



## Summer Newsletter 2009

### Dear Parents and Swimmers,

Welcome to our summer newsletter, the last one before the holidays which we're sure everyone is looking forward to.

Once again, a big **thanks** goes out to the coaches and poolside helpers who have helped to make the first 6 months of this year 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

As you know, training will be continuing over the summer after two weeks of holidays. However, session times will then be combined for all squads on both Sundays and Mondays until the schools return. For your diaries, please note the following summer training times:

<b>5<sup>th</sup>, 6<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup> July:</b>	No training (holidays)
<b>Sun 19<sup>th</sup>, 26<sup>th</sup> July, 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> Aug:</b>	3.30-4.30pm (all squads)
<b>Mon 20<sup>th</sup>, 27<sup>th</sup> July, 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> Aug:</b>	5-6pm (Reds, Yellows) 5-6.30pm (Gr/Bl/Si)
<b>23<sup>rd</sup> 24<sup>th</sup> August:</b>	Normal training times resume as follows:
Sundays:	2.30-3.30pm (Reds/Yell) 3.30-4.30pm (Gr/Bl/Si)
Mondays:	5-6pm (Reds/Yellows) 6-7.30pm (Gr/Bl/Si)

### New Members

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

**Red Squad:** Matthew Hogg, Elvis Isles and Amy Hamilton-Peters.

We do hope you've settled in well at FAST and that you've already made lots of new friends.

### Best Boy/Girl Awards

The coaches have introduced a quarterly Best Boy and Girl award which reflects the improvements made to swimming technique, swim times, attendance, work ethic and

behaviour. Following the recent time trial these have been awarded to:

**Samuel Pearson, Emma Smith** – (Best Boy, Best Girl)

Stephen McRae, Elise Rohan (2<sup>nd</sup> place)  
Euan Newlands, Erin Mitchell (3<sup>rd</sup> Place)

Congratulations on your achievements! ☐

### Squad Promotions

Following the June Time Trials, the following swimmers have been promoted to the next squad:

**Red to Yellow:** Samuel Pearson, Iona Thompson, Erin McRae and Duncan Lyle.

**Yellow to Green:** Amy and Christopher Grant, Eilidh Lyle, Jessica Peebles

**Green to Blue:** Joseph Harte, Laura Doliczny, Aiesha Cook.

**Blue to SILVER:** Emma Smith

Congratulations on your promotions! For those not moving up this time, keep working hard and next time might be your turn for promotion.

### Equipment Update

Good quality, hygienic Kiefer water bottles are available from the club shop for only £3.50. Please ask a member of the committee or coaching team if you want to buy one. More fins are also on order for those swimmers with the smallest feet! Apologies for the delay and we'll let you know when they have arrived.

### AGM

Advance notice is given that our AGM will take place in September this year (earlier than last year). The actual date is still to be confirmed and will be advertised as soon as it is known.

**Please** consider joining the committee and offering your services. A strong committee is essential for ensuring the success of the club. The AGM is also an ideal opportunity to come and share your ideas and views about FAST. Alternatively, become a helper of FAST as there

are lots of jobs to be done without necessarily being on the committee.

### **Cheerio to the Urquharts!**

We are very sad to be saying our goodbyes to Claire and the family over the summer. They are going to be moving to sunny California to begin a new venture!

To say that Claire has been a stalwart of the club would be an understatement having fulfilled a dual role as treasurer and coach over a number of years. Claire's hard work, enthusiasm and sense of fun will be greatly missed by everyone at FAST, especially the Chairman!

We wish you all the very best for the future and hope that you will keep in touch. However, please Claire, promise us that you won't break any more bones in the States!!

### **Coaching Update**

Since the last newsletter, Rosemarie Peebles has successfully completed her UKCC Level 1 Teaching Aquatics Course. Congratulations to Rosemarie.

For information, several of our coaches started out as poolside helpers and received fully funded training from FAST. If you are interested in helping the club in this way and would like to find out more, please speak to one of the coaches or Huw Thomas (Chairman).

### **Raffle Tickets**

Many thanks for all the raffle tickets which you sold in aid of SASA and FAST. Thanks to your efforts, £117 was raised for FAST which will be put straight back into the club. The money raised, will for example contribute towards ongoing training for our coaching team.

### **“Play safe, stay safe!”**

With the summer holidays ahead and hopefully lots of warm sunny weather, the temptation to cool off near water is ever present. Many of you are strong competent swimmers but please remember over the holidays that open water swimming is vastly different to swimming in a heated indoor pool. As a quick reminder of some top tips to playing safe remember:

~Open water can be very cold and even a short time in the water can result in reduced strength and mobility and potentially hypothermia

~Hidden currents exist in open sea, rivers and lakes and lochs. Be aware and if caught in a current think about where it is taking you and try and act to get out of the current – don't just swim into it.

~Watch for submerged dangers

~Don't jump or dive into open water without being 100% certain that you are not going to hit the bottom or submerged dangers. If at all doubtful – don't jump.

~Keep a look out for others and don't all go in the water at the same time – make sure there is someone (preferably a responsible adult) on the shore who can go for help if needed

~If you see someone in difficulty **DO NOT** put yourself in danger. If at all possible call for help and stay on dry land. You can reach out or throw items to help them but never get in the water yourself.

More information and learning material can be found at the Royal Society for the Prevention of Accidents ([www.rosipa.com](http://www.rosipa.com)) or at the Royal National Lifeboat Institution ([www.rnli.org.uk](http://www.rnli.org.uk)). Some information from RoSPA with links to other web sites is on the FAST notice board so have a read before you head out.

### **Finally....**

Many thanks to Carole Glass for editing the last few editions of this newsletter. Unfortunately, Carole is now standing down and so we are looking for a new editor. Please let us know if you can help in any way.

The committee is very grateful to Carole for all the hard work she has done on behalf of the Club, not just for the newsletter, and we wish you all the very best for the future.

**Finally, finally** – some breaking news. We have just heard that following a successful application, FAST has been awarded grant funding from the British Airports Authority (BAA) for **£1,000** ! This is really great news for the club and we'll have more information about this in our next newsletter.

From all at FAST - have a very happy holiday !

Best wishes,

**The FAST Committee**