



Message from the Head Coach

This past year has been another great year for Dingwall Amateur Swimming Club. We have continued to build on the momentum from 2015 and push the Club on from strength to strength. Coming into this year my aim was to increase the pool time for our swimmers and continue to develop technique across all four strokes and I am thrilled that we have managed to achieve these goals. We have seen monumental improvements in technique across all four strokes, including development of our starts and turns. We've also increased our pool time by 2 hours on a Sunday morning which will help us continue to progress as a Club. With the implementation of our new Squad Structure in 2017 I am confident that the Club will continue to flourish and take steps to further develop the culture that we have created of hard work, determination and fun.



Three years ago I was lucky enough to be offered the position as Head Coach of this wonderful Club but never in my wildest dreams would I have imagined we would be where we are now. It has been an honour working alongside the committee who have worked tirelessly to ensure the Club continues to grow. I am blessed to coach alongside a group of extremely talented individuals who put everything they have into coaching such a marvellous group of children. It has also been a great pleasure coaching all of our incredibly talented and driven swimmers and watching them grow and develop over the past three years.

I am very excited to see where 2017 takes us and would like to close by thanking everyone involved in the Club for their continuing and unwavering support, from the coaching staff and the committee, to the parents and most importantly our swimmers. Let's make 2017 another successful year at Dingwall Amateur Swimming Club.

General Club News

New Squad Structure 2017

Over the past 12-18 months the coaching staff and committee have been discussing how to continue to develop all swimmers in an environment conducive to their learning and development. After months of talks it has been agreed to implement our new Squad Structure in January 2017. This will allow the coaching staff to coach all of the Club's swimmers to a better degree by providing more structured and focussed training sessions. We have increased our pool time by two hours on a Sunday morning and it is hoped that this will allow us to offer more pool time to swimmers but also provide more opportunities to develop their technique, speed and stamina and ensure that all swimmers continue to improve.



Coaching Structure

As some of you may be aware, one of our coaches, Rachel Thomson, has been accepted to Glasgow Clyde College to study Fashion Design and Manufacture. On behalf of the Club, the Coaching Staff would like to thank Rachel for all that she has helped the Club achieve in the past year with us and we wish her all the best for the future! Rachel's departure has since left a noticeable gap in our coaching staff so it was a priority to search for a new coach to come on board and help the Club progress.

It is with great pleasure and enthusiasm that we can announce that Grace Tonner will be joining the coaching staff at Dingwall ASC with immediate effect. Grace has been teaching for over a year and brings with her passion, enthusiasm and a bubbly, upbeat personality.

She is a welcome addition to the team and will be pivotal in developing our swimmers.



Committee Structure/Update

The Club cannot run without the help from volunteers. It is vital that as many parents get involved to help support the Club and its swimmers at events and to help with fundraising etc. The Club Committee have worked tirelessly over the last 12 months to ensure the Club continues to move forward and progress from strength to strength. We have recently had a vacancy within the Committee:

Vacancy: Club Secretary

Are you full of new ideas to help develop Dingwall ASC?

Are you motivated and organised?

If you feel like you would be perfect for the role of Secretary please send an email to:

dingwall_asc@outlook.com



Club Championships 2016

Our Annual Club Championships took place in Dingwall Leisure Centre on October 1st 2016, with 38 swimmers taking part it was sure to be an exciting day full of fast swimming, cheering and lots of team spirit. Swimmers took to the pool and put in some incredible performances. Over 80 new Personal Bests were set, which may not seem like a lot, however it is hugely impressive given that there were **170** new Personal Bests set in the three weeks running up to the event.

In addition to swimmers smashing their own Personal Bests there were also 10 new Club Age Group Records set on the day. Some of the highlights from the event are detailed below:

There were some tough fought races with Ellie Chisholm (14) storming home in the final stretch of the 50m Butterfly, narrowly beating Aeryn Cleary (14) into first place by 2 seconds.

Another exciting final came from Chris McPake (16) and Erin Robinson (16) as they faced off in the 50m Butterfly final. Down the first 25m it looked like Chris had it in the bag but Erin pulled out all the stops to draw level with 15m to go. Powering alongside Chris it seemed as if there was going to be an upset in the pool and with 5m to go they were neck and neck. In the final 2 meters and by the slimmest of margins Chris out touched Erin by 0.28 of a second in one of the most exciting events of the day!

For some of our swimmers this was their first taste of competitive swimming. Beth Mackay (11) didn't let this bother her as she finished with two Bronze medals in the 50m Backstroke and 50m Freestyle taking 6.71 seconds off her Personal Best, and a Silver medal finish in the 50m Breaststroke final.

Rebecca Coull (15) had a solid start to the day in her 100m Freestyle heat as she faced off against a tough field of swimmers. Entering the event with a time of 01:31.06, Rebecca sprinted her way into the final with a time of 01:27.24. After a rest and some refuelling Rebecca sailed to victory in the final with an even faster time of 01:26.29 which secured her a gold medal!





Highland Schools Swimming Heats

On Wednesday 2nd November, a small but powerful team of Dingwall ASC swimmers took part in the Highland Schools Swimming Heats in Inverness Leisure Centre. All swimmers performed exceptionally well on the day and were extremely well behaved throughout. After the event swimmers and coaches stopped off for a bite to eat at Burger King which the swimmers were delighted with. Our team consisted of Erin and Rona Robinson, Chris and Danny McPake, Kirsty Johnston and Alice Kerr both competing for their first time at this exciting event.



L-R: Chris, Kirsty, Rona, Alice, Danny and Erin

Erin Robinson competed in her first 200m Freestyle event, which saw her blow away her personal best and set a new PB with a time of 02:48.58. Not only is this a huge personal best but it is a new Club and Age Group record for the Club!

Danny McPake had two swims on the day in the 100m Freestyle and 100m Breaststroke. Danny set a new PB in the 100m Breaststroke with a time of 01:31.04 and also picked up a Silver Medal in the process. His 100m Freestyle was also a new personal best in a time of 01:11.40.

Rona Robinson had a solid 100m Breaststroke race, swimming alongside Danny McPake in the same heat. Upon first hearing that Danny would be in the same heat, Rona had a small panic but as soon as she stepped on the blocks she put her game face on and blasted through her swim, coming back in a time of 01:34.97, only 0.38 seconds behind her current personal best!

Chris McPake was entered into the 100m Backstroke event, and despite having trouble with his shoulders he blazed through the field, coming back in a time of 01:20.56 which is a new personal best, Club and Age Group Record. Chris also won bronze for his incredibly fast time!

Alice Kerr, arguably the most nervous of all swimmers on the day, was entered into the 100m Freestyle event. After hours of worrying, panicking, second guessing herself and nervous chit chat she stormed through her event to finish in a time of 01:14.96. This incredible time dethroned Erin as the fastest 100m Freestyle girl and now makes Alice the fastest girl in Dingwall ASC.

Kirsty Johnston, was the polar opposite to Alice, remaining calm and collected on the day. Nodding her head while she listened to music pre-race she composed herself and prepared herself for the 100m Backstroke. Kirsty had a fantastic start and had a solid swim for the first 75m of the race but unfortunately, due to not touching the wall on her final turn Kirsty was disqualified. Kirsty being Kirsty, took it all in her stride and laughed it off when she came over to the coaches at the end of her race.

Overall the event was a huge success and saw swimmers smashing personal bests, Club and Age Group records in nearly every single swim. Swimmers are a credit to their school, their parents and themselves. Always putting in the work and giving it 150%. I'm already excited for next year's event!



Achievements In and Out of the Pool

At Dingwall ASC we believe it is important for us to celebrate the achievements of our swimmers both in and out of the water.

Well done to Erin Robinson, Jemma Logan and Chris McPake on passing their National Pool Lifeguard Qualification!

Congratulations to Rachel MacIver on passing her driving theory test!



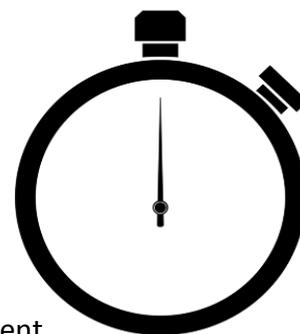
Massive congratulations to Blythe Wilson on winning the MFR Spooky Story competition in the 13 – 17-year-old category for her story, titled I Wonder. You can read it [here](#).

Well done to Stella Keith on taking 13.87 seconds from her 25m Backstroke personal best, bringing her time to 00:31.03 seconds.



Time Dropped

Over the last 12 months Dingwall ASC swimmers have shaved a massive **31:03.37** from their PBs. That's right, a monstrous 31 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 12 months:

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|-------------------------------|-------------------------------|
| 1. Ellie Chisholm – 01:55.25 | 6. Brandon Fenwick – 00:56.85 |
| 2. Lewis Lyall – 01:17.87 | 7. Murray Stewart – 00:53.62 |
| 3. Laura Beveridge – 01:17.62 | 8. Maria Mackay – 00:53.14 |
| 4. Blythe Wilson – 01:14.63 | 9. Samuel Bryan – 00:51.32 |
| 5. Robbie Stewart – 01:10.53 | 10. Meg Morrison – 00:50.76 |



Club Captains 2016-2017

The coaching team and committee would like to give their thanks for Chris McPake and Fiona Beveridge for all their input, support and hard work as Club Captains for 2015/2016. After months of deliberation and discussion the coaching team were delighted to nominate Erin Robinson and Ellie Souter as Club Captains for 2016/2017.

We caught up with Ellie and Erin to ask them some questions to help swimmers, parents and coaches get to know them better.



Erin, Coach Andrew and Ellie

What has been the highlight of your time at Dingwall ASC?

Ellie - "One of the highlights of my time at the Club is being given the opportunity to coach the Development Squad on a Thursday night"

Erin - "There's been too many, this is such a great club and I'm sure there will be many more memories to come."

What keeps you motivated?

Ellie - "Seeing improvement in my physical fitness keeps me going, even during tough sets!"

What is the first thing you do after a tough training session?

Ellie - "As soon as I get home I have peanut butter on toast"

Erin - "Get into my pyjamas and get a bowl of coco-pops"

What is the hardest/toughest set you've ever done?

Ellie - "When Sunday morning sessions extended to 2 hours consisting of a monster kick set and butterfly work"

Erin - "Any backstroke sets, purely because I really don't like backstroke"

What is your ideal job?

Ellie - "I'd love to be a Dental Therapist"

Erin - "Working in the police force"

What advice do you have for up and coming swimmers in the Club?

Ellie - "Always try your best, even when you want to give up!"

Erin - "Always give your best effort but most of all, enjoy the journey"

Do you have any strange phobias?

Erin - "Rats and mice.. EW!"

What athletes inspire you and why?

Ellie - "Michael Phelps, because he always excels in every race he competes in!"

Erin - "Andy Murray. This year has been so successful for him and it gives me motivation to perform to the best of my ability"



Dates For Your Diary

Training will finish for 2016 on Sunday 11th December.

The first training session of 2016 will be on:

Tuesday 10th January 2017

Remember that sessions have changed with the implementation of our new Squads.

Our next committee meeting will be held on:

Wednesday 1st February 2017

Come along we'd love to see you and hear your ideas to help develop our Club!

The coaching team would like to wish all swimmers, parents and committee members the best in 2017 and hope that you all have a relaxing and fun filled festive season!

