



## Message from Club Committee

Welcome to our first club newsletter.



Thank you to our Head Coach Andrew for putting the newsletter together. I hope you enjoy reading about your achievements.

Most of our swimmers and parents won't have seen many changes, however a lot has been going on behind the scenes to ensure the club serves its members to the best of its ability. This includes a trial affiliation to Scottish Swimming, reviewing the available pool time and the addition of 2 new Assistant Coaches. We hope that this work will ensure the club continues to allow our members to achieve the maximum from their swimming in a fun and friendly environment.

Thank you for ongoing support of the swimmers, parents and committee, without which the club could not exist.

We'd like to take this time to welcome all of our newest swimmers to Dingwall ASC and hope that they enjoy being part of such a great team. We would also like to wish all swimmers that have left us all the best for the future. Don't be strangers! Once DASC, always DASC!

## General Club News

### **Scottish Schools Championships**

In January of this year one of our very own swimmers, Danny McPake, qualified for the finals of the Scottish Schools Championships held in the very beautiful Aberdeen Sports Village. This was Danny's first time competing in a long course 50m pool and he swam exceptionally well. Danny took part in the Boys 12 and Under 50m Butterfly event and finished with a very impressive time of 00:41.32. A massive well done to Danny for all his hard work!



### **Sponsored Swim**

February 2015 saw our swimmers taking part in a sponsored swim to help raise funds for the swimming club. 87 of our swimmers took part in this event and covered a total distance of 72.5 miles. A huge thank you to Erin, Carron, Katy, Chris, Danny and Rona for helping count the lengths and a big thanks to all the people who donated and helped us raise over £2000 for the club! Fantastic effort!



### **Community Sports Hub Triathlon**

Several swimmers from Dingwall ASC took part in the local Community Sports Hub Triathlon that took place on the 28<sup>th</sup> of March. It was a very fun filled day with lots of impressive swims, runs and cycles from all participants. Both coaches, along with the help of Katy and Chris, hosted a stall to promote the club. The event was a huge success with a lot of our very own DASC swimmers coming away with medals.



### Club T-Shirts

In April 2015, after months of planning and re-planning, we finally got our club t-shirts delivered from Wrightsport in Glasgow. These t-shirts are extremely lightweight and very fast drying, perfect for use during galas, meets and club time trials. Have a look at some of our swimmers sporting the new club t-shirts.



### Scottish Swimming Affiliation

The club has affiliated to Scottish Swimming on a trial basis and has paid the first year's subscription fee for all swimmers and volunteers. Thank you for completing all the forms. The main benefit to the club is providing the framework and assistance to ensure we have adequate governance and procedures. We hope to attain the SwiMark quality assurance standard in the next few months, Scottish Swimming will also provide, insurance, coaching courses and access to swim meets for those that want to compete.

Scottish Swimming has in the past concentrated on the competitive side of swimming but loss of sponsorship and difficulties in retaining its members have meant that it is now changing, so its focus is on participation, which is in line with our club ethos of fun, fitness and friendship. A decision will be made in the New Year whether to continue with Scottish Swimming membership and all your views will be sought.

### Coaching Staff

We are delighted to welcome Emily Finlayson and Rachel Thomson on board as new assistant coaches at Dingwall ASC. Emily will be helping out on a Friday night in Alness and Rachel will be helping us on Thursday nights. Both Emily and Rachel have been teaching swimming for just over a year and will go far in the world of teaching/coaching swimming! Be sure to say Hi to the newest members of the Dingwall ASC family!

### Club Membership

The club membership is currently at capacity with a waiting list in operation for new members. Tuesday, Thursday and Friday sessions are all full, so the committee is trying to obtain more pool time to allow for progression within the club. Hopefully we will be successful. Depending upon the outcome will consider the implementation of some sessions more focussed on particular skills.



### Tips from the Top!

Early in May, Andrew had the pleasure of speaking with Team Scotland swimmer and Commonwealth Athlete, Sian Harkin, about tips for training, competing and nutrition. Sian is current Scottish record holder for 50m Butterfly both long course and short course. Here's some tips for your training, competing and nutrition:



*“Training: Focus on yourself. Don't worry if the person next to you is miles ahead of you in the warm up or easy sets, do what you need to do to make yourself a better swimmer. Even if that means going slow at the back of the lane working on your technique.*

*Competing: Focus on the process and not the outcome. Take each race as it comes. I used to worry about going 25.6 or 25.47 in 50m Freestyle however when I approached my race focussing on **how** I was going to achieve rather than **what** I was going to achieve it was only them that I achieved my goals. Focussing on execution off the blocks, breakout, tight streamlining etc. rather than focussing on what you are going to achieve definitely helps.*

*Nutrition: You should be eating whole grain and slow releasing carbohydrates pre workout e.g. Rice, whole grain bread, quinoa to last your whole workout. Post workout should be started off with a food that enters your system quicker to start the recovery process faster so a chocolate milkshake or sugary recovery bar or a banana is a must. Also don't restrict yourself from any kinds of food and eat whatever you want (in moderation of course) as this will only create and unhealthy relationship with food.”*

Thank you very much Sian! All swimmers from Dingwall ASC are extremely grateful for your input and wish you the very best with your studies and swimming.

### Highland Duel in the Pool II

Saturday 16<sup>th</sup> of May saw 30 strong and enthusiastic DASC swimmers take part in the second Highland Duel in the Pool against Lochaber Leisure Centre. We were swimming for the coveted Duel in the Pool trophy which Lochaber won in November 2014.

The event was a great success with all swimmers enjoying themselves and smashing PB's left right and centre however we were unable to win the trophy back, *however* DASC swimmers managed an amazing 71 new PB's out of a possible 95 which works out as 74.73% of races resulting in a personal best.

Along with these personal bests there were a whopping 27 new Club Records broken and reset. Swimmers performed above and beyond both coaches expectations and represented the club extremely well.

Swimmers who broke and set new Club Records are as follows:

Danny McPake, Robbie Stewart, Martin Keyes, Chris McPake, Murray Stewart, Grace Ewing, Anna Beveridge, Abi Davidson, Rona Robinson, Orla O'Reilly, Ellie Souter, Katy Connelly, Fiona Beveridge and Carron MacDonald. A huge congratulations to all the DASC swimmers that took part for swimming their heart out and performing so well!



As well as securing 71 new PB's and 27 new Club Records we also had a large team of swimmers qualify for the Highland Schools Swimming Gala which is usually held in Inverness in December. Both coaches fully believe that this team can grow and more swimmers qualify as we train harder throughout the year. Let's do it!

Both coaches would like to thank the parent helpers Julie, Aileen, Amy, Gordon, James, Jason and Claire for helping out at the gala with timekeeping and scorekeeping. 😊

Our swimmers of the meet/month were:

Martin Keyes, Euann Mightens, Carron MacDonald and Ruth MacDonald.

Team picture below courtesy of Rachel MacRae.



### **Achievements (in and out of the pool)**

Congratulations to the following swimmers for their achievements both in the water and out of the water:

- Erin Robinson for her 13.92 second PB in her 200m Freestyle.
- Anna Munro and Lewis Lyall for qualifying to the Highland Schools Swimming Gala for the first time.
- Grace Ewing for being awarded a Merit Certificate at the Scottish 2 Piece Floor and Vault Competition in Perth.

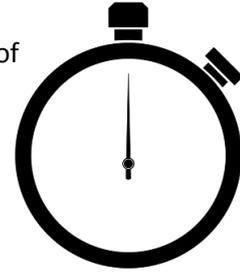
Excellent effort by all swimmers for their achievements, hard work and PB's over the past 6 months.





**Time Dropped**

Over the last 6 months Dingwall ASC swimmers have dropped a total of **21:43.18** seconds. What an incredible effort! A massive well done to all swimmers and thank you to all volunteers who helped timing in the last few timing sessions and at our recent galas.



**Biggest improvements**

Below are the Top 10 swimmers who dropped the most time in the past 6 months:

- |                               |                              |
|-------------------------------|------------------------------|
| 1. Murray Stewart – 00:59.49  | 6. Zoe McLachlan – 00:36.96  |
| 2. Chris McPake – 00:54.76    | 7. Craig Murray – 00:36.80   |
| 3. Kelsey MacNab – 00:47.58   | 8. Blythe Wilson – 00:36.68  |
| 4. Demi MacNab – 00:43.07     | 9. Grace Ewing – 00:36.40    |
| 5. Kirsty Johnston – 00:42.69 | 10. Rona Robinson – 00:33.71 |

**Volunteers are very important to the Club and we cannot work without your support and enthusiasm. We are always looking for more parents and swimmers to get involved. If you are interested, please contact Julie – Club Secretary at: dingwall\_asc@outlook.com**

**Dates for your diary**

***Summer Training***

The final training session before summer are: **Tuesday 30<sup>th</sup> June and Friday 3<sup>rd</sup> July**

*Training will continue on a Thursday night in Dingwall Leisure Centre from 6:30pm – 7pm for the Feeder Club and 7pm – 8pm for the Main Club. All swimmers, from any session is invited to attend the summer Thursday session 7pm – 8pm in Dingwall.*



***Summer Training Camp***

This summer we will be holding our first ever Summer Training Camp which will be used to fine tune the technical skills for starts and turns in each of the four strokes. Under the guidance of Dingwall ASC coaches swimmers will also be introduced to Dry Land Training and be given some basic tips on nutrition. ***This summer camp is aimed at Main Squad swimmers.***

***Dates:***

*Tuesday 28<sup>th</sup> July – 6:00pm – 7:00pm*

*Wednesday 29<sup>th</sup> July 5:00pm – 7:15pm*

***Cost:***

*The cost of this summer camp will be £5. Money must be handed into the coaches no later than Thursday 23<sup>rd</sup> of July.*

**Please note that a maximum of 30 swimmers can sign up for the camp, as a result it is a first come first serve basis. It is also recommended that swimmers attend both days.**

***Club AGM***

September 7<sup>th</sup> – 7pm – Dingwall Academy. All parents welcome, your input is invaluable to us to progress, develop and move forward as a club.

If you cannot attend the AGM please forward apologies to our Club Secretary, Julie:  
***dingwall\_asc@outlook.com***