

FAST

November Newsletter 2008

Dear Parents and Swimmers,

Welcome to our final Newsletter of the year, can you believe it is nearly Christmas??

A big **Thanks** goes out to the coaches and poolside helpers who have helped to make 2008 a very successful year for FAST. Not forgetting the commitment from all parents who support their children by bringing them to the Club every week.

Session Dates and holidays

Please make a note of the following dates in your diary. Where no date is mentioned, this means that training is on as normal.

Sun 28th/Mon 29th Dec (no swimming)

Sun 4th January 2009 (resumes)

Other dates for the diary

FAST AGM & Social:

3rd December at 7.30pm at South Queensferry Bowling Club, Stoneycroft Lane (off Station Road) at 7.30pm

Time Trials:

Sun 7th December

Xmas party:

Sun 14th December at 3pm– Ten pin bowling party at the Bowl Plex, Dunfermline. Please drop your child/children off at 3pm and pick up at 5:30pm from Bowl Plex. We plan to play two games followed by something to eat plus a presentation. Please hand back the return slips which have been given out including £5 per child attending.

New Members

FAST is very happy to welcome the following new members who have joined since August:

Blue Squad: Erin Burden

Green Squad: Michael McRoberts

Yellow Squad: Cameron Comrie

Red Squad: Duncan Lyle, Alexander Melville, Eilidh Lyle, Chantelle Speight, Jack Wilkinson, Catriona McRoberts, Erin Mitchell and Alexia Melville.

Friendly Gala

The plans to organise a friendly gala with Kirkcaldy swimming club in Fife have been postponed until January due to a busy December schedule. Watch this space for more information.

Best Boy/Girl Awards

The coaches have decided to introduce a best boy and girl award which reflects the improvements made to swimming technique, swim times, attendance and behaviour. The first awards were announced on 5th October and were awarded to

Jamie Burke- 1st Amy Grant – 1st

Stephen McRae- 2nd Aiesha Cook – 2nd

Ross Clarke-3rd Holly Urquhart – 3rd

Congratulations!

Equipment Update

As you know FAST has purchased and installed our first proper starting block. The Club has now been very successful in being awarded another grant of £750 from BAA Edinburgh Airport which will allow us to purchase starting block number 2.

AGM

Congratulations to our current Committee and Coaches who have worked successfully together over the last 12 months to develop FAST into the thriving Club it is today.

Our next **AGM is on 3rd December at 7.30pm in South Queensferry Bowling Club.** The AGM is a

mandatory part of the club's constitution and is required by all clubs affiliated to SASA. Any proposed amendments to the club constitution and/or byelaws or any proposed motions should be emailed to the club secretary Tracey McRae on traceymcrae_photos@yahoo.co.uk.

Office bearers will give their reports and will be forming a new committee. The club is looking for nominations for the following positions: Chairman, Vice-Chairman, Secretary, Treasurer, Child Protection Officer, general committee members.

Please consider joining the committee and offering your services. A strong committee is essential to ensuring the success of the club. The AGM is also an ideal opportunity to come and share your ideas and views about FAST.

The AGM will be followed by an informal, but fun social evening. Please come and give your support.

Val is moving on!

It is with sadness that we announce that Val Wright, our Head Coach will be leaving FAST at the end of November. Val is moving on to warmer climes and has accepted a wonderful position as swimming coach at Intercontinental Resorts, Muscat in Oman. Although we are very sad to lose such a great coach, this is an exciting opportunity for Val and we wish her all the very best for the future. FAST has made great strides since Val got involved in the spring of 2007 with a coaching structure now in place and a team of volunteers developed under Val's guidance and supervision. We will all miss you Val but hope you will stay in touch to hear about the progress our swimmers are making. Thanks for all that you've done at FAST.

Coaching

Ross Denver who has been a valued poolside helper at FAST plans to do his UK Coaching Certificate (UKCC) Level 1 Teaching Aquatics Course in January 2009. Good luck Ross!

Christmas Celebrations

Forth Dimensions, the local theatre company are putting on a Xmas Panto – Bonnie and the Beastie. Two FAST members are in the cast, Huw Thomas, our Chairperson and Holly Urquhart, one of our swimmers.

The panto runs from Tuesday 9th Dec until Sat 13th at the Scout Hall, Port Edgar. It would be great to go along and support Huw, Holly and this local group.

Have a great Christmas,

The FAST Committee