

# FAST

Newsletter

Issue 3, February 2006

## Ferry Amateur Swimming Team

### In the News

Just in case you missed the January edition of the Queensferry Gazette there was a good report on our Gala and Christmas party. Again a big thanks to everyone who made those events the success they were. A copy of the article can be found on our website.

[www.fastswimmers.co.uk](http://www.fastswimmers.co.uk)

### Gala results

We had our first official Gala – Livingston & District Dolphins Develop Gala. Everyone swam beyond expectations, with all swimmers obtaining personal best times. Congratulations to those who took part. Also a big thank you to all the parents who came along to support the swimmers and the club. SEE OVER for a full report from Maureen.....

### Squad promotions

I am very pleased to announce that Erin Burden, Jennifer Newstead and Lynsey Miller have been promoted up to Green Squad. Well done all of you - Keep up all the hard work. Jamie Burke is also coming to the second yellow squad session as he has shown great improvement over the last few weeks - well done Jamie.

I am also pleased to welcome Cherise McIntosh, Kayleigh Singer and Jamie Beveridge from Red Squad.

Well done everyone

Maureen Ramsay

Yellow Squad Coach

Swim hard as you too will be moved up!



### Best boy and best girl

This month's (February) winners were **Alan Scott and Kirsty Picton**. Well done to both of those swimmers. Just in case you did not know the best boy and best girl trophies are awarded monthly to the

swimmers that show the most improved attitude, swimming, attendance, and all round club member. Come often and with the right Positive Mental Attitude you will be the next to win.



### Volunteers - timekeepers

We need your help! The club is growing fast and we need volunteers to help on the committee and at Gala's. It only takes a few hours spare each month.

Currently we are looking for timekeepers. At each Gala we enter we have to volunteer parents and helpers who can be timekeepers.

We have arranged for an expert to come along and train timekeepers. Give your name to any committee member if you want to add another string to your bow.

### Tollcross coming

By the time you read this we may have already completed our Tollcross Gala. We have several of our older swimmers entered. A full report should be on the website as soon as we have the results. Please try to come along and support the club. Details are on our website.

[www.fastswimmers.co.uk](http://www.fastswimmers.co.uk)



## Yellow Squad Report - January 2006

Christmas is well and truly out of the way and we have settled down well into training after the long break. Everyone has returned with renewed enthusiasm after the excellent club gala in December. We are once again maintaining our focus on skills and

technique. We will be spending more time in the coming months on breaststroke and butterfly as well as continuing to work on dives and turns. Most swimmers now have their own fins which has helped immensely with training

Keep up all the hard work - we still have a long way to go - keep that POSITIVE MENTAL ATTITUDE strong and we will get there!!

Maureen Ramsay

Yellow Squad Coach



## MEET REPORT: Livingston & District Dolphins - Sat 2 1st Jan 2006

Well the day had finally arrived. F.A.S.T's very first swim meet. A party of 11 swimmers arrived at Whitburn pool. Some were excited, some were nervous and there were a few tears. However eventually everyone settled down to enjoy the day.

After the warm up I asked the question "Did anyone find anything different about the pool compared to our own pool?" The answer I was expecting was that it was longer....but no!! The answer I got was "it was deeper in the shallow end!!!" ha...ha...ha...

The competition began with a demonstration swim from Robert Lang of City of Edinburgh who did demonstrations of all 4 strokes throughout the day. The swimmers then had a great time getting Robert to sign everything they possessed, as many times as possible!!!

All our swimmers performed to the highest standard and did not in the least look like novice competitors. All enjoyed the experience, even if I did have to encourage some to actually swim in the first place. Everyone got on with the job and can be very proud of themselves as I know that I am.

Well done to David Walker, Sean Dickson, Connal Tennant, Michael Renfrew, Lewis Burden, Kirsty Picton, Cherise McIntosh, Kayleigh Singer, Tara Khera, Robyn Shaw, Lora Jamie, Joanna Cairns.

Thank you also to Erin and Yasmin for their help with marshalling.

Maureen Ramsay

Yellow Squad Coach

Full results can be found on our website.

[www.fastswimmers.co.uk](http://www.fastswimmers.co.uk)

## Equipment you need

Dawn has asked that everyone in the RED squad has fins. These can be bought through the club. Contact the Committee and tell them your size.

Buying through the club means you get a reduced price. If anyone else does not have fins, get in touch with the committee now.

## Christmas Party and Prize Giving Heeeeyyy Baby!

(Download the mp3 from our website)

[www.fastswimmers.co.uk](http://www.fastswimmers.co.uk)

## Swimming sessions - time and costs

We have just heard from recreation center that the pool will be closed for maintenance between 11th and 17th February. This means we will miss two sessions. Here are the dates that we WILL NOT be having swimming session at the High School pool.

**CLOSED - Sunday 12th February**

**CLOSED - Monday 13th February**

Costs - by now you will have received a letter and reminder for club fees. If you have ANY questions about your fees, please speak to Louise as soon as possible.

The committee is on the look out for new training venues preferably in a good sized 25m pool. We have contacted a variety of venues in West Lothian but unfortunately nothing has, as yet, presented itself as a viable option.

Weekly training:

South Queensferry Sunday 15:00 to 16:30 hrs squads red, yellow and green

South Queensferry Monday 18:00 to 19:30 hrs squads red, yellow, green and blue

South Queensferry Mondays and Thursdays 07:00 to 08:00 hrs by coaches invite

Broxburn Academy\*1 Wednesdays 18:30 to 20:30 hrs by coaches invite

Gannochy Sports Centre, Stirling\*2 Saturdays/Sundays various times by coaches invite

\*1 Broxburn dates: 1st Feb, 8th Feb, 15th Feb, 1st Mar, 8th Mar, 15th Mar, 22nd Mar, 29th Mar, 5th Apr. Note Broxburn is closed during all school holidays which includes 22nd Feb and the Easter break.

\*2 Stirling dates and times: Sun 5th Feb 16:00 to 17:30 hrs; Sat 11th Feb 15:30 to 17:00 hrs; Sat 18th Feb 10:00 to 12:00 hrs; Sun 26th Feb 09:00 to 11:00 hrs.