

# News Splash

Summer 2004

## Forthcoming Meet Dates

ASA Nationals (Manchester)	16 <sup>th</sup> – 18 <sup>th</sup> July
ASA National Age Group (Sheffield)	29 <sup>th</sup> – 1 <sup>st</sup> Aug
ASA Youth Championship (Sheffield)	2 <sup>nd</sup> – 5 <sup>th</sup> Aug
Olympic Games (Athens)	14 <sup>th</sup> – 21 <sup>st</sup> Aug
British Short Course Championships	26 <sup>th</sup> – 29 <sup>th</sup> Aug

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 25<sup>th</sup> July. 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.

## REMINDER

Some children are continuing to wear football tops to training and the committee would like to remind all concerned that this form of dress **is not allowed to be worn, when attending training sessions or swim meets.**

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## SPONSORED SWIM - CHALLENGE RACE

Date - 29<sup>th</sup> May 2004    Venue - Tollcross Leisure Centre

The atmosphere was electric and the tension mounted as members of both teams were introduced to the huge crowd of spectators!



The coaches were obviously feeling the pressure of imminent defeat from the young swimmers and tried some tactics to put off their young opponents.

The swimmers took the lead early on and despite foul play by the coaches managed to hold on to their lead throughout the competition.



The last leg of the relay and Katy Finnegan dives in to bring the team home in spectacular style, winning by at least half a length over her opponent James Leitch.

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Stephen Hill our Head Coach presented the winning team with their individual shields.



The young team captain (Dean Stevenson - Bronze Squad) was presented with the 'Challenge Shield' by our Head Coach and holds it high for all the swimmers to see.

The coaches gracious in defeat pose for a team photo after receiving their second place certificates.

A spokesperson for the team said that they would train more for next year's event and victory would be theirs!!



This was a great event, which as well as raising much needed funds was thoroughly enjoyed by swimmers and spectators alike. Hopefully next year will be just as good.

Many thanks to John Officer for organising the event and thanks to Mrs Officer (His Mum) for donating the shields and trophy.

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## Annual General Meeting

The AGM was held on 27<sup>th</sup> May at Scotstoun. Many thanks to the few parents who attended. The annual accounts are much improved this year with the large deficit from the last few years slowly being cleared. This has been largely due to the hard work of the committee over the last two years and with the majority of fees now being paid on time etc. The Head Coach has been delighted with the success of the Swim Team in the year 2003 – 2004 and wishes for continued success over the forthcoming season. The new committee were nominated and accepted by those present and a warm welcome was given to the new people who wished to join the committee. Unfortunately most of the committee come from the same swimming pool and it would have been better if people from every pool had felt it was important enough for them to join the committee.

Minutes of the AGM will be available from Cathie Robertson for anyone who wishes them.

The following people are your new committee for the year 2004 – 2005:

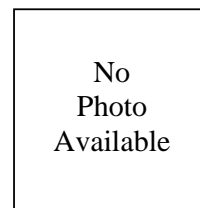


Liz Spalding  
Secretary

Willie McIntosh  
Vice chair



Pearl Punshon  
Treasurer



Chris Veitch  
Ass. Treasurer

Tom McKay  
Sponsorship/fundraising



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Linda Walsh  
Club Database/Entry Secretary

Norah Finnegan  
Entry Secretary



John Officer  
Local Sponsorship/  
Fundraising

Angela Holmes  
Swim Shop

No  
Photo  
Available

No  
Photo  
Available

Eugene Doherty  
Meet Entry  
Co-ordinator

Donnie MacLean  
Meet Director



Other areas of importance to the smooth running of the club have the following volunteers:

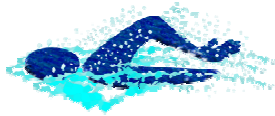
**Entry Secretaries:** Norah Finnegan  
Linda Walsh  
Julie Somerville

**Website:** James O'Prey

**Officials  
Co-ordinator:** Tom Punshon

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## Mini League Final



Following an exciting final in Ayr on Saturday 5<sup>th</sup> June the scores were:



<b>City of Glasgow</b>	<b>233</b>
North Ayrshire	208
West Dunbartonshire	156
Ren 96	143
Milngavie & Bearsden	112
South Ayrshire	104

CONGRATULATIONS AND WELL DONE TO ALL THE SWIMMERS WHO  
TOOK PART IN THE LEAGUE MATCHES

I WOULD LIKE TO THANK ALL THE PARENTS AND COACHES WHO  
HELPED OUT IN VARIOUS AREAS OVER THE FOUR MATCHES.

THE TROPHY WILL BE RETURNED TO THE TROPHY CABINET AT  
TOLLCROSS, ONCE IT HAS BEEN ENGRAVED.

**Louise Clayton**  
Ass Head Coach



**Mini League Champions 2004**

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## Home Meet 22<sup>nd</sup> & 23<sup>rd</sup> May

This meet was a great success and thoroughly enjoyed by all the various clubs that attended. The committee would like to thank those few parents that volunteered to help, because without their help the meet would not have run so smoothly. Nevertheless there was still shortage of help in many areas. It is sad to note that help came from outside the club in areas where we had limited parental input e.g. the omega suite. However we will not let this affect the general feeling that the meet was a huge success.

The referee for the meet was very impressed with the organisation of the event and has recommended that accreditation be granted for all four sessions. The final total of monies is not quite sorted yet as we are still waiting for a final catering bill.

### A few words from our Head Coach.

Just a short note in response to the City of Glasgow's 'Last Chance Meet' which was held on the 22<sup>nd</sup> and 23<sup>rd</sup> May 2004. One of the first steps towards being successful is to recognise an opportunity when it is presented, the foresight of the committee to recognise the need for a meet like this is to be highly commended.

I have heard nothing but high praise not only for the running of the meet but also of the actual programme that was presented. At a recent Scottish Swimming technical Committee meeting in Stirling on Wednesday 2<sup>nd</sup> June there was only praise for the success of this event so much so that Scottish Swimming have asked that this meet be a permanent fixture on the calendar in coming years.

Another step towards being successful is acquiring the ability to learn from failure and to respond with heightened enthusiasm and determination. (I can honestly say that this was the case at this meet as in the past previous committees have ran similar meets over the years and made no profit at all, some even ran at a loss!!)

I would like to thank every City of Glasgow Swim Team parent and child who helped make this meet such a success, without your help we could not have been able to run this meet.

*Stephen Hill*

Head Coach

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## Best Open Water Club in GB

City of Glasgow Swim Team had an excellent start to the open water season, by winning four of the eighteen medals from the British Championships in Nottingham June 2004.

We have had great open water swimmers, Greg Orphanides (World and European Championship swimmer and winner of the 5k indoor British Championships), James Leitch (World and European Championship swimmer and winner of 3 British Open Water Championships) not to mention Susan Black, Jamie Forrest or Jennie McKie (all in the Scottish team). However the results from this years British Championships showed that Glasgow have great strength and depth of talented distance swimmers and proved that they are the best open water club in Great Britain.

Martin Doherty was the surprise first medal winner in the junior boys 3k event, as this was only his second open water event ever. He competed very well and was fighting for second place in the closing 200m, but just got touched out for the silver, by someone almost twice the size of him, by the narrowest of margins. An excellent achievement for a 15 year old competing in the 17 and under event.

The British 10k event had Glasgow written all over it. All competitors started at the same time (men and women), but 4 boys were clearly in the lead from the start and stayed together for the first 5k of the race, when John Owen (bronze medal winner for the 5k) had to retire suffering from the cold, realistically leaving only 3 competing for the championship. David Proud (silver medal winner and World Championship qualifier) then set off at the 6k mark never to be caught, leaving James (Leitch) and Jamie (Forrest) fighting for silver and bronze. Jamie pushed past at the 7k mark and also never looked back and collected the silver medal only 21/2 minutes behind David. James took third place 30 seconds behind Jamie. Susan Black had an amazing result with silver in the women's 10k, after a bad start she had to work her way up the field to finish only 20 seconds behind Heather Fredrikson.

The result could have Glasgow swimmers representing Great Britain at International events over the next year.

Well done to all nine competitors who represented Glasgow at this event, as every swimmer made improvements, at the best Open Water competition in Great Britain 2004. I know most swimmers will now be looking to the A.S.A. Championships in the same venue later on this year. (13/14 - 1500m, 15/16 - 1750m, 17/24 - 2000m)

It is very noticeable that Glasgow swimmers are being successful in open water, if you want further information then please contact your coach, who will decide if you could be considered for this kind of event.

James Leitch

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## **Fines Unlimited (Almost)**

There have been problems with getting enough technical officials at some recent West District events for the meet to be accredited. Times obtained at a meet that is not accredited cannot be used for entering events such as the Scottish Winter meet in Inverness, or for the Scottish Nationals in the summer. In order to improve matters, the district are now strictly enforcing the requirement for clubs to supply judges as well as timekeepers at West District events, and are increasing the fine to £50 per session for each missing official.

City of Glasgow could be fined as much as £400 for each West District weekend. In order to avoid the fine, we need to supply one timekeeper and one judge for each session. Whilst it is relatively easy to arrange timekeepers, as the club currently only has three judges, we may not be able to avoid the fines for judges. The club has an immediate need for more people to become qualified as judges.

### **How do I become a judge?**

You start by becoming a Club Timekeeper - you attend a training session arranged by the club. This involves about 1 hour of theory followed by a practical session using a stopwatch. The club organises these training sessions whenever sufficient people want to be trained. If you are interested, please speak to Tom Punshon.

Once you have passed the Club Timekeepers course, you apply to be a SASA Registered Timekeeper - you complete an application form and then attend 10 sessions as a Timekeeper or Chief Timekeeper.

To become a Judge, you take an exam and complete 12 sessions poolside. The exam takes place in May and November each year. You will be given a set of notes and invited to one or more West District training sessions prior to taking the exam. Applications for the May exam need to be in by the beginning of March and for the November exam by the beginning of September.

If you want to know more about being a technical official, please feel free to ask Tom Punshon or Paul Humphreys (or Rae Humphreys, Donnie McLean or Norah Finnegan).

Paul Humphreys

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## Warm Weather Camp

The Head Coach intends to hold a warm weather camp to Paphos, Cyprus in October this year.

The following swimmers have been chosen to go: -

Rebecca Cooke

Suzanne Robertson

Jamie Forrest

Alistair Reid

Michael Jamieson

Michael Lynch

Rona Keay

David Shewan

Judi Humphreys

Ruth MacLean

Katie Spalding

Fiona O'Prey

Ross Taylor

Vicky Officer

Abigail McLellan

Sarah MacLean

**The only criteria used for selection for this trip has been the attitude and commitment of the swimmers over the last 12 months. The decisions regarding the warm weather camp rests solely with the head coach Stephen Hill. If anyone has any questions regarding the camp or selections then please speak to Stephen.**



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## **Scottish National Open and Age Group Championships Tollcross, 29 June- 4 July 2004**

City of Glasgow swim Team had a successful week at the Scottish National and Age Group Championships at our home pool at Tollcross.

Glasgow swimmers won 10 National, Open or National Age Group Championships, accumulating 11 gold, 17 silver and 14 bronze medals.

The club also had several swimmers placed in the top 10 finishes, giving an overall top ten finishes of 116.

The club won the West District Trophy and was the third best team overall.

This was a tremendous achievement for the club and surpassed any results from the last few years.

Well done to all who took part.

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## Other Points of Interest

### Issues at Tollcross

The committee recently wrote to several senior members of Glasgow City Council and Management at Tollcross with regards to the problems since the termination of the night shift contracts. A meeting now has to be set up in order to discuss the points raised in the letter and we will keep you informed of the outcome.

### New Coaching Contacts

There were interviews held for all coaching jobs last month and details of appointments will be given as soon as possible.

### Team Kits

The committee is currently looking at new suppliers for some of our kit, mainly the tracksuit, and the possibility of offering a hooded sweatshirt with club logo embroidered on it. We will advise of any changes once all quotes have been received.

Again there has been a suggestion that parents may want to sell outgrown tracksuits etc if anyone is interested in this please contact a member of the committee.

### Items for Newsletter

Anyone with any points they wish raised or any items of news for the newsletter please feel free to contact Liz Spalding (0141 772 6399).

In order to make the newsletter more appealing to the younger readers!! I will be including some word searches etc in the next issue.