



The Dolphin Flyer

Beta League – A swimtastic six in a row

All the matches in our group for round two were completed on June 7th. It hasn't been officially confirmed yet - but thanks to some fantastic swims in our match against Bridge of Don - especially by some of the younger swimmers we were top of our group and have retained the beta league Trophy for the 6th year in a row.

Many thanks to all the parents who helped during the season - timekeeping, marshalling or keeping the officials supplied with sweets and water. These events could not happen without your support.



WELL DONE DOLPHINS!

Jane Kilvington

Christmas is Coming! ...but it's JUNE!!

Yes we are starting early this year with a competition to design a Christmas Card that we will sell for club funds. Every swimmer can enter and submit a design which represents what Christmas means for them. This could be snow and snowmen, Christmas trees with lots of presents, Father Christmas, or even the Dolphin Club Championships with all the officials wearing their Santa hats! Be as imaginative as you can be.

Designs should be no bigger than A5 - that's half of a normal sheet of paper and in colour. They should be submitted by the 1st September 2009. They can be submitted via your squad reps or Tatiana (Child Protection Officer) Fiona Clark (Social convenor) or any Committee member. The winning design will be made up into our Aberdeen Dolphin Swimming Club 2009 Christmas Cards.

El Presidente Billy Rae has a message for "Team Dolphin"

It has been a busy period for the club in and out of the pool. At Aberdeen Dolphin Swimming Club we are trying to create a solid base for our swimmers to go on and make it into COAST and beyond. Both the coaching team and committee have been working very hard to help the children achieve their goals. My thanks go to you all.

In May we had the Novice Gala that was a great success in and out of the pool. A special mention goes to our STO Diane Gordon who gathered more senior officials from the North East than has ever been seen at a minnows event.

At some of the away meets it has been great to see so many children travelling on the coach provided by the club, this helps the team spirit to grow very quickly amongst the squads and continues a strong tradition within ADSC.



Dolphin Swimmers sport the new kit as Billy Rae thanks Ron Cookson of Technip





The committee spend a lot of time and effort finding sponsorship. In the last month the new ADSC Swimming Caps have arrived and they along with our Tracksuits have been sponsored by Technip. This in conjunction with our continuing backing from RAM Tubulars also helps the club to grow and my thanks go to everyone concerned.

Can I please remind you that Dolphin Swimmers and Caps should be worn at all times when competing for ADSC. It is only fair to the sponsors and it creates a great image for the club.

I will not comment at length on the swimming side as that will be left to your Head Coach but I will say that we always get good feedback from other clubs on how we perform, look and behave.....

Well done and keep up the good work!!

As most of you know our Red squad coach Nikki Grant is leaving to concentrate on her 'real job'. Nikki has given the club fantastic service and will always be welcome whenever she decides to return. On behalf of the club may I wish Nikki the very best of luck - we will miss you.

Whilst we have some losses it has been heartening to see so many young coaches coming back to the club and getting involved with the squads. ADSC will help any ex-swimmer who decides to take this route as it enables the club to build for the longer term.

In November we will have our AGM and this will give parents the opportunity to join the committee and maintain what is good about ADSC. For the interested parties you will find a list of the roles on our website and if needed I, (or any other committee member), can be contacted at anytime to elaborate on the positions.

It is essential for the good running of the club that at least one parent becomes involved on the committee or as an official.

Finally, my appreciation must go to John Anderson and Sarah Webb who produce the high quality Dolphin Flyer Newsletter. It's a great read for all concerned. **(way to go! Ed.)**

I hope you all have a wonderful summer.

Billy Rae
President
Aberdeen Dolphin Swimming Club

Help all the swimmers in Dolphins

How much of a pain is it when you can't find your swim cap/goggles/water bottle etc. when you are at meet. Please would all swimmers mark their kit with their name or a distinguishing mark so that it can be easily identified. It will save tears or discussions about ownership.





Message from our Social Secretary

Aberdeen Dolphins are arranging a sponsored walk and Bar-B-Que to be held on **Saturday 29th August 2009** for all our COAST and Squad swimmers and associated parents, guardians, brother, sisters etc.

The event will kick off at **12.00** from the Back o' Bennachie Car Park and we will walk up Bennachie and back again (for the keen/fit walkers) with a smaller route for the younger/not so keen/not so fit walkers.

The Bar-B-Que will be held at the designated spot by the Car Park from **16.00** and we intend being clear of the area by **18.00**.

The intent is for the walk to be a 'sponsored walk' with the Bar-B-Que being free.

Our organiser (Fiona Clark) will forward you all the necessary sponsor forms, attendance forms, direction forms, what to wear forms etc. soonest.

Meanwhile **ADD THE DATE TO YOUR DIARY - 29th AUGUST 2009.**

Raffle

During our BBQ we will be drawing this years exciting Raffle. You should have received your allocation of raffle tickets from your squad rep, but if you have not, or you would like to get some more raffle tickets please contact either Fiona Clark or Jackie Reynard.

The grand prize is an iPod Touch (wanted by many of our swimmers and their parents!) Get your raffle ticket soon!

Learn To Swim

Our Learn to swim section has gone really well this term with our young swimmers continuing to make excellent progress in all the levels.

Sadly this term we will say goodbye to Nikki, our longest-serving teacher who with her excellent teaching skills has brought many swimmers through from the start of Learn to Swim to aqua 4 & 5 and on to her own red squad and competitive success! Nikki will be greatly missed by us all and we wish her the very best as she embarks on her new career as a primary teacher.

It's too soon to say if we will be able to take the teaching programme back to Tullos after the summer break, if the pool is still not operational by July we will continue LTS at Summerhill until October. There is a large waiting list of younger brothers and sisters wanting to start Splash4 classes and they will all be offered places once we return to the small teaching pool!

The teachers' medals for hard work and progress were awarded last term to: Greg Milne, Molly Fiddes, Adam Sutherland, Ellen Scott, Stephen Holland, Sarah Fowler, Ella Thoms, Holly Hay and Ross Provan.

We wish everyone a great summer holiday and hope that you have lots of fun and manage to get lots of swimming practice!

Louise and the team.





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

This being the last coaches report before the summer break, I have tried to sum up some of the rather more challenging and exciting incidents and happenings that have occurred in the first half of the year and also to capture everything that will be happening in the next half of the year - hopefully a lot less stressful than this half for all concerned, swimmers, coaches and parents!

We just about managed to get through Nikki's placements in her student training and unfortunately as we expected Nikki is no longer able to carry on as Red squad coach.

This obviously is not the best situation to find ourselves in prior to the close up of the summer term however, since we have a few new faces into our teaching and coaching staff by way of Morven Alexander and Tom Lindsay we will have them available to start the new Autumn term. Also hot off the presses Anna Harrington has asked for teaching / training time. This is indeed good news

If it were not for the help and flexibility of Louise Lindsay, Tom Lindsay, Morven Alexander, Barbara Rocchi, Marlene Murray and Gillian Innes we would have been a lot worse off.

In addition we have hopefully after a few set backs arrived at a new land conditioning session on a Sunday evening at the Hazlehead school gymnasium which will be led by Susan Proctor. This will now be an integral part of the squad coaching training schedule, for Green squad only so far.

We have at last, after the reopening of Grammar, returned to a Dolphins club night at Hazlehead (replaces what we had at Bon-Accord). One of the benefits of it being at Hazlehead is that it gives us all the opportunities of communication and enlisting help when all swimmers and parents are on-site at the same time. Over and above that it allows us to run time trials or combined squad activity because it is 25m which BA was not.

We held a coaches meeting in June to discuss all the various issues we are now facing and the news is good apart from Nikki's departure. We will now have a full complement and more for our coaching team.

Red squad will have breaking news soon.....

In Yellow squad - Gillian Innes has had a very positive effect with the swimmers since coming on board and is bringing her own new ideas and methods that are showing benefits in great performances from the Yellow guys.





In Green - Tom and I have doubled up the coaching presence and support for the maximum amount of Green squad sessions. We have also agreed to increase the amount of pool time for Green squad.

It is apparent that due to a lack of movement into COAST for our top swimmers there is a need to increase the rigour of the training regime for some of the swimmers who are capable of doing so. This will ensure that the opportunity to continue to strive to be "the best that we can be" is maintained.

Marlene will be covering the Sunday evening Yellow squad spot for Gillian as long as needed. However, Gillian is keen to rearrange things to make the Sunday and that would be good. Marlene is available to help as she always has done and without her we wouldn't have got through a few sticky situations.

On the competition front

Ythan meet - Won the club trophy - swimmers were awesome!

Dundee Stars of the Future - Came 3rd in the club trophy with a relatively small team - by comparison to the other teams there. Some huge performances across the squads.

Elgin Mini Meet - A very big team travelled and again there were some excellent individual swims.

Beta League - we may have to keep this! Huge well done and congratulations to Jane Kilvington and of course our super swimmers

What's happening with COAST?

We had a COAST coaches panel meeting on 26th of May at which we discussed the criteria for entry to COAST as this has long been a stumbling block. It is now absolutely clear which times and test criteria are required. Whilst this is very positive for some of our Green squad swimmers there will also be a limit to the number of places available as the COAST programme structure is now reducing to a three squad set up.

The COAST development squad sessions will also give exposure to our swimmers and will enable them to experience COAST coaches. This is though limited to a block of 10 sessions and only four swimmers per club. Whilst this is a good opportunity for many swimmers it is a one off.

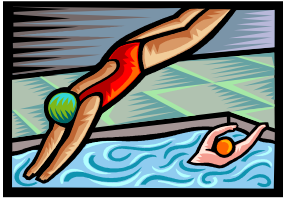
It is clear that there is not a bridge squad for the swimmers who wish to move to COAST and we believe that the additional pool time proposed for Green squad (1 hour per week) will allow us to support swimmers to give them the time and training that they need to continue to improve. This is particularly important as, although we have some very good young swimmers, they may be in the club squads longer due to less space and time available in COAST.





Moving on up

Congratulations to all the squad movers



Into **Green Squad** go

Rachael MacDonald

New into **Yellow Squad** are

Thomas Hill, Rachael Grant, Alessandra Papa, Innes Pottinger, Jamie Watt

Movers up to **Red Squad** are

Imogen Bews, Etienne Dick, Ailsa Duthie, Niamh Duthie, Max Greenhalgh, Becky Kemp, Sabina McGovern, Logan Paterson, Michael Pottinger

Up to **Aqua 5**

Duncan Cooper, Elidh Forrest, Daniel Holland

To **Aqua 4**

Harry Hughes, Calum Murray, Elizabeth Ruska

We also welcomed these new swimmers to the squads-

Catriona Stewart, Chloe Branjonneau, Peter Lockhead, Fionn O'Donnell, Iona Greenfield, Brodie Nicol

Land training

On Sunday evenings our *Green* squad met up in the gym hall at Hazlehead Academy to work on their fitness.

It seems strange that when some of our top squad swimmer already swim for over 10 hours a week that they then need to get even fitter! But Susan Proctor our fitness coach lets the swimmers know that it's a different kind of fitness. The kids are building up their "core" strength and improving their flexibility. Susan said "many of the yoga exercises on the Wii fit are great to improve flexibility."

Check out the style in the photos.



Hold that stretch!



Skipping is a great exercise





Surely we've held this for long enough!



Yes we can touch our toes!...can you?



Even Stewart (our Head Coach) had a go!

Wanna be a judge?....

We desperately need more Swimming Technical Officials. After time keeping the next thing is to train to become a Judge 1, then Judge 2 then.... To apply for Judge 1/2/2S workshops, you need to contact Diane Gordon on di.gordon@btinternet.com The Club will pick up the cost of the £8 fee.

Thanks to our sponsors

We continue to receive great support from our sponsors this year. **EC-PC** have worked hard to develop our website and this is a great repository of information for swimmers and parents.

Ram Tubulars continue to support us and the new swimsuits really show off the Dolphin team to great effect whenever they attend meets.

And of course tremendous to have **Technip** on board. Don't the new caps look great. Good to be able to spot our swimmers in the water. All our swimmers seem to love being a Dolphin and wear their kit with pride. You can get your Dolphin kit from **Pam Bews** e-mail her on bewsp@talktalk.net

Holiday Training

Green/Red/Yellow Squads no training from the 4th July through to the 8th August. Holiday training schedule from the 8th to the 16th August. Normal training resumes 17th August.

Aqua 4 and 5 back to normal on the 18th August.

LTS restarts Saturday 22nd August.

Have a great holiday, see you all soon

