

The Dolphin Flyer



Autumn 2011



Work begins on the site of the former Linksfield Academy in preparation for Aberdeen's multi-million pound aquatics centre, due to open in 2014. The centre will include the region's first 50m pool and a state-of-the-art diving pool.

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Sponsored Swim

Earlier in the year, the teaching staff of the Swim School organised and took part in a sponsored swim. This event was created to raise money to buy a set of SwimFins for the new **Splash4** swimmers at Hazlewood, and to make a donation to local children's charity The ARCHIE Foundation.

Swimming a wide variety of distances on the night, ranging from 2000m to 6000m, the teachers, coaches and assistants managed to raise an incredible **£850** in sponsorship and donations.

This has meant that the Swim School was able to buy a set of ten Swim Fins, and make a donation of £600 to the ARCHIE Foundation.

A BIG thank you to all of those who took part; in the pool, on poolside, or manning the BBQ, and for all the generous donations made to the appeal.



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New Session!

From January 2012, the Swim School will be running classes on a **Saturday afternoon** at Aberdeen Grammar School Swimming Pool between 15:00 and 16:30 for

Pods **1**, **2**, **3**, **4**, **5** and **6**.

For further information, or to book a place, please contact the swim school co-ordinator: swimschool@aberdeendolphin.co.uk





Dolphin Development Gala 2011

by Louise Lindsay

This year's Development Gala was held at Hazlehead Pool on Saturday 12th March and saw some great swimming from the club's junior swimmers.

This meet was created to give early racing experience to the swimmers in Aqua4, 5 and Red Squad who are newest to competition. For some of the swimmers it was their first experience of swimming in a gala and they rose admirably to the challenge! (Many parents also rose to the challenge of timekeeping for the first time too, so many thanks to them for all of their help!)



It was great to see the swimmers all having fun and supporting each other as they tried for 'personal bests.' Everyone managed at least one p.b. and was rewarded with a medal for their achievement.



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Everyone who took part should be very pleased with their efforts and although there were far too many good p.b.s to list them all, special mention should go to **Sophie Clark, Sarah Fowler, Priyanka Ram, Iona Johnson, Lucy Logan, Rebecca Kessack, Charlie Houette, Daniel Bremner, Freddie Gray and Harry McCulloch** who achieved the greatest improvements to their p.b.s.

Top marks for the best p.b. of the day goes to **Stuart Stephen!**

Some of the club's older COAST swimmers came along to help timekeep and marshal the event so many thanks to Joe, Nick, Catherine, Eilidh and Joanna.

Hopefully some of the junior swimmers at this gala will go on to swim at the level that these older swimmers have achieved!





The Year So Far

by Lauren Kane

The Yellow Squad swimmers of Aberdeen Dolphins have been making great progress since the Summer term of 2011.

Since June they have been mainly working on their frontcrawl but have also been put through their paces with test sets at least twice a week.

There is a huge jump in intensity for those coming from Red Squad to join us in Yellow Squad but swimmers have taken up the challenge and adapted quickly to the wide range of sets put before them; from endurance swims, to sprint sets, to technique work.



Since the October break we have had several movements from Yellow up to Green Squad and I would like to congratulate these swimmers as well as those who made it to the link session.

Those who have recently joined us have had to work very hard with Louise Lindsay and Morven Alexander in the lower squads, concentrating heavily on skills and technique.

Tom Lindsay has been working with Gold and Green squad on almost a daily basis. Mark Campbell has also been coaching Green Squad and is working alongside Tom to get our swimmers into C.O.A.S.T.

In the weeks leading up to Christmas, Yellow Squad will be focusing on building up the stamina of those who have newly moved up to Yellow, paying particular attention to breaststroke technique, most importantly the pull.



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Coach's Update

by Tom Lindsay

After a short summer break and a technique orientated training camp run by the Coast coaches, the Dolphin squads returned to training full time on the 16th August. As the Gold squad coach and assistant Green squad coach, my focus has been to build up a pre-season aerobic base (covering a much larger distance in the pool per week than prior to the summer break) and to focus on tidying up the technical aspects of many of our swimmers strokes, starts and turns.

Whilst the sudden change of intensity and increase in distance might have been a bit of a shock to the system of most of our athletes, every single swimmer in both squads have adapted admirably. At this early stage the majority of Gold and Green swimmers have already competed in at least one competition; Bridge of Don September and/or Cults Bibby and/or Garioch 200 where our focus has been on racing as hard as possible without worrying about time targets. That said, there hasn't been one swimmer who hasn't done at least one fantastic best time so far which has exceeded my expectations for this early on.



All in all, it sets us up very nicely for the rest of the meets this year, if we can race as fast as we have done so early in the season then we're definitely taking a massive step in the right direction.

Keep training hard and most importantly having fun with your swimming!

Congratulations to: **Arron Esson, Hannah Russell, Alannah O'Donnell, Ailsa Duthie, Leoni Proctor** and **Maddie Thoms** who, through a combination of sheer hard work and fast swimming in the race pool, have been promoted to the Junior Age Group Squad in COAST! It has been a pleasure working with these athletes in the club and we wish them the best of luck training in their new squad.



Open Water Swim

by Andy Webb

On Saturday 7th August 2011, three Aberdeen Dolphin swimmers braved the waters of Loch Tay to compete in the Scottish Open Water Championships.

It was an overcast day but the water was well above the minimum temperature which allowed the event to take place.

Swimming the 2km usually takes around 27 minutes and all three swimmers completed the course well within this time.



William Broadhurst finished 1st in the 15-16 Age Group with Joe Yeoman coming in a close 2nd.

Andy Webb finished 1st in the 14&Under Age Group.

As Scottish Champions (and runner up), all three have been invited to represent Scotland at the forthcoming Open Water International event being held in the Netherlands.



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Beta League

by Archie Pottinger



The Beta League is the only interclub competition which encompasses swimmers from Aqua 4 up to Gold Squad irrespective of abilities. It allows swimmers of different ages with similar times to compete against each other with the intention of creating close finishes and time and time again, for those who attended, it succeeds in this aim.



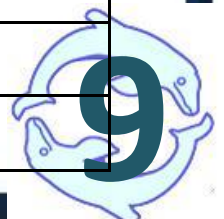
Heat cut-off times are employed to ensure that no ringers are placed into a heat they shouldn't be and the bottom line is 'Fairness and Honesty at all times'. The actual results are ultimately dependent upon my selection strategy and the actual times on the night.

All swimmers who took place in any of the rounds should be proud of themselves and from what I observed everyone enjoys it immensely.

I look forward to picking the teams for the new 2011/2012 season and hope that everyone makes themselves available.



<u>TEAM</u>	<u>PLAYED</u>	<u>SWIM POINTS</u>	<u>MATCH POINTS</u>
CULTS OTTERS	5	1273	41
DOLPHINS	5	1185	29
BRIDGE OF DON	5	1186	22
BUCKSBURN	5	1186	22
BON ACCORD THISTLE	5	1162	20
ABERDEEN AMATEURS	5	1116	16



Aberdeen Dolphin Swimming Club

Annual General Meeting

To be held at

The Seafield Club, Seafield Road
Monday 21st November 2011 at 7.30pm

Light refreshments will be available after the meeting

There will be a number of committee vacancies coming up at the AGM.

These will include

- President
- Vice President
- STO Convenor
- Treasurer
- Sponsorship Convenor
- Child Protection Officer
- COAST Rep
- Social Convenor
- Honorary Member
- Gala Convenor

If you would be interested in any of these roles, please get in touch with a member of the committee to find out more.

Please come along and support your Club.

