



## Hawick Amateur Swimming Club

# NEWSLETTER

June 2010

### **Eyemouth Marlins:**

A small team of 4 Hawick ASC swimmers made the journey to Eyemouth for the Eyemouth Marlins competition and they certainly made a **big splash!** They were Kirsten Mitchell, Nathan Murray, Abbie Jeffrey and Jenna Amos and between them they came away with 4 personal best times and Nathan winning the silver medal in the Individual Medley.

### **Duns 500:**

A team consisting of Jenna Amos, Abbie Jeffrey, Erin Pringle, Kirsten Mitchell, Rhys Tait and Nathan Murray took to the pool at Duns and performed really well with some good times. Nathan Murray coming away with a silver in the 50m backstroke and bronzes in the 50m Breaststroke, 25m Butterfly and 100m Individual Medley.

### **Border Junior League/Intermediate League 3:**

At the 3rd round of the Border Junior/Intermediate League in the Galashiels pool the Hawick swimmers taking part were Rhiann Ferguson, Jenna Amos, Lyall Hodgins, Archie Brown and Gavin Mitchell (10 and under); Abbie Jeffrey, Erin Pringle, Nathan Murray and Mark Messer (12 and under); Kirsten Mitchell, Erin Middlemass, Leanne McFadden, Jake Richardson, Nicholas Palmer and Jack Wilson (13 and over). Everyone enjoyed themselves and produced some good personal bests.

### **Midlothian Minnows:**

The recent Midlothian Minnows event held in the Prestonpans pool saw Jenna Amos and Nathan Murray produce some great swims. Jenna managing to bag a silver in the 25m breaststroke and a good bronze (personal best) in her 25m freestyle. Nathan was also amongst the medals with silver in the 50m butterfly, backstroke and breaststroke (personal best), he then went one better with a gold medal in the 50m freestyle with another personal best time.

### **Coffee Morning:**

The Coffee Morning held in the Trinity Church Hall recently raised £192.70 after expenses for the Club funds. A very big thank you to everyone who baked, donated, came along or helped in any way, your efforts were much appreciated.

### **Bag Packing:**

The Bag Packing held at Morrisons on the Thursday of the Common-Riding made a grand total of £478.22. Well done to the swimmers and adults who gave of their time and effort to help throughout the day.

### **Club Website ([www.hawickasc.co.uk](http://www.hawickasc.co.uk)):**

Why don't you take a look at the website where you will find all sorts of information about the swimming club's results, times, events and competitions. If any members have ideas, interesting swimming facts or pictures that might be suitable to be put on the website, please approach a member of committee and let them know and they may be included on the website. Also available to view or download on the website is the Club's Code of Conduct.

### **Summer Training Times:**

|          |                             |          |  |
|----------|-----------------------------|----------|--|
| 02/07/10 | School Finishes             | 16/07/10 | Swimming Training 5pm - 6pm              |
| 04/07/10 | Swimming Training 4pm - 5pm | 18/07/10 | Fun Swim 4pm - 5pm                       |
| 05/07/10 | Swimming Training 5pm - 6pm | 19/07/10 | No Swimming or Land Training for 4 weeks |
| 06/07/10 | No Swimming Training        | 16/08/10 | Swimming Training Resumes as Normal      |
| 07/07/10 | No Land Training            | 17/08/10 | Normal Swimming Training Times           |
| 09/07/10 | Swimming Training 5pm - 6pm | 18/08/10 | Land Training Resumes                    |
| 11/07/10 | Swimming Training 4pm - 5pm | 20/08/10 | Normal Swimming Training Times           |
| 12/07/10 | Swimming Training 5pm - 6pm | 22/08/10 | Normal Swimming Training Times           |
| 13/07/10 | No Swimming Training        |          |  |
| 14/07/10 | No Land Training            |          |  |

*The Coaches and Committee  
of Hawick Amateur Swimming Club  
wish all our members  
a Happy Summer Holiday*

### **Forthcoming Events in 2010:**

**Sunday 12th September, Borders Junior/Intermediate League 4 at Galashiels (3.30pm warm up)**

**Thursday 23rd September, Borders Freestyle Championships at Galashiels (6.30pm warm up)**

**Sunday 14th November, Borders Schools Time Trials at Galashiels (1.30pm warm up)**

**Sunday 28th November, Borders Relay Championships at Galashiels (2.00pm warm up)**

## Happy Birthday to the following members-

|              |           |                |           |
|--------------|-----------|----------------|-----------|
| Lauren Grant | 24th June | Rhys Tait      | 2nd July  |
| Amy McMichan | 24th June | Leah Murdie    | 10th July |
| James Grant  | 26th June | Jennie Redpath | 30th July |



## Training Tips:

### PLEASE BRING A DRINK TO EVERY TRAINING SESSION.

**Water, Diluting juice and Lucozade are all acceptable. If you get dehydrated your concentration and co-ordination will be affected.**

Once you have learned the basic turns, swimmers should practice turns, within training, at every session - it doesn't matter if they "go wrong" - practice makes perfect!!

Try to attend as many sessions as possible and come with a **POSITIVE ATTITUDE**.

Remember that every training session is a chance for you to improve.

If possible bring two pairs of goggles.

*Teviotdale Leisure Centre has asked us to remind all swimmers to have a shower before entering the pool and also if they can enter and exit the pool area by the footbaths. Thankyou.*

## Land Training:

Weekly Land Training sessions which are inclusive to our members £16 direct debit, have been well attended, but with the larger studio we do have room for more. The sessions are held on Wednesday evenings from 6.45 - 7.30pm - at the TLC, with Barrie Sutherland, PFI. At the sessions there is a variety of training available e.g. football, rounders, running, circuit training and also usage of the dance mats, so why not come along.

Please check with Ian Aitken if you wish to attend.

## Swimming Costumes & Club T-Shirts:

Club T-Shirts are now available to buy at £6 each. Swimming Club members wishing to purchase Club swimming costumes can give their orders (name and costume size) to Lorna Murray.

Speedo costumes in Club colours - Girls up to a 32", £14; 34" and upwards are £17. Boys trunks up to 28" are £8.75; 30" and upwards are £10.75. Boys Speedo Jammers are available in navy with the Club name printed on them.

Club Hoodies will soon be available, costing £16 for a child and £18 for adults. Anyone interested please see Graeme Hodgins who has samples of the sizes available.



### **HASC Coaches:**

|                    |           |
|--------------------|-----------|
| Lesley-Anne Aitken | (level 2) |
| Sarah Oliver       | (level 2) |
| Greg Aitken        | (level 2) |
| Jean Amos          | (level 2) |
| Alison Bruce       | (level 1) |

### **HASC Committee:**

Alison Bruce  
Gary Ward  
Janet Aitken  
Ian Aitken  
Claire Mactaggart  
Leslie Mitchell  
Drew Dilger  
Lorna Murray  
Graeme Hodgins

### **Fund Raising/Social Committee:**

Nicola Amos, Lorna Jeffrey,  
Shiela Kyle, Lorna Murray

### Questions needing answered?

If anyone (swimmers or parents) have questions they would like to ask, please feel free to approach any of the Club's swimming coaches, committee members or if you prefer, swimming captain Jack Wilson. We are all there to be of assistance.



### **Group Training times are:-**

#### **Dolphins, Barracudas & Porpoises**

Mon 6 - 7pm  
Tues 7 - 8 or 8.30pm (coach will advise)  
Fri 6 - 7pm (preferably)  
Sun 4 - 5pm

#### **Sharks & Marlins**

Mon 5 - 6pm  
Fri 5 - 6pm (preferably)  
Sun 4 - 5pm