time required to make the team, but has confirmed she will not be competing at this meet. Rebecca clocked a time of 8:18.68 to finish in the gold medal position.

'I felt quite good. Coming off the back of the Olympic Games we've been resting but I'm still quite surprised by the time,' she said. 'I wanted to finish the season on a high as opposed to the low I felt in Athens.'

Rebecca Cooke had her second victory of the meet, winning the 400m freestyle final in 4:03.32.

"This is going to be my last short course event for a while and I've had three lifetime bests in this meet so I'm happy. I wanted to prove to myself I could still do it because I had a few questions after Athens. I can take a break now with confidence."

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Open Water Swimming

French Championships 15th August 2004

City of Glasgow's Susan Black (who coaches the senior squad at Tollcross) achieved the most notable victory of her open water swimming career when she triumphed in the French 25km Championship on Sunday 15th.

Swimming in Lac De Laffrey in the foothills of the French Alps, Susan tackled five x 5km circuits of the lake, in her first attempt at the longest distance in competitive swimming. After sharing the lead with France's Cindy Gagnadoux for 9km, Black's superior endurance paid dividends as she established a lead, which she extended all the way to the finish to come first in a time of 5 hours 58 minutes and 30 seconds.

Commenting on her victory Black said, *"That was the toughest race of my life, but after the half way stage I was confident I could keep it going to the end. After this, 5000 metre races will seem more like sprints!"*

Meanwhile, Jamie Forrest (City of Glasgow), put in another fine performance winning the Junior French Champion and finishing only two minutes behind the senior swimmers.

Scottish Long Distance Open Water Loch Rannoch - 22nd August

Susan successfully defended her title and City of Glasgow swimmer Jennie McKie came 3rd, which was excellent as this was her first attempt at this long distance.

English National Open Water Championships Nottingham 28th/29th August

West of Scotland won the best county at these championships. City of Glasgow had a large contingency at this event and it was the first open water swims for Alexis Smith and Aatif Alhiatly.

Susan Black was 3rd in the 2k event
Martin Doherty was 3rd in 15/16 age group over 1750m
Martin Kerr won his age group over a distance of 1500m

Several other COGST swimmers put in great swims including Nick Shields, Stuart Thorn, Sian Sloan-Dennison and Michael Lynch. Sinead Doherty who also competed in the competition is currently receiving extra coaching to allow her to swim in a 'straight line'!! Sinead took part in the woman's 2k but according to a veteran open water swimmer (James Leitch) she in actual fact swam nearer 4k. Training sessions continue in Loch Lomond!!!

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Portsmouth Grand Prix 5th September

This event was over a distance of 4k - Jamie Forrest was 2nd with James Leitch 3rd and Susan Black was 2nd in the woman's event.

James Leitch won the Portsmouth Swim Team's Pier-to-Pier 2k - with Jamie Forrest taking 2nd and Susan Black taking 2nd in the woman's event. Martin Doherty won the junior event with Martin Kerr coming a very close second.

Open Water Grand Prix Results (GB)

The points are taken over 8 competitions and here are the City of Glasgow swimmers places.

James Leitch 2nd
Jamie Forrest 3rd
Susan Black 5th
Jennie McKie 6th

Total prize money for Scottish Swimmers was £325

There will be no more Open Water Competitions until next season.

City of Glasgow have had a great Open Water Season so much so that they could have up to 6 swimmers chosen to join the Scottish Open Water Training Squad. The positions will not be decided until later this month but we will keep you posted.

Scottish Youth Squad and West District Squad

It is with great delight that the committee and coaches would like to congratulate the 13 swimmers who achieved qualifying times for one or other of these squads. This is a huge achievement and we should all be proud of them.

Congratulations and well done to all!

Annual Awards Night

The City of Glasgow Swim Team will be holding their annual awards night on the 13th November 2004, in the 'Next Generation' at Anniesland, Glasgow.

More details will follow soon.

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FINANCIAL NEWS

The following is the balance sheet from the City of Glasgow's Home meet on 22nd and 23rd May 2004.

| | INCOME | | EXPENDITURE |
|--------------|---------------|--------------------|--------------------|
| Swim Entries | £15370 | Swim Refunds | £5981 |
| Entrance | £621 | Pool Hire | £5492.90 |
| Swim Shop | £400 | Sundries | £40.79 |
| Tombola | £377 | Photocopying | £100 |
| Raffle | £256 | Photocopier | £555.23 |
| Cake | £28 | Officials Expenses | £481.80 |
| Results | £11.50 | Kids Lunches | £12 |
| Sponsorship | £100 | Trophies | £1053 |
| Total | £17163.50 | Total | £13716.72 |

TOTAL INCOME - £3446.78

The committee are also awaiting word regarding a grant award for this meet.

This meet was a great success and the total profit is a credit to all those who worked extremely hard over the two days both in the forefront and behind the scenes – many many thanks to everyone who helped out.

However due to the extremely large coaching and pool hire costs fundraising is still an important part of the committee's remit and with this in mind please find attached to the back of the newsletter a football card which we need you to sell. All information needed will be attached with the card.

Some members of the committee and parents are currently organising the forthcoming Master's Meet, which although extremely hard work will raise some much needed funds for the club. Anyone wishing to help please contact Linda Walsh or Norah Finnegan

It is the committee's intention to try to issue some kind of fundraising calendar in the near future. However here is what is planned for the next couple of months:

| | |
|-----------|----------------------------------------------|
| October: | Football Cards |
| November | Master's Meet |
| December: | 19 th - Bag Packing (Asda, Forge) |

Sponsorship

Tom McKay and Chris Veitch are currently organising a professionally produced sponsorship package (at no cost to the club!!) and if any parents are aware of any businesses that may be interested please contact either Tom or Chris. The finished sponsorship package will be posted on the club's web site for all to see.

Many, many thanks to all those involved for their extremely hard work and effort with this project.

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Parent's Letter

The following letter was put on the notice board at Tollcross and after reading it the committee felt that the sentiment of the letter was too important to be missed by any parents within the club and therefore I have posted it in the newsletter.

39 Broompark Drive
Glasgow
31/8/04

Dear All

I would like to take this opportunity to welcome Stephen Hill back from the Olympics in Athens, and to congratulate him and Becky on their fantastic achievements. I am sure I am not alone in feeling that the general morale of the club has changed over the summer months, and that our Head Coach is returning to find the club in a sorry state. My reason for posting this on the board is to try and pull us all back together, and remember that this is a sport's club, which is run purely for the promotion of our children's chosen sport.

I include myself in this general statement, and hope that parents will look at their reasons for bringing their respective children to this club. Our children are here because they want to swim! We should be here to support them, and the club therein. If we do not try and make more of an effort to pull together, and put aside our minor problems, we are endangering the future development of this club. There are many good things about City of Glasgow Swim Team, mostly our children and coaches and we, as parents should be doing our best to support them. Our children learn from us as parents, and I do not think we are sending out a very positive message to them. Swimming is a huge commitment for all those involved, and we should be supporting each other.

I hope that nobody will consider this to be patronising in any way, as I include myself in all of the above, but enough is enough! I am sure plenty will agree, for many different reasons.

Kind regards to all

Kirsty Reid

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POINTS RAISED BY PARENTS

Physiotherapy

A parent recently raised a point that in the past if a swimmer was recommended to attend physiotherapy then the club would pay for the first visit. However due to financial difficulties the club was no longer in a financial situation to be able to pay for these first consultations and this was agreed by the committee in 2002.

If a swimmer has an injury then it is likely that the coach may recommend that the swimmer attends the Sports Injury Clinic in Hampden – the reason they recommend attending this clinic and not a local clinic is because they treat sports injuries specifically.

Squad training sessions

A parent also recently raised the issue of children swimming out with their squads during the summer. Various concerns have been raised over the last few months and following discussions over many months the committee and the Head Coach have agreed the following to be implemented with immediate effect:

All swimmers will only swim in their own named/nominated squad at the same venue i.e. the one they pay fees for.

The Head Coach has recently announced to the committee that, as of now, those swimmers in National Age group who meet the programme may be invited to swim with National Squad on a Thursday night.

Other than this it will only be in exceptional circumstances that the Head Coach has the discretion to allow swimmers to temporarily train with another squad. This needs to be agreed with the squad coach in advance and the committee should be formally notified regarding the decision as soon as possible. This slight change in procedures should make training fairer for all but still allow for the occasional exception, which ensures fairness to the individual swimmer involved.

However during the summer this will not be adhered to in the junior squads, due to coaching cover. The committee and Head Coach would like to assist those swimmers from the same family who swim in different junior squads (i.e. bronze, silver or gold) to swim in the same squad over the summer months in order to make attending training easier during this time.

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TRAINING TIMES

To avoid any confusion here is a list of all squad-training times.

WEST

Transition Squad & Bronze 1---- Graeme Dodd

| | |
|----------|-----------------------------------|
| Monday | 6.00 – 7.00pm |
| Tuesday | 6.00 – 7.00pm |
| Saturday | 7.00 – 9.00am (Bronze Squad Only) |

Bronze Squad 2 ---- Graeme Dodd

| | | |
|----------|---------------|-------------|
| Tuesday | 6.00 – 7.00pm | Knightswood |
| Friday | 6.00 – 7.00pm | Knightswood |
| Saturday | 7.00 – 9.00am | Scotstoun |

Silver Squad ---- Graeme Dodd (till October)

| | | |
|-----------|----------------|------------|
| Monday | 5.00 – 6.30pm | Drumchapel |
| Wednesday | 5.00 – 6.30pm | Drumchapel |
| Saturday | 7.00 – 9.00am | Scotstoun |
| Sunday | 4.00 – 6.00 pm | Scotstoun |

Nat Age Group Squad ---- James Leitch

| | AM | PM |
|-----------|-------------------------|-------------|
| Monday | 5.30 – 7.30 | 5.00 – 7.00 |
| Tuesday | | 4.00 – 6.00 |
| Wednesday | 5.30 – 7.30 | 5.00 - 7.00 |
| Thursday | | 5.00 – 7.00 |
| Friday | 5.30 – 7.30 | 5.00 – 7.00 |
| Saturday | 6.00 – 9.00 (Tollcross) | |

Nat Dev Squad ---- James Leitch

| | | |
|-----------|-------------------------|-------------|
| Monday | 5.30 7.30 (Tollcross) | 5.00 – 7.00 |
| Tuesday | | 4.00 – 6.00 |
| Wednesday | 5.30 – 7.30 | 5.00 – 7.00 |
| Thursday | | 5.00 – 7.00 |
| Friday | 5.30 – 7.30 | 5.00 – 7.00 |
| Saturday | 6.00 – 9.00 (Tollcross) | |

Gold Squad ---- Georgena Craig

| | | |
|-----------|----------------|-------------|
| Monday | 5.00 – 7.00 | Knightswood |
| Tuesday | 5.00 – 6.30 | Drumchapel |
| Wednesday | 5.00 – 7.00 | Knightswood |
| Friday | 5.00 – 6.30 | Drumchapel |
| Saturday | 6.00 – 9.00 am | Tollcross |

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GORBALS

Transition Squad ----- Paul Donald

Monday 6.00 – 7.00pm
 Tuesday 6.00 – 7.00pm

Bronze Squad ----- Paul Donald

Monday 7.00 - 8.00pm
 Tuesday 7.00 – 8.00pm
 Thursday 7.30 - 9.00pm

Silver Squad ----- Paul Donald

Monday 7.00 – 9.00pm
 Tuesday 7.00 – 9.00pm
 Thursday 7.30 – 9.00pm

Club Group ---- Paul Donald

Monday 8.00 – 9.00pm

SPRINGBURN

Bronze Squad ---- Caroline Donald

Monday 5.00 – 6.30pm
 Wednesday 5.00 – 6.30pm
 Saturday 7.30 – 9.00am (Scotstoun)

Silver Squad ---- Caroline Donald

Monday 5.00 - 6.30pm
 Wednesday 5.00 – 6.30pm
 Saturday 7.00 - 9.00am (Scotstoun)
 Sunday 4.00 - 6.00pm (Scotstoun)

Transition ---- Caroline Donald

Monday 5.00 – 6.30pm
 Wednesday 5.00 – 6.30pm

TOLLCROSS

Bronze Squad ---- Michelle Bryce

Tuesday 6.45 – 8.30pm
 Thursday 4.15 – 6.00pm
 Sunday 5.00 – 7.00pm

Silver Squad ---- Alan Duff

Monday 7.00 - 8.30pm
 Wednesday 7.00 – 8.30pm

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Friday 7.00 - 8.30pm
 Sunday 6.00 - 7.00pm

Gold Squad ---- Greg Orphanides

Monday 5.30 – 7.00 am
 7.00 – 8.30pm
 Tuesday 7.00 – 8.30pm
 Friday 7.00 – 8.30pm
 Saturday 6.00- -9.00am
 Sunday 5.00 – 7.00pm

National ---- Steve Hill

| | AM | PM |
|-----------|-------------|-------------|
| Monday | 5.30 – 7.30 | 5.00 – 7.00 |
| Tuesday | 5.30 – 7.30 | 5.00 – 7.00 |
| Wednesday | | 5.00 - 7.00 |
| Thursday | 5.30 – 7.30 | 4.00 – 6.00 |
| Friday | 5.30 – 7.30 | 5.00 – 7.00 |
| Saturday | 6.00 – 9.00 | |

National Age Group ---- Louise Clayton

| | AM | PM |
|-----------|-------------|-------------|
| Monday | 5.30 - 7.30 | 5.00 – 7.00 |
| Tuesday | 5.30 – 7.30 | 5.00 – 7.00 |
| Wednesday | | 5.00 – 7.00 |
| Thursday | 5.30 – 7.30 | |
| Friday | 5.30 – 7.30 | 5.00 – 7.00 |
| Saturday | 6.00 – 9.00 | |

National Development ---- Alan Duff

| | AM | PM |
|----------|-------------|-------------|
| Monday | | 5.00 – 7.00 |
| Tuesday | 5.30 – 7.30 | 5.00 – 7.00 |
| Thursday | 5.30 – 7.30 | 4.00 – 6.00 |
| Friday | 5.30 – 7.30 | 5.00 – 7.00 |
| Saturday | 6.00 – 9.00 | |

Transition Training Times

Tollcross:

Coach Greg Orphanides
 Wednesday 7.00pm – 8.30pm
 Sunday 5.00pm – 7.00pm

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Knightswood:

Coach Graeme Dodd
Tuesday 5.00pm – 6.00pm
Friday 5.00pm – 6.00pm

Gorbals:

Coach Paul Donald
Monday 6.00pm – 7.00pm
Tuesday 6.00pm – 7.00pm

Springburn:

Coach Caroline Donald
Monday 5.00pm – 6.00pm
Wednesday 5.00pm – 6.00pm

Registration & Training Fees 2004-2005

| GROUP | <u>REGISTRATION FEE</u> | MONTHLY TRAINING FEES |
|----------------------|--------------------------------|------------------------------|
| SENIOR | £40 | £22 |
| NATIONAL | £40 | £38 |
| NATIONAL DEVELOPMENT | £40 | £30 |
| NATIONAL AGE GROUP | £40 | £34 |
| SENIOR/GOLD PLUS | £40 | £22 |
| GOLD | £40 | £20 |
| SILVER | £40 | £16 |
| BRONZE | £40 | £14 |
| CLUB | £40 | £10 |
| MASTERS | £40 | £20 |
| EXILES | £20 | 0 |

TRANSITION FEE:

8-WEEK BLOCK OF TRAINING - £25 per block

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Issues at Tollcross

The committee recently met with Glasgow City Council senior staff to discuss the matters raised in our recent letter regarding access and cleanliness at Tollcross. This meeting was a success and the committee felt there had already been improvements in the areas covered by the letter and that any subsequent problems would be dealt with more timeously.

OTHER POINTS OF INTEREST

Meet Entry

The meet secretaries have asked that I explain to any of our swimmers and parents who are entering competitions for the first time that the closing date printed on the bottom of the entry form must be adhered to, otherwise the entry secretary will refuse to accept your entry. The meet information sent out by all clubs clearly states closing dates for entries and our meet secretaries must process all our entries and submit them on a disc and it would be unfair for one person to hold up all other entries, which may then be rejected due to lateness. It is also imperative that all entries are paid for in advance and again the entry secretary will refuse to accept your entry unless payment is enclosed.

Thank you for your co-operation in this matter

Code of Conduct

Also attached to the back of this newsletter you will find copies of the club's code of conduct, which every club member needs to read and sign. Signed copies should be returned to our administrator Cathie who will keep the forms on file.

The behaviour of our swimmers at meets is a reflection on the club and it is essential that all swimmers behave in the appropriate manner.

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Due to the recent new coaching contracts there have been some additions to the coaches at City of Glasgow. This month I will introduce one of them and next month I will feature another new coach.

National Development Coach at Tollcross



Welcome to our new National Development coach at Tollcross. His name is Alan Duff and he is 29 years old. He originally became interested in swimming when he started as a lifeguard at Dunoon swimming pool. In 1997 Alan went out to America to work at a summer camp as a lifeguard and swim instructor. He attended these summer camps in New Hampshire over a period of 6 years and eventually ended up running the entire summer programmes.

Alan has swam and coached at club level for Dunoon Amateur Swimming Club, swimming alongside his good friend James Black, Susan's brother under the guidance of Bill Douglas and Elspeth Black.

He has represented Dunoon at a European Festival in Greece, which was his best and most enjoyable swim.

Alan is also interested in playing rugby and he plays competitively for Cowal Rugby Club and he has also played for the Scottish National Development Squad.

Here are a few of Alan's other favourite things:

| | |
|--------------------------------|------------------------------------|
| Favourite Music: | Stereophonics and Snow Patrol |
| TV: | he likes most soaps |
| Favourite Film: | Back to the Future and the Goonies |
| Favourite Food: | Any spicy food |
| Favourite Football Team: | Rangers |
| Favourite Non-Alcoholic Drink: | Apple and Mango Fruit Juice |
| Favourite Place Abroad: | Florida and New York |
| Best Swimmer: | Thorpedo |
| Person Most like to Meet: | Rachael Stevens |