



## Message from the Head Coach

2016 has so far been fantastic for our little Club. A lot has changed, most of which has happened behind the scenes, but a couple of things have changed that most swimmers and parents will have noticed. We've got extra pool time, we've got a new committee full of talented individuals driven to help our Club succeed and progress further, we've visited Lochaber for the third Duel In The Pool and we recently purchased new kit for the Club. There is no denying that this Club has gone from strength to strength and it's humbling to be a part of. Since joining Dingwall ASC in November 2013, I've seen some changes across the Club but no matter how big the change, the committee and coaches have made it their job to ensure that the swimmers continue to get the highest quality coaching and development possible.



This year has already been fantastic so far and it has been thrilling to be a part of. I'm sure all parents and swimmers can agree that 2016 is only going to get better for our Club! I hope all swimmers, parents and committee members enjoy the Summer Holidays, and if you're going abroad anywhere, please bring back some sunshine!

## General Club News

### Sunday Sessions

The Club recently added an extra 1 hour training to its programme, starting on the 10<sup>th</sup> of January. This session, in line with the upcoming plans to introduce squads, is aimed at our strongest swimmers and is limited in numbers to prevent crowded lanes and to ensure that all swimmers can train in an environment conducive to their training and development needs. The session has been great so far and already the coaches have noticed huge improvements in ability due to a more focussed session. It is hoped that with the eventual introduction of squads to the Club we will be able to train all swimmers in a more focussed environment with swimmers of similar ability, stamina and speed.

### Club Committee

In the last edition of the Club newsletter we detailed that our Club committee had disbanded and that we had postponed our plans for affiliation with Scottish Swimming. The Club is now delighted to announce that it has a full committee on board, ready to help bring the Club to the next level and support all swimmers and coaches in their development. The new committee members are:

James McPake – Chairperson

Hazel Chisholm – Secretary

Melissa Maclennan – Treasurer

Rhona Morrison -Membership Secretary

A huge thank you to the new committee for volunteering their time to help the Club behind the scenes and push it on from strength to strength!

**Thank  
YOU!**



### Club Kit Update

In April we placed a new order for Club kit with the Wrightsport team. We ordered Club hoodies for our older swimmers and also Club t-shirts for the Development Squad. A huge thanks to Craig and the rest of the Wrightsport team for stellar customer service as usual and a very speedy turn around in time for our Duel In The Pool with Lochaber. What's the next item of Club kit? Some swimmers have suggested socks...



Club swimmers and coaches looking very smart in their new hoodies!



The Development Squad with their new Club T-Shirts!



## Achievements In and Out of the Pool

Massive congratulations to Grace Ewing (12) on completing the Race for Life 5k on Sunday 22<sup>nd</sup> of May with a time of 35 minutes and raising £4,664.80 for Cancer Research UK!

Jack Pentecost on shaving 9.69 seconds from his 50m Backstroke personal best!

Eilidh Gunn **AND** Fiona Beveridge on their phenomenal 01:20.97 shared Club Age Group record in 100m Freestyle!

Beth Mackay on winning the Highland trophy for 11 year olds at the Claire Bryce School Of Dance competition. She also won 3 firsts, 2 seconds and a third! What a performance!



### Time Dropped

Over the last 6 months Dingwall ASC swimmers have shaved a massive **10:55.73** from their PBs. That's right, 10 minutes! What an incredible effort! 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. Ellie Chisholm – 01:00.87  | 6. Murray Stewart – 00:22.40    |
| 2. Laura Beveridge – 00:37.35 | 7. Lucy Fountain – 00:21.21     |
| 3. Rona Robinson – 00:25.98   | 8. Meg Morrison – 00:19.27      |
| 4. Lewis Lyall – 00:25.72     | 9. Blythe Wilson – 00:18.17     |
| 5. Orla O'Reilly – 00:24.87   | 10. Carron MacDonald – 00:17.75 |



## Club Captain Profiles

### Chris McPake

Chris McPake is our Senior Boy Club Captain and has been training at the Club for well over 6 years. Chris took some time to speak with us and let us know a little bit more about him.

**Hobbies:** Swimming (which is the only sport I do), socialising with friends and cycling which is rare and not very often.

**Favourite Book:** The entire Harry Potter series! ⚡

**Favourite TV Show:** Modern Family or Brooklyn Nine Nine.

**Favourite Movie:** Treasure Planet! Such a classic!

**Favourite Song:** Anything from the 80s, as everyone probably heard on the way down to Lochaber in April!

**Greatest achievement in the pool:** Setting 12 Club records, in particular the Backstroke records and being chosen as Club Captain!

**Advice for other swimmers:** Get a good pair of goggles, it makes all the difference.. (Chris is renowned for stopping during sets to fix his goggles)

**Random Fact:** When I was about 12 or 13 I jumped off a stage and tried to crowd surf and failed. I hit the floor and broke my wrist!

### Fiona Beveridge

Fiona Beveridge is our Senior Girl Captain and has been training at Dingwall ASC alongside her two siblings, Laura and Anna Beveridge. Fiona took some time to speak with us and let us know a little bit about her!

**Hobbies:** Hockey and swimming, socializing with friends and binge watching TV shows.

**Favourite Book:** Harry Potter, particularly Deathly Hallows.

**Favourite TV Show:** Friends

**Favourite Movie:** Legally Blonde

**Favourite Song:** Only You – Yazoo

**Greatest Achievement:** Doing the Backstroke start drill and getting it shared by Scottish Swimming. It has something like 11,000 views on Scottish Swimming's Instagram Page!

**Advice for other swimmers:** Just keep swimming! (Coach Andrew agrees...)





## Tips from the Top!

Team Scotland swimmer and Commonwealth bronze medallist Sian Harkin is back with some tips on how to balance your training with your education and your work, especially for our older swimmers who have just sat their SQA Exams. Sian has just graduated Stirling University with a first class degree in Psychology.

“I don’t believe that any amount of training should make your grades suffer if you can develop good time management skills. I think that if you develop this skill it will help you not just in the pool and classroom but will help you in the future when attending future interviews for jobs etc, as it shows you have the ability to balance more than one task at a time and be successful at both. I think that if you ever get an injury or have to stop swimming for any particular reason then you should always be able to have a back-up plan e.g. a degree to fall back on as swimming doesn't last forever!



### Tips:

1. Make a plan at the start of every week (I usually write it down on a bit of A4 paper and stick it to my wall above my desk) of what you are doing that week and take each day as it comes. So for example on Monday you will train for 2 hours in the morning, 2 hours in the evening and then gym in between. However, alongside this you also want to write down when you plan to study for tests or do your school homework/coursework.
2. Make and prioritise a 'To Do' list and carry it around with you. This way you will never forget important things you have to do or leave them until the last minute! (Or hopefully you won't ha!)
3. Buy a diary. For training/school work/university work. You can write everything down so you don't forget.
4. Use your training to relax from the work you have, and your homework to relax from your training. Try not to let the stress from exams or school stress you out during your pool session, just focus on one thing at a time! :)
5. If you ever get to the pool 20 minutes early or have to wait for your mum or dad to pick you up, grab a book and try going over some stuff in the cafe or while you're in the car on the way to training. I used to study for my exams on the way to training and home in the car as I always had a half an hour drive!”

On a side note from the coaches, if you feel like you’re struggling with your school work and your training don’t hesitate to speak to a coach who will happily help support you in whatever way they can!

Sian is back training as hard as ever and hoping to start competing again soon! Dingwall ASC is looking forward to seeing Sian back in the water and wishes her all the best in the pool! We’ll be rooting for you!



### Dates for your diary

Training on a Tuesday and Friday night and a Sunday morning will cease throughout the Summer Holidays. **Sunday 3<sup>rd</sup> July will be the last day of training before summer.**

Training will remain on from 7pm – 8pm for the Main Club but there will be **NO** development training throughout summer due to low attendance last year.

Training will resume on the following dates:

**Tues – 16<sup>th</sup> of August**

**Thurs – 18<sup>th</sup> August**

**Fri – 19<sup>th</sup> August**

**Sun – 21<sup>st</sup> August**

### Summer Training Camp:

Our second summer training camp will run on the following dates:

**Tuesday 9<sup>th</sup> and Wednesday 10<sup>th</sup> of August from 4pm – 7pm each day.** (Money for this camp must be in by 3<sup>rd</sup> July)

This camp will feature 2 x 1.5 hour sessions in the pool as well as 1 hour of land training and 1 hour of swimmer education! It's going to be fantastic and spaces are limited so get booked in ASAP!

Our Development Squad will also have a summer camp on **Thursday 11<sup>th</sup> August from 6pm – 7pm.** This camp will be free of charge to all Development swimmers and will be aimed at developing the turns and starts for all strokes.

### Club Championships:

**Saturday October 1<sup>st</sup>**

Dingwall Leisure Centre! More information will follow closer to the time!

