

News Splash

March 2005

Forthcoming Meet Dates

GB Championships/Trials (Manchester)	16 th – 20 th March
Sheffield	1 st – 3 rd April
Mini League (Bishopbriggs)	10 th April
Alloa Graded	16 th & 17 th April
Edinburgh International	16 th & 17 th April
South Ayrshire Open Meet	23 rd & 24 th April
West Districts LC (East Kilbride)	6 th , 7 th & 8 th May
COGST Open LC	28 th & 29 th May

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 27th March, 24th April & 22nd May. 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.

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Fundraising

The City of Glasgow swim Team is holding a bag packing session on Saturday 16th April. **It is important as many swimmers help out as possible to raise these much-needed funds.** Anyone wishing to volunteer should please contact Cathie Robertson.

Unfortunately there are also two meets on this same weekend, however we are trying to raise another date for bag packing for those who were unable to attend the above date due to competing in the meets.

Sponsored Swim



We are intending to hold our sponsored swim again this year and hopefully it will be as great a success as last year. It will be the same format as before, which is that every child will swim 40 lengths of a 25 m pool = 1000 metres.

This event will not be about how fast your child can swim but about how much sponsorship they can raise. Due to the size of the club it has been decided that the swims should take place during each squad's normal training times starting the week commencing 18th April. The child that raises the most money in each squad will be invited to swim against a coaches' team at Tollcross during time trials in May.

For the relay, each child will swim 50 m freestyle and the coaches' team will incur a 15 sec time delay for each leg of their relay. Each child involved in the relay will receive a shield (win or lose) and there will also be a trophy presented to the winning team, which will be engraved and displayed in the trophy cabinet at Tollcross.

All sponsor money must be returned by 6th May 2004.

**Please return sponsor money to either Cathie Robertson or a
Committee Member**

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City of Glasgow Home Meets

January Graded Meet

The January Graded Meet was a huge success and many thanks to those involved for their extremely hard work in making the day the success it was.

On the day there were some tremendous comments of support for the professional way the meet was organised and ran which is wonderful for the image of City of Glasgow Swim Team.

Long Course Open Meet

We are currently planning our next meet on the 28th & 29th May. This is the last competition for those seeking English National times and will therefore be a very busy meet, with swimmers coming from all over the UK.

(I feel I constantly repeat the following words before every meet however we are still lacking in volunteers - *Editor.*)

These meets are a way of raising desperately needed funds for the club and it is essential that parents and swimmers volunteer to help. The running costs for this meet will be double those of the one-day meet in January and pool hire alone will be around £5,500. It is therefore essential that everyone in the club help to make this a successful fundraising venture as well as a successful meet for those swimming.

Remember volunteering is about coming forward and offering help – not waiting to be asked!!

Anyone who would like to help can contact the Meet Director – Donnie MacLean or contact any member of the committee.

There will be a volunteer form requesting help on the back of the entry forms for all eligible swimmers, please ensure you take the time to look at it and fill it in before returning your entries.

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Tombola

Many many thanks to everyone who donated something for the Tombola at the January Meet, this was one of the most successful tombolas held raising slightly in excess of £340. It would be fantastic if we could improve on this at our May Meet, remembering it runs over two days!

Any contributions for the raffle or tombola can be given to Cathie Robertson or a committee member or coach. Although it seems a long way away, May will be here before you know it!

The Committee are currently targeting companies in the area for sponsorship for this event.

If anyone knows of someone who may be interested in sponsoring then please contact either Cathie Robertson, Liz Spalding or John Officer for more details. The following packages are available for inclusion in the programme.

There are three options for advertising within the programme:

1. For £25 your company can sponsor an event, which would ensure that your company name was inserted in the programme beside a particular event e.g. 200 Butterfly (male) – sponsored by *company name inserted here*.
2. For £50 your company could place a ½ page advert incorporated within the programme – which could include any details, product information etc that you require.
3. For £100 your company could place a full-page advert incorporated within the programme – again including whatever details you require.

The contents of any advertisement would need to be decided by the company, it can include graphics as well as company logos etc. these details would need to be emailed to the programme designer in plenty of time to be incorporated within the programme.



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Sponsorship

Over the last year a lot of time and effort has been spent creating a business model to produce and initiate a City of Glasgow Swim Team folder and sponsorship package to small and medium businesses primarily within the Greater Glasgow catchment area.

This aim of this sponsorship package is to try and evoke some form of relationships with companies, where they can utilise various modes of advertising through the City of Glasgow Swim team and we can bring additional income into the club. The overall objective is to assist in the swim team development over the coming years.

We are under no illusion that this will be a difficult task, however we believe that we have structured a business opportunity to companies where they can get excellent brand exposure and advertising opportunities to market their products and services. We appreciate that companies need to get a return for their investment however we have a lot to offer and each company that will be associated with a vibrant, healthy, very successful and growing swim team.

In January and May each year our City of Glasgow Swim Team meets attract clubs from the length and breadth of the U.K. Thousands of spectators are accumulating at Tollcross, Glasgow is benefiting in many different ways from this, however we as a swim team need to start capitalising on this and we can through the sponsorship opportunity we can sell to businesses. Added to this, we have a fantastic web site at www.swimglasgow.co.uk that has had more than 80,000 hits from conception

Our swim team is associated across four separate pools within Glasgow, the children and coaches represent the swim team within the City of Glasgow, Scotland, the U.K. and even abroad. Swimming is increasing in popularity, the City of Glasgow Swim Team, have created a reputation as being one of the top swim teams within the U.K. This does not come easily; it is accomplished through consistent hard work and dedication from the children, coaching staff, all parents, committee members and support from Glasgow City Council.

Our objective is not to stand still; we must grow, not necessarily through increased numbers, but through an environment that creates opportunity, increased quality and support for our swimmers to make them the best they can be. This will take additional time, money, equipment and resource, something we can only achieve through our own fundraising and external sponsorship relationships.

In setting out to achieve the above, last years committee set up a Sponsorship Team in order to facilitate a stepped process of;

- 1 Securing sponsors for the graphical design and production of 1000 professional looking City of Glasgow Swim Team folders. This folders primary purpose was for the containment of sponsorship literature, profile on the swim team and a covering letter.

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Sponsorship Continued

- 2 Having achieved step 1, gain approval from Glasgow Council on the folder and sponsorship packages contents.
- 3 Take to market and initiate a Sponsorship Package campaign to 400 businesses. Hold an open night, offering business an opportunity to see the club training, meet the committee to discuss the offer of the sponsorship package in more detail.

Within step 1 we targeted 200 printing / graphical design companies. Our objective was to secure sponsors for the graphical design and production of 1000 professional looking City of Glasgow Swim Team folders. In the end we were fortunate to receive sponsorship via B&S Graphics, Somerville Creations, City Print Services, part of the Montgomery Litho Group of companies and Glasgow City Council. Our folders came off the printing press last week and we are absolutely delighted with the finished article. We would like to once again take this opportunity to thank these companies for their contribution and time in compiling the folder and ultimately being associated with the City of Glasgow Swim Team.

In return for their efforts we acknowledged their sponsorship within the new folder, we will promote their branded logo, products and services within our excellent web site www.swimglasgow.co.uk and give advertising space within our two swim meet programmes and one monthly news splash newsletter.

We are currently at step 2, the sponsorship packages are currently awaiting final approval from Glasgow City Council. We anticipate this approval will be given by the month end, thereafter we will target commercial business with sponsorship packages that are commercially tiered in order to fit the budget constraints of small to medium/ Large businesses.

Stage 3 can hopefully commence next month, therefore it is important that if any swim team member knows someone who has a small to medium / large sized business, that may be interested in sponsoring the team, then please don't hesitate to contact Tom Mackay on 01236 436601 or email t.mackay@ntlworld.com , alternatively Cathy Robertson at the swim team office on 0141 287 5447 or email via COGSTOFFICE@aol.com , for more details.

We have outlined some of our packages below; these could be subject to change, pending approval from Glasgow City council.



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All of the below is subject to Glasgow City Council approval and subject to change.

Package A -

Web Page Insert
January Meet Programme Insert
May Meet Programme Insert
Newsletter Monthly Feature

Package B -(Inclusive of Package A)

Scoreboard Logo Advertising at swim meets
Scoreboard Logo Advertising during training sessions
Notice Board Advertising across Pool/s

Package C -(Inclusive of Package A&B)

COGST 2m x 3m Display Stand - Side Panel Logo Advertising
COGST "Home" Web Page - Banner Advertising
COGST Web Page - Sponsors Link

Package D -(Inclusive of Package A, B, & C)

1 - 3m x 4m Mid Pool Banner @ COGST Pool excluding Tollcross, (design and format to be determined)

Package E - (Inclusive of Package A, B, C & D)

1 - 3m x 4m Mid Pool Banner @ Tollcross
(Design and format to be determined)

Copies of the front and back pages of the folder are included on the next two pages.

Tom MacKay
Sponsor/Fundraising

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www.swimglasgow.co.uk

MASTERS
JUNIORS
YOUTHS
WORLD CHAMPIONSHIPS
COMMONWEALTH
NATIONALS
OLYMPICS
SENIORS

CITY OF
GLASGOW
SWIM TEAM

CITY OF GLASGOW SWIM TEAM
20 Trongate Glasgow G1 5ES Telephone 0141 287 5447
www.swimglasgow.co.uk

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This is important for all swimmers and parents to read:

AWAY MEETS

At swim meets it is **VERY IMPORTANT** that you sit with the Coaching Staff and your Team-mates for obvious reasons, (being told how coach wants you to swim etc). There is **NO** reason to sit with your parents you can do that at home.

It is very important at meets that you wear City of Glasgow kit. We cannot expect people to think we are the most professional team in Scotland if we don't look it. Especially during medal ceremonies.

Make sure you stretch, warm up properly and complete what your Coach wants you to do and try not to stop too often.

It is important that you speak to your Coach before and after your race. You can discuss the race with your parents on the way home.

After your race is finished and you have discussed your event with your Coach, go straight to the swim down pool and do the swim down your Coach has asked you to complete. If there is no swim down pool, go straight in to the shower.

The City of Glasgow is **ONE** team, it doesn't matter where you do your workouts, when we are at Swim Meets you cheer on **ALL** swimmers from the Club, not just the ones you train with.

Smile, be happy and enjoy your time at meets, it was your choice to be there.

Make sure you have the right food and fluids for a swim meet. Please make sure you put all your rubbish in the bins provided for you, it is not the Coaches or your Team-mates job to pick up your rubbish.

Make sure you are professional to other teams; applaud good swims from all swimmers.

When you are representing the City of Glasgow Swim Team at home meets or away, always be on your best behaviour.

Don't get upset if you don't do PB's every swim, no one does that, but make sure you learn from your race.

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Every time you compete, you should talk to your Coach and they will tell you what they saw in the race, and you should tell them what your thoughts were. From this you should be able to improve the next time you race.

Remember it is very important that you always take a positive out of every race.

It is helpful for the swimmers to know what event they are swimming on the day of the competition – this information is noted on the entry form returned to you prior to every meet.

From

All Coaches

Other Items

Anyone with any articles for the newsletter please contact a committee member or if anyone wishes to have a go at producing a newsletter then please contact Liz Spalding.

For your interest a copy of the qualifying times for English Nationals is attached to the back of the newsletter. Unfortunately the qualifying times for the Scottish are not yet available but will hopefully be included next month.

Club Hoodies

As some of you are aware the club was trying to organise a hooded sweatshirt in our club kit. However we were let down by our supplier and the quality of the Hoodies ordered were not of the quality that had been agreed. These have since been returned to the manufacturer and we are currently looking for other suppliers. If any parent owns a textile company or similar and would possibly be interested in supplying good quality hooded sweatshirts at a reasonable price, then please contact a member of the committee.

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Code of Conduct

The behaviour of our swimmers both at home and at away meets is of paramount importance to the committee. The City of Glasgow Swim Team wishes to project an image that makes the sport, community and the whole of the city proud of us as a team.

With this in mind every swimmer will be asked to fill in a code of conduct form. Any behaviour, which is in breach of this Code of Conduct, may result in disciplinary action depending on the severity and frequency of the incident(s). Hopefully the signing of this document and the heightened awareness that behaviour needs to improve will result in the desired outcome.

The Code of Conduct form will be introduced shortly.

Scottish National Open and Age Group Championships 2005

The consideration and qualification times are now available for this event and I have attached a copy on the back of the newsletter.

Swimmers Database

If you wish your child's times to be up-dated following competitions it is important that at least one set of parents bring home results from the meet. Not every club posts their results on the Scottish Swim Meet Result Service or indeed post copies of times to each club that entered the meet. These results should then be made available to Linda Walsh our database administrator, so that she can update the times as required. If results are not available following meets then it is impossible for the database to be updated efficiently.

Thanks in anticipation for your help with this problem.

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COMPETITION PAGES

Walking the Dog (10 and under)

Three dogs are being taken for a walk by their owners. From the picture and clues can you match the position of each dog (A,B,C) with its name, the name of its owner and the house number where each owner lives (18,20,22)?



A

B

C

1. The owner of the dog pictured at A lives in a house with a higher number than the house where the owner of Lucky lives but a lower number than the house where the owner named Helen lives.
2. Rover has run away from his owner who lives at number 22.
3. The owner named Susan is pictured wearing sunglasses.
4. One of the dogs is called Fido and one of the owners is named Kate.










Position	A	B	C
Dog's Name			
Owner's Name			
House Number			

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Trophy Cabinet (for 11 and upwards)

Fielding College has a fine history of sporting achievement and a number of its major trophies are proudly displayed in the cabinet below. Can you match the position of each trophy (1-9) with the sport it was awarded for and the year it was won?

Years: 1982 1984 1986 1987 1992 1994 1995 1996 1999

1 	2 	3 	Pos	Sport	Date
4 	5 	6 			
7 	8 	9 			

1. The rowing trophy was won ten years earlier than the football trophy and both are in opposite diagonal corners.
2. The tennis trophy is right of and immediately next to the trophy won in 1995, which is directly above the trophy won for athletics in 1996.
3. The rugby trophy is immediately next to and left of the cricket trophy, which is in the opposite diagonal corner to the trophy won ten years later.
4. The hockey trophy was won four years later than the swimming trophy and both are on the same shelf but not immediately next to each other.
5. The gymnastics trophy (won five years earlier than the one immediately above it) is immediately next to the trophy won two years later.

Solutions and winners names will be printed next month. Winner in each age will be picked at random from all correct entries. All entries to be sent to:

Liz Spalding
 C/O COGST
 20 Trongate
 Glasgow
 G1 5ES