



The Dolphin Flyer

Looking fantastic at the Club Championships in December 2008

Decked out with the posters, banners and backstroke flags, (purchased originally for the Mitchell Trophy), Northfield pool looked good. When this was combined with over a hundred swimmers sporting club swimsuits, caps and tracksuits and a full complement of Technical Officials it all looked stunning

And the swimming was superb with records tumbling to our present magic swimmers. Elizabeth Hughes was in great form and is currently "swimming for Scotland", (literally). Elizabeth took a total of four records including one that had stood for fifteen years. Nicholas Hutcheon bagged three records amazingly beating one that had been unchallenged for twenty five years. Eryn Cole grabbed a record which had not been beaten in nine years.

But..... everyone was a winner with fun and laughter, noise and encouragement, mums and dads, grans and granddads smiling and cheering and super PBs all over the place. All enjoyed the really fantastic atmosphere that is the hallmark of Aberdeen Dolphin Swimming Club.

Olympian Hannah Miley kindly agreed to present some of the medals and there was genuine excitement as she signed T - Shirts and other kit.

This was a fitting way for the club to say "thank you" to Anne Masson as she bowed out of the Head Coach role in Aberdeen Dolphin. It was also a really great way to start the Xmas holiday.



Anne Masson Gets a Great Thank you from the Swimmers



Senior Dolphin Swimmers Having Fun





Hannah Miley with some of the Dolphin swimmers

This year we are very fortunate that we have a very varied and very interested committee who are truly committed and working hard to help improve our performance as a club, as swimmers and as coaches.

With the help and support of the committee we are all working together to bring back into the club some of the Dolphin swimmers who have now moved on from COAST. They still have a lot to give to the sport and they are Dolphins through to their core. Tom Lindsay, Morven Alexander and Catriona White are currently in training at very different levels in their development as teachers and coaches. We hope that they are going to play a big part in the future of Dolphins.

On the flip side of that we have the "old timers" like myself, Louise and sorry to say it, but you too Nikki, Marlene and some guest appearances from Barbara Rocci.

Land training will be reintroduced for Green squad at the beginning of May. Our top swimmers are now swimming at the COAST development squad sessions. This is an important stage in the development of our swimmers. Aberdeen Dolphin is a major contributor to the success of COAST and presently, virtually half the total number of swimmers in COAST are Aberdeen Dolphin. We **should** also see the reintroduction of the Grammar pool to our lets.

The "State of the Nation" by Stewart White - Head Coach

I wanted to let you know about what we, (Aberdeen Dolphin), are doing now and what the plans are for the future of our club.

Many regard Aberdeen Dolphin Swim Club as the premier swimming club of the North East. When you look at our past record and our current performance as a club and individual swimmers it would appear to be justified. Sounds great doesn't it? However, as you are all aware a good coach is never satisfied so to improve the club we are working on several initiatives.





Under consideration at the moment are ways in which we can use external sources to have more coach training and swimmer development at the same time, a double win - brilliant.

We have sourced some swim camps to take a group of coaches and swimmers off to learn how to improve everyone's technique. As a team we will be attending the ND development meet in June, this is a prestigious target event for the club.

In addition we have other meets and of course our annual events to look forward to, the Novice Gala, Mitchell Trophy and the Aberdeen Dolphin Club Championships.

And finally: we will all enjoy ourselves wherever we swim for this and every other year.

Learn To Swim is where the fun starts

From our Learn To Swim squads come fantastic swimmers. Many go on to have a very fulfilling competitive swimming career. Mums and Dads in Aqua 4 and 5 we would love for you to start getting involved as soon as possible. It is dead easy to do. Just start by becoming a timekeeper, squad rep or join the committee

We get a lot of questions about LTS and Louise Lindsay has pulled together some answers for you.

How many children are in each class?

The maximum number in Splash4 is six and in Teaching1 it is eight. This can increase to ten in the other classes although there are very rarely as many as that. The number of swimmers in aqua4 and 5 grows as they are swimming in lanes in the big

pool and working on improving technique rather than learning new skills.

My child is still in the same class although all of his friends have moved on. Why is this?

As with everything else, children develop at different rates. Many children gain water confidence very quickly and move through the first few levels in no time at all, but can then stick at a later level due to a problem with one skill, (breaststroke kick is a common problem). Conversely, some children who seem to spend forever in the lower classes can then travel very quickly through the rest of the programme once an initial confidence problem is overcome.

Is there anything I can do to help my child's swimming?

It is a really good idea to take your children swimming between their lessons and it is a chance to go over and practice what has been covered in the lesson. But remember above all it should be FUN and sometimes it is good to go to a pool between lessons just to let your child have a splash about and enjoy themselves!

My swimmer has joined the club and although she was in aqua5 in Aquatics she has returned to aqua4 with Dolphins

Aberdeen Aquatics run a really excellent swimming programme and our own Teaching1-7 follows very closely the skills covered in aqua1-3. However, because Aberdeen Dolphin are a top competitive swimming club we need to cover technique in greater depth than Aquatics require. So, almost all new swimmers joining the club will join at a slightly lower level.

.My 5 year old is a brilliant swimmer and I would like to see him progress more quickly through the lessons!

Some children do show a real talent for swimming at an early age and pick up skills very quickly. However, sometimes they are not mature enough to be able to concentrate for a long period of time. We do try to group children by age as they progress through the programme so that they can





have a lesson suitable for their swimming and educational development.

I don't know anything about competitive swimming - what does that involve?

Don't worry, most parents don't know what is involved when their children first catch the 'swimming bug!' The LTS programme main aim is to teach children to swim well, it is up to the swimmers if they wish to continue on to competitive swimming. However, I would encourage everyone to give it a go, Aberdeen Dolphin is a great club to be part of and swimming is a great sport, whether you just complete aqua5 or move through all the squads or even progress through to the performance squad of COAST(the City of Aberdeen Swim Team).

Who is the most successful graduate of Learn to Swim?

Well it has to be David Carry, Commonwealth gold medallist and Olympian! David first learnt to swim with Aberdeen Dolphin many years ago and is our most successful current club member.

There will be places available at most levels next term so please contact Louise Lindsay tel: 596709 or email LindsayDLTN@aol.com for more information..



Special training for our special swimmers

Our Head Coach, Stewart White, and the committee are determined Aberdeen Dolphin Swimming Club will grow. This is not necessarily in

size, but in stature. To enable this to happen our swimmers need to work hard, have fun and be competitive with the best. Our coaches need to have the skills to enable our swimmers to be the best they can be.

Stewart recently organised **Gary Vandermeulen**, an Olympian, Canadian record holder and Olympic coach, to come to Aberdeen and take a Green squad session. Feedback from the parents who watched, Stewart who worked with Gary and most importantly from our swimmers, was that it was a great session.

This will now be capitalised on by an organised, week long, swim camp to be held at either Kilgraston School or Glenalmond School, (dependent on dates), in the summer. The swim camp will be open to Green squad swimmers and we would like to get our coaches to attend as well. Gary works with the coaches to further develop their skills and this reinforces the learning from the swim camp.

If our coaches attend the swim camp the benefits will be felt by our swimmers in all the squads. As the children progress through the squads they will be given their chance to attend swim camps each year.

In addition we are looking to extend specialist external training to squads other than Green and planning for this is underway. This is the start of





ambitious plans for Aberdeen Dolphin Swimming Club to work with our children to help them be the best they can individually be. These are exciting times for swimmers in Dolphin.

Kids, time to put that pester power to good use....

Get your mum's, dads and guardians involved. In order to make things happen and simply to attend meets we **must** have help from all the parents. For each meet we enter we have to supply a certain number of Swimming Technical Officials, (STO), dependent on the number of swimmers involved. Becoming an STO is **easy peasy lemon squeezy**.

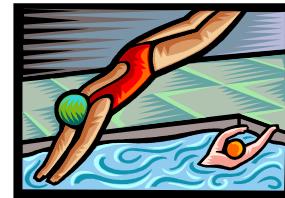
First step is to become a timekeeper. This consists of pushing a button on a stop watch when a hooter or whistle sounds and pushing a button on a stop watch when a swimmer touches the wall at the end of a swim. There is no multi tasking so **even dads can do it**.

Or, why not chaperone or help out as a "Dolphin Dry Side Rep", (DDSR). Simply, these two roles look after your kids. And finally we need people to stand for committee positions. All these roles have to be filled and we need you to support your child by taking on a role. It is actually a very special gift because not many sports enable a parent to become part of their child's activity in the way swimming does.

In the first instance contact Diane Gordon, di.gordon@btinternet.com who will let you know when the next Time Keeper's course is.

Swimming on up

Congratulations to all the squad movers



Promoted to COAST

Jack Ness and Andrew White.

Swimming into the Junior Development Squad

Faye Clark, Joe Holland, Chloe Kemp, Laura Kessack, Matthew MacFarlane,

We welcome into Green Squad

Aaron Grayson, Adrian Hutcheon, Gabriella Kinsella, Cameron Macdonald, Olivia Reid and Jack Watson

New into Yellow Squad are

Sarah Black, Arron Esson, Michael Holland, Kirsty Ness, Leoni Proctor and Kendall Taylor

Movers up to Red Squad are

Eilidh Matthew, Craig Smith, Henry Tawse and Madeleine Thoms

Up to Aqua 5

Laura Bowler, Etienne Dick, Max Greenhalgh, Catherine Macfarlane, Ciara Main, Emily Neish, Logan Paterson, James Tawse and Zoe Walker

Great Results from December 2008 to March 2009

Some tremendous results for Dolphin swimmers. We cannot name all the swimmers who have done so well lately as there are just too many, but we do need to name **Elizabeth Hughes** and **Abi Proctor**.





Elizabeth has had some incredible results recently.
She has:

Grabbed at least five City of Aberdeen Swim Team records

Won the Scottish Junior Open Champion title

Picked up Gold in the Scottish Schools competition

Won a gold and two silvers at the Edinburgh

International Age Group Championships

And was selected to **swim for Scotland** in the

Celtic Nations Meet

A pretty impressive haul!

Abi Proctor won a gold medal at the Scottish Schools in the under 12's butterfly and Abi is still 10th and 2nd in Britain in 2009 for two distances in her butterfly. Great achievements.



Swimming Team and Ghost at Elgin Graded Meet

Looking Back on Results this year.

Since the beginning of the year we have entered a number of Galas and had some amazing successes with wonderful new PBs. 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. Congratulations to all our super swimmers.

Competition	Gold	Silver	Bronze
Aberdeen Medley			1
Dyce Mini Meet	8	10	7
Peterhead Graded Meet	3	4	2
Elgin Meet	5	13	8
Dundee City Aquatics	4	8	

Aberdeen Dolphin were also third best club at the Elgin Meet. This is a fantastic result given that we have very few swimmers competing as Dolphin in the older age groups.

Our Development Gala was once again a huge success. It is always great to see some of our younger swimmers getting the opportunity to compete often for the first time. A huge thank you to the committee who organised the event in particular to Louise and Bob who always get their jobs done in a quiet and successful way.

Training dates for Easter

Just a note to advise the **last** training dates for each of the squads are as follows:

Red - Kincorth - Saturday 4 April

Yellow - Hazlehead - Saturday 4 April

Green - Hazlehead - Friday 3 April

The Easter holiday training timetable (**for all Red/Yellow and Green squads** combined) will then begin and is, as follows:

Mondays 6 and 13 April - Kincorth - 5.00 pm - 6.30 pm

Thursdays 9 and 16 April - Hazlehead - 4.00 pm - 5.30 pm

Fridays 10 and 17 April - Hazlehead - 6.30 am - 8.00 am





The normal training schedule will recommence as follows:

Yellow - Sunday 19th April - Hazlehead - 1200 - 1.30 pm

Green - Sunday 19th April - Hazlehead - 7.15pm - 8.45 pm

Red - Tuesday 21st April - Summerhill - 0630 - 0730

Beta League update

Jane Kilvington our Beta League Coordinator says - All the matches in our group have now been completed and the final table shows Bridge of Don in top - closely followed by Aberdeen Dolphin!

There were two very good matches. We were neck and neck with Bridge of Don until the final section and they just managed to beat us in the relays.

The winners of each group and the runner up with most match points from the two groups go on to compete for the Beta League trophy. The other three teams compete for the consolation trophy.

The final match in the other group was on March 15th 2009, and despite extensive enquiries it has not been possible to find out the results - so, at the moment, who we will be up against - and indeed which trophy we are swimming for are still to be ascertained

Well done to everyone who has taken part this year. Some great swims and fantastic support!

The swimmers who did not get a chance to swim in November will be offered swims in at least one of our remaining matches

And now - meet a top Dolphin

Rachael Grant and Danielle Taylor from Red and Green Squad had the chance to go and meet Russell

Thom one of our top swimmers. Here are the questions they asked him.

How old are you?

I am 17 years old.

What school do you go to?

Hazlehead Academy

What's your favourite stroke?

Breaststroke

How early do get up for training in the morning?

On most mornings I get up at 5.15am.

What are your favourite racing pools?

The Commonwealth pool in Manchester and Tollcross in Glasgow are fast pools with a great atmosphere.

What are your swimming ambitions for the future after finishing school?

To achieve as many of my targets as possible.

At what age did you began swimming?

It must have been at the age of 5.

How many metres do you train in one session?

Normally it would be about 6000m to 7000m.

Can you name 3 Aberdonians that have either won Commonwealth, Olympic or European Medals?

Robbie Renwick, David Carry and Ian Black.

Who is your favourite swimming coach?

Gordon Glasgow.

What is the most funny/embarrassing thing that has happened to you within swimming?

Couldn't be mentioned in the Dolphin Newsletter.

