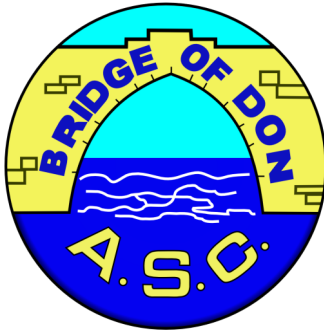


Summer 2009

newslettereditor@bodasc.co.uk

Bridge of Don Amateur Swimming Club Newsletter



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President's piece

Welcome to the "Summer Special" edition of our newsletter. As always there's been lots happening since our last newsletter, so we will try to give you some of the edited highlights.

The Club AGM was held in April, I am delighted that we appointed volunteers to all the Committee Roles, I am hugely indebted to all parents who have committed their time thereby ensuring our club continues to grow from strength to strength. So a big thank you to all the "old timers", and a special thank you to the new members who have stepped forward to get more involved, already you are making a difference. The club always needs new faces coming along as the new and fresh ideas that are brought to the table keep the club vibrant. If **YOU** want to become more actively involved, through coaching, teaching or organisation please make contact via any coach, Committee member or the club website:

www.bodasc.co.uk

Our newly designed website has been very well received, with new features like club records, minutes of meetings, and a coaches area. I would like to recog-

nise the time and effort that Graham Bruno put in to deliver this enhancement to such an essential communication tool.

There are a many changes happening at local authority level with control of sport in Aberdeen passing from the council to a Sports Trust, Swimming will be included in this transition from the beginning of July. This should provide a level of financial security for the sport within Aberdeen that has not been available previously. The plans for a 50m competition/training pool facility are well advanced and due for completion by 2012. In addition, changes within the COAST structure are providing greater support and clarity for our performance swimmers progressing through all levels of competitive swimming. In summary, this is an exciting time to be involved with Swimming in Aberdeen.

At club level our *Learn to Swim* scheme continues to feed on its previous success, a high percentage of our swimmers progressing through into the Competitive squads within the club. Regretfully, ongoing council constraints mean we are operating at maximum ca-

capacity, and currently have a waiting list for new swimmers wishing to join the club. This is not an ideal position for the club and we continue to pursue various options to obtain increased pool time to accommodate the numbers of swimmers we are attracting to the club.

Finally I continue to be impressed with the numbers of our older swimmers who are continuing to support the club through poolside helping, teaching, coaching and as committee members. It is satisfying to see these individuals choosing to put something back into the sport that they have enjoyed participating in over the years, many thanks to you all.

I hope you all have a great summer holiday, enjoy your break from training, and come back after the break refreshed and raring to go.

Thank you for representing and supporting Bridge of Don ASC

Ron

Ron Smith

president@bodasc.co.uk

**Saturday 12th Sept.
2009**

Fundraising Event

Bag packing @

Sainsbury's, Berryden

Coaches Report: JT1 & JT 1A

"Keep up the hard work and have a lovely summer!"

I took over the LTS classes at Linkfield at the start of the block and it has been a pleasure teaching all the children on a Monday and Wednesday evening.

Many of the children are very new to the club so it is always nice to welcome new faces to the class. All

the children in JT1 are growing in confidence each week and progressing well.

The JT1A classes are focusing on core skills and basic technique. My only JT2 class are becoming really competent swimmers who are focusing on stroke development and technique.

During the summer holidays I would encourage all my young swimmers to keep practising their newly acquired skills in preparation for the new block.

Jessica

"Don't miss the Swimming World Championships in Rome, 17 July - 2 August"

Coaches Report: JT2 & JT2a

It's been a pleasure to be working as part of the teaching team this block. I've seen many of the kids I've taught before trying new skills and plenty of new faces also joining the classes. We now have a team of teachers who are taking JT2 and JT2a classes at both Bridge of Don and Linkfield including myself, Ellis Paterson, Michael MacDonald and Jessica Smith.

I've also been very grateful for the in the water help provided by Stevie Brands for my Saturday morning classes. I'm also aware that Danielle Dewsbury's help with classes taking place in the second tank has also made a real difference. Seeing someone in the water demonstrate a skill can really help a swimmer understand what is being looked for.

As we near the end of this block of lessons I'd like to extend my best wishes to everyone this summer holiday - take care and keep swimming!

Graham



Watch out for Hannah Miley in Rome.

Coaches Report: JT2

Lots of hard work this term from everybody! We've covered a lot of things this term, so thanks for listening and trying hard. It's not always easy to remember all the different things I tell you to think about each week!

Moving from the smaller pool at Linkfield up to the

pool at Bridge of Don can be a bit different, and it can take a while to get used to the new, deeper pool. Some of you weren't sure whether you could manage in the deeper water at first. But now, you're swimming width after width with no problems.

If you started off nervous in the deeper water, but

worked hard and got used to it, then that deserves an even bigger well done.

Michael

Coaches Report: JT3 & 4

Well done to everyone in JT3, you have all worked really hard and I have seen a big improvement in every one of the squad. I hope that you have enjoyed your time with me, as I have had lots of fun with you.

Hope you all have a great holiday with lots and lots of swimming.

Karen

Well, it's that time again where you are off on your holidays, but I would like to think still keeping up with the swimming! You have all listened well (most of the time!) and really tried hard this term to improve. I hope you have had fun too as that's what swimming is about, as well as learning to swim properly and be able to keep yourself safe in the water.

Keep up the good work everyone and good luck to those of you who move on to JT5.

Thanks to Dani for her help too. Enjoy the holidays and look forward to seeing some old and new faces after the summer hols.

Lorraine



Some of the older boys at Ythan

Coaches report: JT4

We have had a very successful time since the last newsletter, with our numbers swelling to a very healthy level. It will be sad to see people move on after summer, but we wish them the very best of luck. And we will see you all again soon.

We are also very happy to receive the swimmers moving into the squads after

summer, and are very much looking forward to working with them.

Hope you have a very good summer. And I hope it is actually summery. Take care, and see you soon.

*Craig & rest
of the JT4
team*

*"There are things
we like doing and
things we find
hard and don't
like doing.
Remember, it's the
hard things that
need most
practise!"*

Coaches report: JT5

Well done to everyone for plenty of hard work this term! Ellis and myself been giving you quite a lot of work, especially on the Friday length session, so well done for keeping up the enthusiasm.

I think the biggest improvements from everyone have come in front crawl,

breaststroke and in our streamlining off the wall. Oh, and our backstroke starts don't look like adverts for the Centre Park flumes anymore, so good job!

There are always things we like doing and things we find hard and don't like doing. Remember, it's the

hard things that need most practise!

Well done, please keep up the good work.

Have a good summer.

Michael

Coaches Report: JC1



JC1&JC2 girls enjoy the Elgin mini meet

“Everyone has improved, I am so proud of you all”

Congratulations to every single person who has been in the squad throughout the year, everyone has improved and I am so proud of you all. The transition between JT5 and JC1 is huge, its the point where you have been taught how to swim and are now ready to train and become a competitive swimmer. All of you have grasped this concept well and got on with all the hard sets I

have put you through, so well done!

There have been some amazing performances from the squad as a whole and this attitude and determination needs to carry on so that all can grow up to be as good as you can be.

I also urge you all to watch the Swimming World Championships in Rome starting on the 17th July to get you into the swimming mood when you come back in

August. Remember to cheer on our local swimmers.

Before then, have an amazing summer so that you're all rested and rejuvenated for when you come back to training.

Have a great time,

Debbie

Coaches Report : JC2

Summer is here already. JC2 has been a 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 shows that all the hard work pays off.

So give yourselves a pat on the back and keep up the good work.

I would like also to congratulate all those who have got moved up to JC3. well done.

And thanks to all my pool-side helpers.

Also to the coaches that have covered for me on my away days.

Its been a great first six months So keep up the good work.

And continue to work hard.

Hope you have a great summer and see you all in August.

Take Care.

Kevin & Emma

Hi Everyone,

I would like to take this opportunity to thank all the coaches for their hard work and all the encouragement they have given the young swimmers in the club.



JC1&JC2 girls enjoy the Elgin mini meet

Thank you also for all the help you have given me since I took on the role of coaches' rep.

We would like to say farewell to Claire and thank her for all her hard work and wish her all the very best in

her new career. We would also like to welcome back Jessica and welcome Laura Mills to the club.

Hope you all have a nice relaxing holiday.

Yvonne L

Coaches' rep.

Coaches Report :JC3

Speaking from experience, I know how hard it can be to summon the enthusiasm to attend morning training sessions. They can however prove to be amongst the most of rewarding of sessions. Swimmers have developed their technique on all four strokes and have had a chance to work on sets ranging from short intense 25m sprints through to a timed 1500 set in March. I understand that attending the early morning sessions is not practical for all swimmers, if you are not nor-

mally able to come but have a Thursday where you can you are still very welcome and entitled to attend. I try to inject variety into the sets I write to make them as interesting but also as worthwhile swimming as I can. Swimmers; I welcome your constructive feedback to help me provide you with better sessions.

On Mondays this block I've been pleased to work with Michael MacDonald, we've come to arrangement where I

coach the Elites and he coaches JC3. During these sessions we'll start with a common plan which is then adapted to appropriately challenge the range of swimmers present. I hope you all have a great summer.

Graham



"Whether you plan to go abroad or stay at home do stay active this summer so that you are in a good position when you return to training in the autumn."

Coaches Report :JC3/Elite/Associates

We have said it before but the kids in these squads are fantastic! It is always a pleasure to come on poolside and work with them week in, week out. We realise that is difficult for swimmers to summon the enthusiasm for another test set or to get up at stupid o'clock in the morning. But we need to make sure we are summoning this enthusiasm as we get into the pool, so we can get the absolute best out of the short

time we have available during each training session. We have a lot of coaches on poolside with each squad but all sessions are co-ordinated and there is consistency throughout. Saying that the plan at the start of the session does change very regularly throughout. The sessions are varied and complex. The number of coaches at this level gives a fantastic range of experience and coaching styles which really

help evolve both squads.

Have a fantastic holiday, enjoy the typical Aberdeen weather and if you are going away suffice to say we are insanely jealous. Get in a pool at some point and keep your fitness up. See you after the summer holi-

days! *The Coaching team*



Coaches Report: Development Squad

For the past few months, COAST has run a Development Squad, held every two weeks at Cults pool, which a group of our JC3 swimmers attended. The sessions were coached by Liz Kemp, and were of huge help to all of us. They often took a 'back to basics' approach, and showed the huge difference that a

small change in technique can make. The improvement in everyone's stroke technique, and streamlining, was quite something. Well done to our swimmers who attended these sessions. I was always impressed with your attitude, and it's obvious that you continue to think about the things you have learned

from Liz, back in our own sessions at Bridge of Don.

I learned a lot in a short space of time, and I'm happy to see the sessions continuing. They're now on a Monday at Dyce pool.

Michael



Some of the squad at the Ythan meet

COAST swimmers at first Sunderland Long Course meet

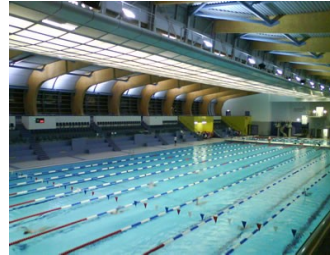


The new Sunderland Aquatic Centre

Four BODASC swimmers were among a strong COAST team to compete in the first City of Sunderland long course open meet on 30 & 31 May. Alex Coldwells, Callum Fowler, Zoe Grant and Grant Murray were all part of the team that won the Top Club award at the meet.

Alex (12) was placed 4th in the 200 front crawl with a 2.22; Callum (13) was placed third in the 200 i.m. with a 2.35; Grant (13) was placed fifth in the 100 breast with a 1.25; Zoe (12) was placed 5th in

both the 200 back and the 100 butterfly in times of 2.45 and 1.24.



Zoe Grant commented:

“ I really enjoyed my trip down

to Sunderland. I couldn't believe how long the pool was. The main 50m pool had ten lanes and there was even a separate seven lane 25m swim down pool. When I was doing my swims I sometimes thought that I would never reach the wall”.

Alex added:

“I really liked the new pool in Sunderland, it was a great experience swimming in a 50m pool and it was right next to the Stadium of Light, Sunderland's football ground”.

Beta League Results

“The BODASC relay teams were simply outstanding”

BODASC narrowly lost the Beta League home match against Aberdeen Dolphins on 31 May.

The final result was:

BoD	4 points
Dolphins	6 points

The following week, an away match against Aberdeen Bon Accord Thistle saw an outstanding performance from the 30 strong squad which culminated in a fantastic series of relays in which the squad really excelled.

Thanks go to all family and friends who came along to support the team and really cheered everyone on.

The final result was:

Bon Accord Thistle	2 points
BoD	8 points

The successes achieved throughout the Beta League season have been consistently good and a credit to our swimmers and also the

coaches who have managed to drive through these superb performances.

Congratulations and well done to the following swimmers who recently all took part their first meet:

Kirsty Pratt, Tiernan Humphrey
Cameron Moore, Eilidh Webster
Yasmin Perry, Bethany Jane Taylor, Lisa Morgan,
Fraser Emslie and Owen Duffus.



Some of the squad after the Elgin mini meet.

FINAL BETA LEAGUE MATCH RESULT				
	Scores		Points	
	Bon	Acc BOD	Bon	Acc BOD
Section 1 - FLY	57	55	2	0
Section 2 - BACK	52	65	0	2
Section 3 - BREAST	50	69	0	2
Section 4 - FREE	44	72	0	2
Section 5 - RELAYS	6	16	0	2
TOTAL	209	277	2	8

News from the Swim Shop

I never realised how much work went into organising the swim shop for the club but in saying that, it is all very rewarding to see the kids that you have ordered shirts or hoodies for, jump for joy at their own special clothing with the club logo with their name on it. Well worth all the running about to keep our kids happy and feel part of something good and worthwhile.

It has been a very busy

transition time from Lesley Beveridge to me Mary Mitchell as all the stock had to get handed over and all the existing orders had to be fulfilled and finished.

Currently I am organising Club Towels and Club Mad-wave swimwear and both these notices for orders are up on the notice board. Please be quick as it is first come first served basis.

Future projects include white officials polo shirts

and shopping for better deals on swimwear.

I will also be holding a sale at the September Splash so look out for the rails!

If anyone has any suggestions or are willing to help in any way, please get in touch.

Have a good summer.

Mary

Contact Mary at the following email:

[equipmentconvenor](mailto:equipmentconvenor@bodasc.co.uk)

@bodasc.co.uk



Swimmers of the Month

January

JC1 Meggie Williams
 JC2 no award
 JC3 Gemma Morgan
 Elite no award

February

JC1 Carly Main
 JC2 Rebeka Forzis
 JC3 Lauren Mclsaac
 Elite Iain Macdonald

March

JC1 Kirsty Cruickshank
 JC2 Caroline McIntosh
 JC3 Yvonne Lindie
 Elite no award

April

JC1 no award
 JC2 Heather Preston
 JC3 David Scott
 Elite Stevie Brands

May

JC1 Ellie Downie
 JC2 Tim Oval
 JC3 Hannah Coldwells
 Elite Gemma Esslemont

“Congratulations on your awards and keep up the hard work in training”



Ellis bows out of competition at Ythan meet

Ellis Patterson took part in her last gala as a competitor at the Ythan meet on 16 May 2009.

Ellis has swum competitively with the club since the age of 9 and so as she approaches her 16th birthday she decided that this one would be her last.

She was unable to repeat

her best performance at this gala, of two gold medals in 2008, but was still smiling at the end.

Over the years, Ellis has enjoyed considerable success with the club, being promoted to the JC4 squad and also was a key member of the last BOD BETA league winning team.

Ellis is now turning her hand to coaching, having completed her level 1 coaching certificate in Feb (in the snow) and will take her level one teaching certificate in October.

Ellis will still swim as an Associate club and can still be seen in her p.j.s arriving for 6.00am training on a Thursday morning.



Ellis (centre) turns her attention to coaching



VISIT OUR WEBSITE:

www.bodasc.co.uk

Dates for your diary

JT Squad training starts again: week commencing 10th August 2009

BODASC September Splash 2009

5th September

Bridge of Don Swimming Pool

Bag Packing - 12th September

Based at Bridge of Don Swimming Pool, a 25 metre pool located at Bridge of Don Academy and Community Education Centre, Bridge of Don, Aberdeen, Scotland.

The Club has approximately 100 children, aged from 5 to 20 and takes swimmers from learning to swim stages to competing at North District Level. We also feed swimmers in to the City of Aberdeen Swim Team (COAST) which takes swimmers through to competing at National level.

Swimmers with the club have the opportunity to :

- Develop their swimming skills
- Improve their fitness
- Make new friends
- Meet friends at regular training sessions
- Swim in friendly local competitions
- Enjoy organised swimming trips in Scotland, mainly in the North East

Stop Press: Congratulations to Yvonne Lindie, Corrine Beveridge, Lauren McIsaac and Paul Esslemont on your winning performances at the North District Development Meet in Banff on 20/21 June and well done to all the other swimmers who got some amazing p.b.s!

Success at the Elgin Mini Meet

A young squad took part in the Elgin mini meet (held in Buckie) on 13 June and had some really outstanding successes.

In the individual events Paul Esslemont (3 golds) led the way for the boys, Finlay Deans (1 gold, 3 bronze) and Michael Millar (2 silver, 1 bronze) also had a good day.

For the girls, the younger members of the squad were brilliant, with Caroline McIntosh (1 silver), Meg Paterson (1 bronze) and Yasmin Perry (1 bronze). Corrine Beveridge (1 bronze) was also a medal winner.

Throughout the past 6 months we have seen some great individual swimming performances, of special mention, however, is the success of the BoD Relay Teams.

At the Elgin meet the mixed relay teams really pulled out amazing performances, with the 8-9 year olds winning gold in the 50 medley and bronze in the 50 free relays. The 10-11 year olds were also in two exciting finals finishing with a silver in both the 50 medley and 50 free events.

"Team Bridge of Don has become the team to beat. Well done to all swimmers who have competed throughout the season".

