



# The Dolphin Flyer

## We have a new name

Congratulations to **Andrew White** of Green squad who won the "Name the Newsletter" competition. The committee felt that his name captured both a print connotation, "a small handbill" and the essence of our competitive swimmers, "a person or thing that moves very fast". So "The Dolphin Flyer" is the great new name of your newsletter.

## A big thanks to his mum

Tricia White has for four + years pulled together the Beta League matches as the Coordinator. This has enabled many of our younger swimmers to experience their first competitive swims. It has also introduced the concept of swimming for the team, not just for themselves. She has now decided it is time for someone else to take over the role and is stepping down. We all owe her a great big thank you for all the work she has put in, so here it is.....

**Thank You Tricia**



Tricia got started in the role by doing the team sheets for three matches, going on to arrange a further sixteen matches. Of those matches Aberdeen Dolphin have won seventeen, one was cancelled and we lost one in 2005. That was the only low point for Tricia.

Tricia's high point was the win over Cults Otters to secure the series

However, her high point was the last match, (11<sup>th</sup>

May 2008), when our super swimmers gained a great victory over Cults Otters to secure the championship for this year.

## And welcome to the new Beta League Coordinator

Step forward **Jane Kilvington**.....

Jane has kindly taken over the coordinator's role. If you need to contact Jane her e-mail address is [jane.kilvington@talktalk.net](mailto:jane.kilvington@talktalk.net)

This is just one of the many ways parent's can help with the running of our club. All these events take effort to organise and make happen, but being involved is very rewarding. It also lets you share in your child's sport and does forge those supporting bonds. **And boy do we need you..**

## Now look inside for

- More to thank
- Who's moved up
- Being part of your club
- Learn to Swim news
- Meet information
- Meet your coach ..... Nikki Grant
- Message from our Head Coach
- Holiday Timetable
- Competition Calendar





## Great people on the move

We want to say thank you to many more people:

Firstly **Maureen McMahon and Pat**

**Kennedy** for tremendous service as the Meet Secretaries. Pat and Maureen have been organising swimmers for the meets for many years and have really helped Aberdeen Dolphin to thrive as a club, we wish them all the best for the future.

*Merçi* **Obrigado!**

Thank you so much for all you have done for the club and the swimmers

**Colleen Manson** has been both the Gala Convener and the Minute Secretary. Bryony has now stopped swimming competitively and she feels it is time to move on. Big thanks Colleen.

And our money man **Phil Webb** has decided to hang up his calculator. Phil has done a sterling job of looking after the club's finances. He feels it is healthy for new people to move through the posts in the club. Anyone interested in the role? He would love to tell you what is involved. You really do not need to have any knowledge of accounts to take it on.

## So, time to step up and help..

Any budding, Treasurers, Meet Secs, Minute Secs or Gala Conveners - **your kids need you**

Contact Lesley Milne to volunteer.

## Swimming on up

**Congratulations to all the squad movers**



**Promoted to COAST**

Morven Sneddon

Connecting with **Coast JC4**

Joanna Anderson, Rebecca Bews, Bradley Taylor, Andrew Webb, Hollie Beck and Joe Yeoman

Through to **Blue Squad**

Callum Boersma, Liam Cottrell, Jack Graham, Joel Ingram, Rachael MacDonald, Hannah Mitchell and Kirsty Mon-Williams

Into **Green Squad** go

Jennifer Bell, Lewis Collie, Eilidh Duthie, Brogan Elrick, Gillian Niven, Thomas Whitcombe and welcome back to Robyn Dunbar -Smith.

New into **Yellow Squad** are

Esther Boersma, Blair Dunbar-Smith, Aaron Grayson, Adrian Hutcheon, Cameron MacDonald, Chloe Reynard and Jack Watson.

Movers up to **Red Squad** are

Sarah Black, Beth Buchanan, Harvey Dunbar-Smith, Michael Holland, and Andrew Watson.

Up to **Aqua 5**

Antonia Bain, Ruben Collie, Rachael Grant, Thomas Hill, Sarah Johnston, Katie Knowles, Eilidh Matthew, Connor Mckay, Liam Kenzie, Alessandra Papa, Hannah Russell, Killie Skidmore, Shona Sutherland, Henry Tawse, Jamie Wattand Gabrielle Yates





#### On to Aqua 4

Imogen Bews, Etienne Dick, Becky Kemp, Erin MacDonald, Cathrine Macfarlane, Sabina McGovern, Ellie McGowan, Ross Nicholson, David Peacock, Craig Smith, Innes Tawse and Rachael Watson

Well done to all the LTS swimmers who have been promoted this term - too many to mention!

## So you want to swim competitively?

Each family with a child in one of our competitive squads (Blue/Green/Yellow/Red) must have at least one parent trained for technical official duty - **It's simple** - without technical officials competitions don't run!

If you want to swim competitively at least one parent must be a technical official

Diane Gordon is our Swimming Technical Official Convenor (STO). You can contact her on [di.gordon@btinternet.com](mailto:di.gordon@btinternet.com)

### Timekeepers

#### What does the Timekeeping course involve?

To qualify, you must attend a theory presentation and successfully time some races on poolside. On completion you will receive a Timekeepers Card. This level of qualification allows you to timekeep at any gala.

The theory part of the course takes about 1½ - 2 hours.

The poolside part takes maximum of 45 minutes.

Total time = 2¾ hour max. It really is not hard.

Please contact Diane at the above address for the next course.

### Judge 1

**Duties:** Timekeeper, Chief Timekeeper, Turn Judge, Chief Inspector of Turns

To qualify as Judge 1, you must complete a workbook, be mentored on the poolside, where you will receive signatures from the mentoring Judge/Referee, attend workshops and have a final assessment. There will be no exam.

If you are presently a Registered SASA Timekeeper, ie completed Pondsides Duties Form and sent it to SASA, you do not have to complete the poolside section as Timekeeper.

### Judge 2

**Duties:** Stroke Judge, Finish Judge, Chief Finish Judge

To qualify, you must be a Judge 1. Training will take the same format as that for Judge 1.



### Judge 2S

**Duties:** Starter

To qualify, you must be a Judge 2. The training covers the duties of a Starter and the process is similar to becoming a Judge 2.

### Recorders

Training remains as it is at present, with Recorders being able to sit the exam in either May or November.

### AOE

Training and assessments organised through the STO Conveners as required.

### Referee

Training remains as at present, but existing Referees will become British Swimming Referees. Referees must have a Starters certificate, but they do not have to have held





it for a year. Trainee Referees must have passed the SASA Recorders examination

**Current STO's**

All certified Judges will become Judge 2, and all Starters will become Judge 2S.

**Existing Timekeepers - take note!**

Just a wee reminder, as of 1st October 2007, time is no longer an "unacceptable time" ("more than 10 secs from any other") as was previously the case.



Now, if there are three times recorded on the Timecard or Start Sheet, the official manual time will be the middle time, irrespective of how far out the others are.

However, should a Timekeeper be aware that they started their watch early/late, or stopped in the same manner, they should declare a "No Time", and the average of the other two will then become the Official Manual Time.

**Whites**

Men are advised to wear long trousers. Shorts are not acceptable for certain meets. Men's white bowling trousers, or similar, are suitable. Do not buy cricket trousers as these are usually off-white or cream.

**Important Note**

All STO's who are presently completing Pondsides Duties Forms for qualifying as a Timekeeper, Judge or Starter, must have these completed by the end of 2009, otherwise they will have to start that qualification again.

**Wanna be a judge?.....**

To apply for Judge 1/2/2S workshops, you need to complete the form from the link below. The Club will pick up the cost of the £8 fee.

<http://www.scottishswimming.com/media/downloads/BS%20Judge%20Assessment%20Form.pdf>

Completed forms should be forwarded to: Diane Gordon, STO Convener. E-mail Diane at [di.gordon@btinternet.com](mailto:di.gordon@btinternet.com) for address.

**Learn To Swim News from Louise**

One of the most important parts of Dolphin swimming club is our thriving Learn-to-Swim section. It is open to all children from 4 to 10 who want to learn to swim well. There is an opportunity to progress to competitive swimming if desired after completing Learn to swim. Most of our successful medal-winning swimmers first started in the small pool.



The Learn to Swim programme is based on a progressive syllabus which starts with building water-confidence through games and play at the lowest levels and progresses through to flotation skills and developing the 4 basic swim strokes (front crawl, back stroke, breaststroke and butterfly) and finally introducing diving so that by the time swimmers have completed LTS and Aqua4 and 5 they will be competent in all 4 strokes and ready to start work on improving technique and building stamina in preparation for swimming competitively.

There are currently approximately 140 swimmers in the learn to swim section (including the swimmers in Aqua4 and 5)

140 swimmers in the Learn to Swim section. What a success story!

The co-ordinator is Louise Lindsay





(who also teaches Teaching 5 in the big pool) and the teaching team is **Laura Innes, Nikki Grant, Kerry Harris and Anna Neill. The assistants are Claire Harris, Julia Fleming and Catriona White.** All of the teachers and assistants are former Dolphin competitive squad swimmers (apart from Louise who is the mother of Dolphin swimmers) and hold swimming teaching and lifeguard qualifications. Laura is our longest serving current teacher and most of the children in LTS will have benefited from her expertise at some stage. Unfortunately Laura is coming to the end of her long association with Dolphins, first as a swimmer and then as a teacher, as she has now completed her university studies and will be moving to Edinburgh in the summer. Nikki is another long-serving and highly valued member of the team and currently starts the youngest swimmers off in the Splash4 and Teach1 classes and also coaches Aqua5 and red squad.

We are very lucky in being based at Tullis pool for LTS as the small teaching pool is an environment in which young children can gain water confidence. Dolphins have a real feeling of progressing through the small pool through to swimming lengths in the big pool and finally swimming lengths in the aqua4&5.



This term green squad (the top training squad) can also be seen training in the big pool in the early part of the afternoon- something to aim for!

**The structure of LTS is as follows:**

Children can join at age 4 with our **Splash4 pre-school class** at the start of Saturday afternoons in the small pool. This covers water familiarization and confidence-building through fun-based activities and play. Children remain in this section until age 5,

when they will join the main teaching programme. Confident young swimmers will join teaching at level 2 or even level3 and those still lacking in confidence and skills will begin in Teaching 1.

**The main LTS programme has 7 levels of classes.**

Teaching1 follows on from Splash4 and children work their way through to teaching 4 which is the last class in the small pool before moving up to T5 which starts off the afternoon's classes in the big pool. The final class in LTS is Teaching 7 and upon completion of this level swimmers will be offered a place in Aqua4. Aqua 4 is the final class between LTS and joining the main squads where really serious



**Aqua 4 & 5**

swimmers will work on their technique and also begin to develop competitive starts(diving) and turns. Although this is still part of LTS we like to give the swimmers a taste of competitive swimming at this stage so they will have the chance to take part in time trials and also the main event of the year- the club gala!

At the end of Aqua 5 swimmers who wish to and are within the desired age range will be offered a place in red squad.

There will be places available at most levels next term so please contact Louise Lindsay tel: 596709 or email [LindsayDL.TN@aol.com](mailto:LindsayDL.TN@aol.com) for more information.

**Meet your Coach ..Nikki Grant**

**How I got into swimming**

A near drowning experience was the reason my parents were so determined to get me to swim. An incident on holiday involving my brother pushing me into the pool and my mum having to rescue me by pulling me out of the water by my golden wringlets ha ha. I was upset that my can of coke was ruined and my favourite teddy was soaked, I had a real





the least of my parent's worries.

I started at Aberdeen Dolphins when I was 5, up at Kingslee swimming pool. My mum almost had another heart attack the first day when I jumped in at the deep end and managed to 'swim' to other side, she was almost in there after me (not that that would have done much good).

### Swimming History

My first real memory of swimming was Club Championships when I was 8. Winning the Breaststroke gold medal was one of the highlights in my swimming career and gave me the enthusiasm to work.

From a young age I loved the feeling of swimming well, getting PBs, training hard and meeting other swimmers.

Moving through the squads at dolphins and then into COAST I learnt that not every competition you swim at will produce outstanding results, which is very difficult to come to terms with at such a young age but something that made me more determined to attend training and listen to everything my coach said (whether I agreed with it or not).



### Best Swimming Achievements

Nominated for best sportsperson of the year award 1998

Best girl performance at Scottish Schools championships for 50m Breaststroke

Scottish Age Group Champion 50m, 100m, 200m Breaststroke

North District Age Group Champion 50m, 100m, 200m Breaststroke

Member of North District National Squad

Captained North District National Squad in Geneva international competition

Finalist at English National Age Group Championships

Record holder of 100m Breaststroke at Club Championships (STILL STANDING)

### Favourite Competitions

As a swimmer my favourite competition was **The Mitchell Trophy**, a prestigious competition held by Aberdeen Dolphins at Bon Accord Baths. Dolphin swimmers swam their socks off and looked fantastic with their holiday tans from training camp at Lanzarote.

As a coach my favourite competition has to be the Club Championships, great races, great atmosphere, and great swimmers. The perfect way to end the year.

### Coaching

I voluntarily started assisting with Lynne McFarlane in Aqua 4+5 when I was 15. Lynne was a fantastic coach to learn from, she took me



under her wing and I was soon ready to teach small groups of swimmers. The best thing about coaching is the feeling of seeing children overjoyed about their improvement.

I achieved ASA level 1 assistant teacher and level 2 teacher certificates.

I also teach at David Lloyd Club which I enjoy almost as much as Dolphins, nothing makes me happier than coaching for my home club.

### A Message from our Head Coach - Anne Masson

Last newsletter I gave you all an insight into LONG TERM ATHLETE DEVELOPMENT which is the model





all club coaches and club programmes should be adopting.

This time I would like to focus on Stage One of this plan which is called **FUNDamental**



This stage fits in with our **Aqua 4, Aqua 5 and Red Squad** levels and is aimed generally for:

Female: 5 to 8 years

Male: 6 to 9 years

FUNDamental stage should be structured and fun!

The emphasis is on developing basic movement literacy and fundamental movement skills.

The skills to be developed are the:

ABCs Agility, Balance, Co-ordination and Speed

RJT Running, Jumping and Throwing

KGBs Kinesthetics, Gliding, Buoyancy, Striking with the body

CKs Catching, Kicking, Striking with an implement.

Obviously all of these skills cannot be taught within the swimming environment therefore in order to develop basic movement literacy successfully, participation in as many sports as possible should be encouraged.



Speed, power and endurance should be developed using FUN and games. In addition, children should be introduced to the simple rules and ethics of sport.

At this stage programmes should be well structured with proper progressions which are monitored regularly.

**Aqua 4 and Aqua 5 and Red Squad** prepare the young swimmers for a future in competitive swimming however at this stage competition should be limited to short, fun, team events which are motivating and enjoyable.

Unfortunately swimming galas can sometimes not feel like fun as the pools are hot, steamy and sometimes very crowded. However we try to create a team spirit when we attend meets and make the whole experience fun for swimmers and parents.

### Competition Calendar

The competition calendar is **THE MOST IMPORTANT DOCUMENT** the club produces, (after of course the club constitution and the rules we all have to abide by from Scottish Swimming).

The reason we have all members of a **COMPETITIVE** club is that we want to compete and be part of a team as well as learning to swim competently.



Aberdeen Dolphin has one of the best reputations in Scotland for being a strong competitive club producing swimmers with excellent technique and great

team spirit.

Recently we have been experiencing some apathy in entry into events and therefore in order to regain the team spirit new procedures regarding entry into meets have been devised.

The coaches all work very hard on poolside to ensure that the swimmers are prepared for the meets which are identified in the competition calendar for the squad.

Therefore you can imagine that it is really disappointing when we hear that a swimmer cannot attend.





It has also been the procedure recently that the parents seem to make the decision about what events the swimmers should enter. In future the coaches will select the swimmers for entry into meets and swimmers will automatically be entered unless there is a reason that the swimmer cannot attend.

In the first instance when information goes out to parents any non attendance should be discussed with the coach concerned. This is purely a matter of courtesy to advise the reason for non attendance.

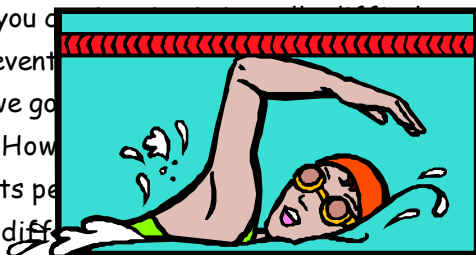
Obviously we all understand that there are



conflicting activities which have to be juggled, along with family commitments. However, there is an expectation that a swimmer who has a place in a squad will attend the meets for that squad.

A new competition calendar will be issued hopefully before the end of June and I would encourage everyone to put the event dates in your diary. There are so many meets these days with lots of local clubs offering Novice Meets, Mini Meets, Graded Meets along with the very exciting local club Beta League Matches.

Therefore as you decide which events to enter, please consider the events which we go to every year. How many different meets you want to experience and how many different swimmers.



The swimmers should also not be competing every week and therefore the competition calendar will reflect the squad age, ability and the number of events they should enter per year.

The number of galas I would recommend for each squad would be:

**Aqua 4 and 5** only if technically ready - Novice Gala (May)

**Red Squad** 6 per year + Beta League for selected swimmers

**Yellow Squad** 7 per year + Beta League

**Green Squad** 8 per year + Beta League

**Blue Squad** At least 6 per year + Beta League

.....and of course all swimmers should be entering the club championships in December

It is really important that the new season starting in August will rejuvenate the team spirit that is so important to the success of the club.

## Looking Back on Results January - May 08

There are too many individual medal winners to mention therefore sorry to the swimmers for not having space to name them all but you'll know who you are!

20<sup>th</sup> January Dyce Mini Meet, Westhill  
**Top Team Award**

9<sup>th</sup> February Peterhead Meet  
**1 Gold, 6 Silver, 4 Bronze**

1<sup>st</sup>/2<sup>nd</sup> March North District Championships, Inverness  
**6 Gold, 22 Silver, 14 Bronze**

16<sup>th</sup> March Dundee City Aquatics,  
**7 Gold, 6 Silver, 2 Bronze**

**Best Overall Boy Age 8-9, Bradley Taylor**

(Green Squad)





Best Overall Girl Age 8-9 **Abigail Proctor** (COAST Junior Potential)

27<sup>th</sup> April Bridge of Don April Showers,  
**8 Gold, 4 Silver, 3 Bronze**

4<sup>th</sup> May Aberdeen Dolphin Novice Team Challenge,  
**Top Team Award**

17<sup>th</sup>/18<sup>th</sup> May Ythan Meet  
**Best Team Award**  
**9 Gold, 7 Silver, 13 Bronze**  
**2 "Too Fast Certificates"**

2007-2008 Beta League Season - **Winners**  
2007-2008 COAST Junior Superstars  
**7 first places 3 seconds and 1 third place swimmer**

Well done to **Laura Kessack** for being the overall best girl in a single event

Meets and results still to come this season:

Peterhead Meet Saturday 14<sup>th</sup> June

North District Development Sat 21<sup>st</sup> / Sun 22<sup>nd</sup> June

All of the above results are the reason we get up at 0530 to train and although not everyone can win medals everyone can contribute to the team and ensure that Aberdeen Dolphin continues to be seen on poolside as a force to be reckoned with. Enthusiastic coaches mean enthusiastic racers!!



**Anne Masson, Head Coach**

## Treasurers Bit

Remember that all Term 2 training fees and SASA Fees should now have been paid.

Full details on [www.aberdeendolphin.co.uk](http://www.aberdeendolphin.co.uk)

## Last training days

Learn to Swim	Saturday 28 June
Aqua 4 & 5	Saturday 28 June
Red Squad	Wednesday 25 June
Yellow Squad	Friday 27 June
Green Squad	Friday 27 June
Blue Squad	Tuesday 24 June

## Fun Session

Red, Yellow, Green and Blue Squads will be on **Sunday 29 June at Hazlehead**  
7.00 - 9.00 pm

LTS, Aqua 4 & 5 will be on **Saturday 28 June at Tulloss**

## Holiday Training

At Hazlehead Pool  
on  
**Sunday 3 / 10 / 17 August**



5.30 - 7.00pm	Red and Yellow Squads
7.00 - 8.30pm	Green and Blue Squads

**AND.....**

**at Tullos on Tuesday, Wednesday and Thursdays ....**

5 August	4.30 - 6.00pm	Green and Blue
6 August	5.00 - 6.30pm	Red and Yellow
7 August	4.30 - 6.00pm	Green and Blue

12 August	4.30 - 6.00pm	Green and Blue
13 August	5.00 - 6.30pm	Red and Yellow





14 August	4.30 - 6.00pm	Green and Blue
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**Remember to let your squad rep know when you'll be attending**

## Starting Back

Learn to Swim	Saturday 23 August
Aqua 4 & 5	Tuesday 19 August
Red Squad	Wednesday 20 August
Yellow Squad	Wednesday 20 August
Green Squad	Wednesday 20 August
Blue Squad	Tuesday 19 August

## Competition Calendar August - December 2008

23<sup>rd</sup>/24<sup>th</sup> August - Long Course training weekend - Stirling - Green + Selected swimmers  
 6<sup>th</sup>/7<sup>th</sup> September - Dunedin Swim Team Challenge Meet - Glenrothes - Yellow, Green and Blue  
 20<sup>th</sup> September - Westhill Minnows - Red, Yellow and Green  
 October - no meets, but potentially Beta League  
 8<sup>th</sup>/9<sup>th</sup> November - Mitchell Trophy - Inverness - Green and Blue  
 TBC November - Buckie Meet - Buckie - Red Yellow and Green  
 29<sup>th</sup> November - Club Championships Heats - TBC - All squads  
 6<sup>th</sup>/7<sup>th</sup> December - North District Age Groups - Inverness - Green and Blue  
 20<sup>th</sup>/21<sup>st</sup> December - Club Championships - Northfield - All squads

## Some holiday jokes to keep you amused...

What did the sea say to the beach?  
 Nothing - it just waved.

Where's a sharks favourite holiday destination?  
 Finland

Where do ants go for their holidays?  
 Fr-ants

What do you say to a hitch-hiking frog?  
 "Hop in!"

How do toads travel?  
 By hoppercraft

**OK ... so they're not that great - give us some better ones for our next newsletter!!**

## Finally.....

Tell us what you would like to see in your newsletter by contacting John or Sarah at [j\\_anderson@nexeninc.com](mailto:j_anderson@nexeninc.com)  
 or  
[sarahwebb2@btinternet.com](mailto:sarahwebb2@btinternet.com)

