



President's Piece

Welcome to the Christmas 2008 Edition of the Bridge of Don ASC Newsletter. As another year draws to a close it is a good time to reflect on the progress that the club continues to make.

In the shadow of current Local Authority cut backs and restrictions it is good to see that we maintain a very healthy learn to swim programme and the full squads continue to enjoy a full training programme with no major cutback on pool time. In this major cost cutting environment however we have to be prepared to continually assess this position and be flexible enough to accommodate any necessary changes.

We continue to operate within our projected annual budget for the year, another successful September Splash and April Showers provides us with very welcome income and whilst costs are always an area of concern for any voluntary organisation, we anticipate requiring support with forthcoming fund raising activities to ensure we continue to operate with the comfort of financial stability.

The Annual Club Championships gave us two new records, particularly pleasing was that these records had both stood for over 15 years. November saw the first match of the Beta League Tournament which saw a tremendously exciting match which was taken right down to the final Relay heats before securing our first win of the season. Congratulations to all swimmers who represented the club in this match and in all the other matches that were held during the year. Good luck also to continued success in the remaining matches and let us hope we can keep our 100% success going throughout the competition finally our COAST swimmers continue to represent the club well at both District and National level with significant representation at Scottish national level during the year.

One of the clubs most important assets are the pool of volunteers who give up their own valuable time and effort to ensure the club keeps running. I will never tire of thanking these individuals for their ongoing support to the Club.

However, nothing ever stands still and every passing year we have a need to attract in new helpers. Attached to the newsletter is a form which I would ask you to complete and return to the club via your child's coach. Please take time to complete the attached form, I promise that someone from the club will contact you to discuss how best you can help.

And finally, on behalf of the Management Committee I would like to wish all the swimmers and their families a very Merry Christmas and a Happy and Prosperous 2009.

Squad Reports

LTS - Linksfeld (Monday and Wenesday)

Well done to all swimmers in the Learn to Swim programme at Linksfeld pool on Monday and Wednesday evenings, you have all worked extremely hard and made lots of improvement.

Hope you all have a Merry Christmas!

Claire

JT 2 & 2a

It has been a pleasure to teach JT2 and JT2a this block. I look forward to my Saturday mornings knowing that whilst my club lessons tend to be busy the swimmers are attentive and relish the challenge of trying new skills.

JT2 is the first level with which has the swimming of full widths in the assessment syllabus whilst Bridge of Don JT2a swimmers are swimming regularly in water where they cannot stand. As well as working on the basics of breathing and stroke timing I'd encourage all my swimmers to keep working on strong push and glides to get the best possible start each time.

I hope you all enjoy the holidays, have a merry Christmas everyone!

Graham Bruno

Well done to all the JT2 swimmers this term, for some great improvements in your strokes. It's nice to see that every single person can now swim whole widths without putting a foot down on the bottom!

Sometimes things can get a bit noisy during lessons, so just remember to always listen to what the teacher has to say. Other than that, everyone has been working well. Thanks for your hard work!

Have a good holiday, see you in the New Year!

Michael Macdonald

JT3

Well done to my swimmers. With a very "bitty" session, (lots and lots of breaks for holidays etc) it has been a very successful term. All swimmers have improved greatly and am delighted in being able to move quite a few swimmers onto JT4. I would like to wish ALL my swimmers a Very Merry Christmas and Happy New Year, and look forward to seeing them next term, either with me again (oh no....) or in the next tank.

Thanks for being a great bunch....

Karen 5e x

JT5

Another term's coming to an end, and it seems a bit scary how fast it's gone by. As always, it's good to see how far everyone has come. Our strokes are better, and we're swimming further and faster as well!

A big well done to those who competed in our recent Beta League competition and to those who took part in our annual end of year Club Championships. Hope you enjoyed racing, and that these are just the first of many competitions you enter!

Thanks to Emma and Ellis for their coaching. It wouldn't be possible to teach JT5 smoothly without them.

Well done and good luck to anyone who is moving up to the JC1 squad in the New Year, thanks for your hard work. Hope everyone has a good holiday and we'll see you all in January '09 (Michael feels old.)

Thanks,
Michael Macdonald

JC1

First of all, congratulations to everyone who swam in the club championships. It is with all your hard work and effort that we managed to get good times! Since I started as your coach I have had nothing but dedication from you all (with a lot of fun on the side!) so I ask that my Christmas present from you all this year is to keep up the excellent work! I am very proud of every one of my swimmers. Enjoy the festive season and I shall see you all back refreshed and raring to go in 2009. Don't eat too many selection boxes,

love Debbie x



Swimmers of the Month

June	JC1	Meg Paterson	August	JC1	No Nomination
	JC2	Hannah Coldwells		JC2	Lauren McIsaac
	JC3	Stevie Brands		JC3	No Nomination
September	JC1	Serena Rae	October	JC1	Iona Grant
	JC2	Westhill Minnows girls relay team		JC2	no award
	JC3	Michaela Yates and Iain Macdonald		JC3	Yvonne Lindie
	Elite	Gavin Emslie		Elite	Ellis Paterson

JC2

Xmas is here already. JC2 has been big squad this year.
with lots of work on technique and distance, with some great improvements in both.
During competitions JC2 swimmers have done really well with medals and PB's.
You have been a great credit to your squad and club. This in turn makes me a very proud coach.
So give yourselves a big pat on the back.(Jc2 thing).
And keep up the good work.
I would like also to Congratulate all those who have got moved up to JC3. well done.

A big Thanks to all my poolside helpers Thank you.
Also to the coaches that have covered for me on my away days.
Its been a great Year keep up the good work.
And continue to work hard.

Wishing you all a Merry Christmas and Happy New Year.

Take Care
Kevin
JC2 Coach

JC3/Elite/Associate

Well done everyone for the work that has been put in this term. We have noticed a fairly significant up shift in the effort and the dedication that is showing in the squad and we are proud to be a part of it. We now have a good balance of when it's time to have fun, and when it's time to get our heads down and work hard. The positive thing about this is that PBs are coming down and everyone is looking slicker in the water. Thanks for all the hard work, have a good Christmas and New Year, and we will see you refreshed and ready to roll next year!

JC3 Coaches

Land Training

(Deep breath, and hear goes...) Well, what can I say??? Really, really sorry to see Jamie and Fraser departing from Land Training. I feel we have grown up together?? They have been with me since day one, all those years ago in the Scout Hut.. Remember the good old days?? The remaining children are working hard, but I really would like to see all swimmers eligible to come to Land Training giving it a try. We are working in a confined space through Winter, but make good use of the space available. They all MOAN about my music, but its good sounds, really...
Keep up the hard work, and Wishing you ALL a Very Merry Christmas and a Happy New Year..
Karen 5e x

Example Meet entry Form:

**BRIDGE OF DON ASC
SWIM MEET ENTRY FORM**

Usual this part will have meet
Date of meet
And which pool

Please indicate which events you wish to be entered for below. Remember to check with your coach before entering.

Name: (Enter Swimmers Surname).....Initial (Full Initials)

D.O.B: (eg 21/11/95).....

Age on Day (age on event day)..... BA&A Reg. No:...(Each swimmer has a card with this Number and **MUST** be included)

Please note that it is age on the day: eg; if its 11 under competition you must be 11 or under on date shown and if it's a competition for over 11 it works the same way.

Event No.	Stroke	Time	Event No.	Stroke	Time
101 Example	50 Free	29.00	201	50 Back	25.73
102	200 Free	2.29.03	202	200 Back	3.03.03
103	50 Breast	58.87	203	50 Fly	31.12
	200 Breast			200 Fly	
	200 IM			200 IM	

- For competitions I issue entry times with the meet information, the information has event numbers beside the events and times.
- You enter the Event Number and usually the swimmers PB's. Swimmers should have a note of their own PB's (although normally it's the parents who know this!)
- You will find swimmers times in the results folder at pool, from their coach or from the website (when it is fully operational again.)
- The first digit on event numbers will indicate whether they are for session 1,2,3 or 4 dependant on the event number, ie 102 is session 1, 202 is session 2 etc. If you do not have the event numbers and correct times entered it makes collation of entries very difficult and you run the risk of the wrong swims being entered for!

Number of 200m swims entered @ £4.50 per swim.

Number of 50m swims entered @ £3.00 per swim. Total = £

Parents: Please indicate how you can help at the gala. ND Galas state we **MUST** provide a number of officials relative to the number of swimmers attending. If we do not have sufficient officials swimmers will be withdrawn.

I am a qualified technical official and willing to help at the meet JUDGE / T-R / NO

If yes please state which sessions Signature needed YES / NO

Name of Technical Official:

I am willing to help chaperone the swimmers poolside YES / NO

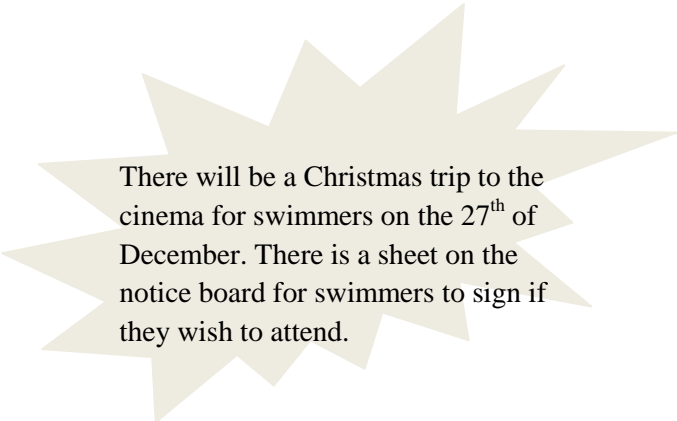
Please return this completed sheet to me by 8pm Friday on the defined date. Entries will not be accepted without a cheque. Please make cheques payable to Bridge of Don ASC. (Don't Miss the deadline)

STO Report

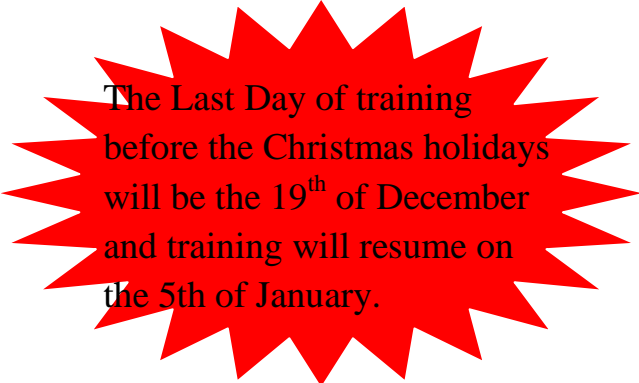
I took over this post in May this year. Well, to start with it felt like I had bite of more than I can chew but things are a whole lot better. And I am getting the hang of it now. Only thing I would ask of you is to check that you fill out your Meet Forms correctly. See attached how it is done. As sometimes I have to do a lot of searching and this is very time consuming. On the brighter side, we have been to a few competitions. With fantastic results in Pb's. Even managed to get a few medals too. So keep up the good work, with lots of hard work in Training but most of all enjoy your swimming. It is great fun.

Merry Christmas & Happy New Year.

Joan Paterson
Meet Secretary



There will be a Christmas trip to the cinema for swimmers on the 27th of December. There is a sheet on the notice board for swimmers to sign if they wish to attend.



The Last Day of training before the Christmas holidays will be the 19th of December and training will resume on the 5th of January.



