



Message from the Head Coach

The festive season is upon us and we are winding down for the holidays! We've had a great 6 months since we issued our first newsletter and it's been filled with achievements. We hosted our 2nd Annual Club Championships in September, we attended the Highland Schools Swimming Heats in November increasing our team from 5 swimmers in 2014 to 12 swimmers this year. This has been a big year for our club as we've taken steps to ensure all swimmers are developed and trained to the best of their ability, we've seen some new swimmers joining our club and we've trained harder and smarter. It's been a great year for our club and it's been an honour to be a part of it.

2016 will be upon us in no time so enjoy the holidays and come back to the club ready for another fantastic year at Dingwall ASC! I wish all swimmers, committee members and parents a prosperous 2016!

General Club News

Starts and Turns Summer Camp

In July of this year we held our first Starts and Turns Summer Camp, we had 17 swimmers in attendance, keen to develop their starts and turns for all four strokes. This summer camp also introduced swimmers to their first dryland training session where they worked on some swimming specific speed and agility and put their sea legs to the test on land. The two day camp was a huge success and due to this success the coaching team are looking at doing something similar in Summer of 2016. More information to follow after the New Year.

New Lane Ropes

August 2015 saw a change to our usual surroundings at Dingwall Leisure Centre, after a chance look at Twitter in August, Andrew found the club new lane ropes being sold by Ythan ASC in Ellon, Aberdeenshire. Both Andrew and Jordan jumped at the chance to purchase these anti-wave lane ropes and travelled down to Ellon to collect them for a bargain price. A huge thank you to Ythan ASC for these lane ropes that have worked fantastically and do a great job of stopping the pool turning into a tsunami during training; just try not to kick them as some swimmers have sorely found out. Ouch!



Club Kit

In October we placed a second order of Club T Shirt with Wrightsport. We bought new t-shirts for all of our newest members of the team and also for our two new coaches Emily and Rachel. A huge thanks to Craig and the rest of the Wrightsport team for such excellent customer service and a very speedy turn around. All coaches are agreed that our next purchase for the Club should be Club Hoodies sometime in 2016.



Committee and Scottish Swimming Affiliation Update

In the last issue of our newsletter we detailed our plans for affiliating with Scottish Swimming to provide framework and assistance to ensure our club has adequate governance and procedures. Affiliating would have also allowed our club to enter swimmers in competitions and other events for those swimmers who want to compete.

Since then there have been various resignations from our committee such as Chairman, Treasurer, Membership Secretary and Secretary, we are currently unable to affiliate with Scottish Swimming and will be focussing on building a robust committee over the next 6 to 8 months before we revisit affiliation.

The club are delighted to announce that James McPake was nominated as our Chairman at our committee meeting on November 9th. We are also happy to announce that Hazel Chisholm has joined the committee taking on the role of Secretary. There are still 2 vacant posts available; Treasurer and Membership Secretary. Our club cannot run without all the volunteers who give up their time to train, organise and help run all of our sessions, so if you can donate a few hours a month it would be appreciated.

Club Captains

The coaching team and committee would like to thank Katy Connelly and Hamish Kerr for all their hard work and support as Club Captains for our 2014/15 season. Katy and Hamish nominated Fiona Beveridge and Chris McPake (pictured left) to take over the mantle of Club Captain for the 2015/16 Season. The coaching team are delighted with Katy and Hamish's decision and look forward to working closely with Fiona and Chris over the next year. Be sure to say hello! 😊



Achievements (in and out of the pool)

At Dingwall ASC we always strive to celebrate the achievements of swimmers whether it be in the pool or out of the water. This year we'd like to congratulate the following swimmers on their achievements this year:

- Carron MacDonald, Eilidh Gunn and Rachel MacIver on passing their National Pool Lifeguard Qualification!
- Amy Maclean for her massive 30.29 second PB in her 100m Individual Medley.
- Danny and Chris McPake for their medals at the Highland Schools with Danny winning Silver in his 100m Freestyle and Chris winning a Bronze medal in his 100m Breaststroke
- Assistant Head Coach, Jordan MacDonald for passing his Level 2 Teaching Aquatics Course this year.
- Rachel MacIver and Assistant Coach Emily Finlayson who travelled to Tanzania to help build a roof for the Luhota Secondary School and teach English to the pupils of the Luhota.



Competition News

Club Championships

Our second annual Club Championships were held on September 26th and the day was hugely successful. 46 swimmers took part in our Club Champs this year and there were 102 new Personal Bests as well as 14 new Age Group Records. All swimmers behaved themselves and acted very responsible and grown up while waiting for their events to take place.

The coaching staff would like to thank all parents who volunteered on the day of the event, an exciting day filled with fast swimming, laughter, cheering and team bonding. Who's excited for next year?!



Highland Schools

On November 4th, 12 swimmers qualified for the Highland Schools Swimming Heats in Inverness Leisure. Last year we had 5 swimmers qualify and the coaching team set themselves a target of increasing this number to 10 swimmers for this year's event; to have 12 swimmers qualify was amazing.

The Dingwall ASC Coaching team were very proud of all swimmers efforts on this day and despite being such a small group of swimmers compared to other school entries it was commented on by other team's coaches that we had the best support with all swimmers cheering and screaming for their team mates!



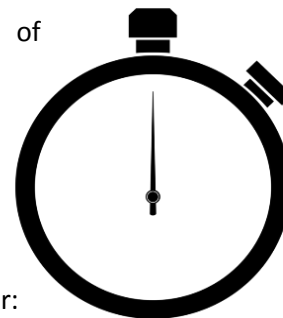
One of the highlights for the day came from Katy Connelly's 100m Breaststroke swim. In the run up to her event Katy could be seen pacing back and forth on poolside and worrying about her upcoming performance however the coaching team and all DASC swimmers believed in her and Katy went on to swim her fastest 100m Breaststroke time EVER. The entire team was delighted for her and you could see on her face how awestruck she was. A huge DASC well done to Katy!

All swimmers did themselves and the coaches proud with their behaviour and performance on the day!



Time Dropped

Over the last year Dingwall ASC swimmers have dropped a total of **35:01.44**. A massive well done to all swimmers and thank you to all volunteers who have helped with timing at our Club Time Trials and gala's throughout 2015.



Biggest improvements

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

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| 1. Blythe Wilson – 01:44.70 | 6. Evie Richardson – 01:01.31 |
| 2. Murray Stewart – 01:14.49 | 7. Anna Beveridge – 00:56.37 |
| 3. Amy Maclean – 01:14.31 | 8. Hannah Anderson – 00:55.03 |
| 4. Kirsty Johnston – 01:09.78 | 9. Kelsey MacNab – 00:54.13 |
| 5. Chris McPake – 01:02.32 | 10. Robbie Stewart – 00:53.11 |

Attendance

In 2015 we have had 8 swimmers with more than 80% attendance. Our highest attendance comes from Chris McPake, Daniel Morrison and Blythe Wilson who had 90% attendance throughout the year. We had Anna Munro with 88% attendance, Danny McPake with 86% attendance, Hannah Anderson with 86% attendance, and Lewis Lyall and Olivia Mackinnon with 84% attendance throughout the year. A massive congratulations to the above swimmers for their commitment and diligence throughout 2015.

Dingwall ASC would not exist without your support and enthusiasm and we are always looking for more parents and swimmers to get involved. If you are interested, please contact the club at: dingwall_asc@outlook.com

Dates for your diary

Training will finish for 2015 on Friday 11th December.

The first training session of 2016 will be on:

Tuesday 5th January

Our first Sunday morning session will begin on Sunday 10th of January.

Our next committee meeting will be held on:

Monday 18th January 2016 – 7pm in Dingwall Academy



The coaching team would like to wish all swimmers, parents and committee members the best in 2016 and hope that you all have a relaxing and fun filled festive season!