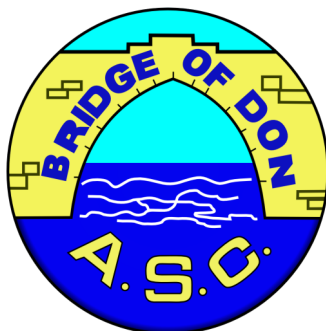


Bridge of Don Newsletter



President's piece

Welcome to our Christmas 2010 Newsletter,

I am writing this the week before our annual club championships; this will be the 9th championships that I have attended and as always it is my favourite swimming competition of the year. It's where all our club members can come together, to encourage each other, to compete with some friendly rivalry and to swim their absolute best in good company. There may be some club records broken again this year as swimmers become stronger in their age groups. It's great for the coaches to see the improvements that swimmers and their hard work produces on the day. Due to the Glasgow LC being cancelled hopefully all our COAST swimmers will be competing this year.

Good Luck to you all.

Since our last newsletter, before we broke up for summer, the biggest change to the club has been to relocate our Learn to Swim programme - more on that from Kevin and Alison later. We are pleased to say it's working well. Thanks to all who were involved in making this happen.

The club enjoyed a very successful training weekend in Inverness in August and hopefully we can repeat the success of that weekend in 2011.

Lastly, the weather has played havoc with everyone the last couple of weeks and we apologise for cancelled sessions at the pool, but we are sure you understand.

Wishing each and every one of you a happy, healthy 2011 on behalf of the BODASC committee,

*Audrey,
President*

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**Club
Championships
Sat 18th December
2010**



Head Coaches Report:

Hi All

Christmas is upon us once again. The last few months have been busy times for the club.

In August we had a training /family weekend in Inverness with 2 pool sessions and 2 land training sessions (which took me days to recover from). It was an excellent weekend .Great fun had by all..... Apart from getting thrown in the pool!

At the beginning of Sept we had seven swimmers move to COAST. They are all enjoying the move and doing well.

One major change to report, is that our Learn to Swim programme was affected by the on-going problems with Dyce pool on a Wednesday night. As more pool time became available on a Sunday we changed the weekend time table.

This means we now have all our swimmers at the Bridge of Don pool, I hope this will have a very positive effect on our swimmers.

Over the months we have attended many competitions from mini meets through to COAST swimmers competing at national level meets.

Many swimmers have done very well with medals and loads of p.b.'s. Keep up the good work.

Club Champs are here and it will be great to see all club swimmers from JT4 to COAST competing in the same event.

To all swimmers, parents & coaches I would like to thank you for all your hard work over the year. Enjoy the break and Merry Christmas and a Happy New Year.

Kevin

Coaches Report: Learn to Swim Scheme

Many thanks to all Learn to Swim swimmers and parents for their patience as we had a bit of a class reshuffle in November. This was to make room at Bridge of Don pool for our JT1 and JT1a classes who had been swimming at Dyce.

It's good to finally have the whole club under one roof at Bridge of Don pool but it has caused some inconvenience and so thank you for bearing with us.

Please let us know if you have any questions. I know it isn't always easy to speak to your child's teacher if they are teaching a succession of classes, but there are often other club teachers or committee members at the pool who may be able to help; or e-mail us using the contacts list on the

notice board and on the website.

I'd like to thank our teachers and helpers for all

their hard work and enthusiasm. All of our teachers have a long involvement with the club; many of them are former club swimmers, and all of our poolside helpers are swimmers from our senior squads.

Alison



*"Have a lovely Christmas and we look forward to seeing everyone back again in January".
"You have been"*

Coaches Report: JT2 and 2a

It's been great to see my swimmers in JT2 and JT2a making really good progress over this term. Both my Saturday morning classes have coped well with the move to the second tank. A record of achievement for each swimmer will be issued soon. I would like to thank Stevie and Gemma for helping the swimmers to adjust to the deeper water.

I have also been teaching JT4/JT5s on Wednesday afternoons. I have been pleased to see everyone improve their technique and build their confidence at swimming lengths. It's been great fun to also work with these swimmers on developing their diving and survival skills.

Hope you all have a great Christmas,

Graham



Coaches report: JT4

This has been a very short term what with holiday weekends, October holidays and snow closures! When we have had swimming, most of you have consistently worked hard and are showing good improvements. It is great to see how far some of you have progressed, this is due to attendance at both the Saturday and Wednesday sessions. On the Wednesday we have been working a lot on stamina and we have some good strong swimmers developing, whereas on the Saturday, we save that for technique (and diving!!)

It has been a lot of fun with you all and we look forward to seeing some of you back after the holidays. Good luck to those moving to JT5 and well done to all swimmers.

Enjoy the rest and come back ready to work hard!

Happy Christmas

Lorraine and Dani



Coaches report: JT5

Thank you to all the swimmers in JT5, I have had a really fun time teaching you this year and you are all improving so quickly, its hard to keep up with you all.

Thank you all for making it such a pleasure to teach every single one of you.

Congratulations to everyone who has been moved up. Well done to you for trying out the beta leagues and swimming fantastically in them and the time trials as well.

Merry Christmas and have a good New Year.

Ellis

Coaches Report: JC1

The JC1 squad have been putting in a lot of effort since summer and their hard work is really paying off. Every swimmer has shown an improvement in technique, stamina and times. They are all very positive and listen well, and they have been a good team by pushing each other, and encouraging each other (especially when they are racing against Grant!). We have also had a bit of fun learning synchro!

Thanks to you all for being such a fantastic squad to work with.

Thank you, as well, to Grant, Becky and Lorraine for your assistance on poolside and to the mums who have helped out.

Hope you all have a good Christmas!

Gillian



a great credit to your squad and club. This in turn makes us very proud coaches"

Coaches Report : JC2

Xmas is here already. JC2 has been a really big squad this year and we have had some challenging training sessions with lots of work on technique and distance. I have seen some great improvements in both, so well done.

The Training times have changed and I am glad to see a good turn out to most sessions.

During competitions JC2 swimmers have done really well with medals and PB's., keep up the good work.

I would like also to congratulate all those who have been moved up to JC3. Well done.

A big thanks to all my poolside helpers !

Also to the coaches who 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/Emma

Coaches Report :JC3

Once again, well done to all of JC3 for their consistent hard work and commitment to training over the past few months! Since the last newsletter in the summer, we've had a few changes to the squads. Congratulations to those squad members who have since progressed from JC3 onto training with COAST and likewise, well done to all those who have joined the squad since summer and have worked hard to reach our training standard.

We've had some great meet results over the past few months, and some great swims, some of which I've been able to see myself. I'd encourage anyone taking part

in future meets to make sure they enjoy their competition first and foremost. The truth is, sometimes you won't always beat your PB. This can be disappointing, but try to remember that this could well be because your current PB is a great time, that even you have trouble trying to beat!

Be proud of your PBs, even if you find that you don't always beat them as you'd hoped. Everyone gets disqualified sometimes too (even I did sometimes – who would have believed that if I hadn't admitted it?). Sometimes we have to accept these things and put them aside, and enjoy the meet regardless.

I think it's safe to say the good parts of a meet have been summed up nicely in the two meet reports by Team Cruickshank (and yes Kirsty, that is how elephants ask for biscuits).

As we look forward to the New Year, I encourage everyone to keep up their good work and their good attitude to training, and I look forward to resuming training in January.

I hope everyone has a good holiday, and we shall see you in the New Year

Well done

Michael

Coaches Report : Elite/Associates

Firstly I would like to thank all the athletes in Elite and associates for welcoming me into the club and not giving me too much of a hard time. Despite all the questions, bad jokes, silly moments and fun times so far I have thoroughly enjoyed working with the squad. As you all know they are a very dynamic and enthusiastic squad and they are all trying very hard in training and this shows in performances both in training and in competitions.

The training for elites has been quite tough this term, building on their fitness and endurance skills, developing fundamental skills, adapting stroke techniques and developing the ability to race and compete. There have been some long sets, some boring sets, some short sets and some interesting sets, thanks to the swimmers I am frequently reminded which set is which. Hopefully the hard work and tough sets will continue into and through the New Year so both the swimmers and myself will be ready for the main competition season.

I have only done a few competitions with the club and I am very impressed with the standard of swimming and the level of sportsmanship displayed by the swimmers at competitions. My first mini meet was at Buckie earlier this year. This meet was probably more stressful than any of the meets I attended in the 2 years I was at COAST, far too many children. However I would like to thank the swimmers who attended the meet as they were impeccably well behaved. Michael was very brave having to put up with my stories and ramblings all day but he did win the worst jokes competition.

I would also like to thank Kevin and all the other teachers and coaches who cover for my erratic attendance due to other commitments throughout this term, whether it be COAST, University or wild parties (*I wish*). The level of support that I have received from the other coaches has been fantastic whether it be covering sessions, giving me their advice or information or simply putting up with me when I'm grumpy especially the mornings.

Craig, Graham and Alison; thanks for covering your respective sessions, without your invaluable input, the delivery of sessions for Elite would be much more disorganised, so thanks again you are doing a great job.

My final thank you must go to Audrey, Cindy and the rest of the committee and parents for inviting me into the club and giving me the opportunity and support to work with a great bunch of people. I have really enjoyed my first 5 months with the club and I'm looking forward to the New Year.

Sean

This term all the Elite squad coaches have been working together on a common scheme of work drawn up by Sean as the new lead coach for the squad. I'm grateful to him for his support and willingness to answer questions as we make changes to training.

I have really enjoyed coaching Elite and Associates on Monday evenings and have been impressed by how well our swimmers apply themselves in training. I'd like to recognise how well Associate swimmers, some of whom have come from JC3 have coped with swimming broadly the same programme as the Elite squad. I wish everyone all the best for their upcoming swims in the club championships!

Graham

Swimmers of the month

September - October

JT5a Ryan Corbett
 JC1 Hannah Nicol
 JC2 Katy Younson
 JC3 Heather Preston
 Elite Jasmine Kennedy
 Land training - Tim Ovall

November

JT5a Kara Mann
 JC1 Ellie Alexander
 JC2 Ellie Paterson
 JC3 Tim Ovall
 Land training - Heather Preston

*"Congratulations
 on your awards
 and keep up the
 hard work in
 training"*

Sean in 20 questions

Loves

Food

Hates

Nutty
spiders

20 things you didn't know
 about our new coach, Sean
 Dawson...

Likes/loves

1. Food
2. Eating out
3. Swimming
4. Driving
5. Coaching
6. Geology and Chemistry
7. Holidays - America
8. Monkeys
9. Sudoku / maths
problems
10. Badminton and
watching snooker

Dislikes/hates

1. Spiders
2. Mushrooms
3. Nuts
4. Dogs
5. Cricket
6. Exams
7. Getting up early
8. Bad weather
9. Seaweed
10. Drawing and writing

So the challenge is on,
 what would make the
 ideal Christmas gift for
 Sean?

Elite, any ideas ????

Swimming for SANDS

On the 10th and 11th of July a group of BOD swimmers took part in a sponsored swim for SANDS (Stillbirth and Neonatal Death Charity) at a private pool in Ellon.

Over the course of two days 80 people managed to swim a total 8,896 lengths (139 miles). Our target was 1.17 miles, this was to represent the 17 babies that are stillborn or born too early to survive, we easily smashed the target.

Hannah Miley opened the event and Finlay, Caroline, Ellie D and Rachel (AA) were lucky enough to meet, swim and get tips from her.

There was a raffle, bouncy castle and Barney the dinosaur, lots of entertainment and fundraising was happening on both days, altogether they raised £36,000. Thanks to everyone who took part.

*By Caroline
and Finlay*



Buckie Meet: October 2010

Hi,

I'm Kirsty and I am going to tell you about the Buckie Meet in October and how the swimmers of Bridge of Don got on.

The trip was long for the younger ones but everyone did well. Now I'm going to tell you about the meet. As always Yasmin Perry did well for the team getting medals and Best Girl for her age group. Elle Paterson also did well getting herself a Silver medal.

In the relay teams Erin Mclsaac did a mad sprint flying down the pool and back up. It was very good and her mum said " That was great! If you can do that in a team why

don't you do that all the time!"

The meet was a good day out and everyone had a great time. The pool was full of people and even the Judges were up to something. Mark Perry had about 21 DQs in his lane. Well Mark you weren't going easy on the kids! The coaches, Sean and Michael were telling bad jokes like how does an elephant ask for a biscuit?!

The people from Buckie Swimming Club were very friendly and did themselves proud.

It was a good meet for all and everyone got P.B.s, apart from me!

Well done team B.O.D.!

Thanks for taking time out to read this.

*Kirsty
Cruickshank*

*"The jokes
were awful
but the
coaches were
awesome"*



VISIT OUR WEBSITE:

www.bodasc.co.uk

Date for your diary:

North District meet re-scheduled

5/6 February 2011

@ Inverness Aquadome

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

Christmas caption competition!

Please email me with your ideas for what Audrey is saying to Caroline in this picture ????

The winning entry will win a brilliant BODASC prize!

Entries to: newslettereditor@bodasc.co.uk

by the 6 January 2011 please.



And finally, if you don't know the punch line of the elephant joke, you will have to ask Kirsty, or Sean or Michael !!!