



Issue: December 2005

Falkirk Otter ASC NEWSLETTER

Christmas Training

Due to essential maintenance at the Mariner Centre, there will be no swimming there during week commencing 12th and 19th December. Morning training will be held at the usual time, 6.30 am at Grangemouth Sports Complex

Monday 12 th December	Gold, Bronze and Club will train at Larbert High	7.30 - 9.00 pm
Tuesday 13 th December	Silver, Bronze and Club will train at Bo'ness Academy	6.30 - 8.30 pm
Wednesday, 14 th December	Bronze, Silver and Gold will train at Braes High	6.00 - 8.00 pm
Thursday, 15 th December	Silver and Gold will train at Larbert High	7.30 - 9.00 pm
Sunday, 18 th December	Normal training times for all squads	
Monday, 19 th December	Christmas Bowling Party	
Tuesday 20 th December	Silver, Bronze and Club will train at Bo'ness Academy	6.30 - 8.30 pm
Wednesday, 21 st December	Normal training times	
Thursday, 22 nd December	Silver and Gold will train at Larbert High	7.30 - 9.00 pm

There will be no training on Sunday 25th, Monday 26th, Tuesday 27th, Wednesday 28th December and Sunday 1st, Monday 2nd, Tuesday 3rd, Wednesday 4th January. There will be training at Larbert High on Thursday, 29th December and 5th January for silver and gold squads. Normal training times resume Sunday, 8th January. (See below for the new training times for Sunday nights).

We are also trying to book Stirling University 50m pool for some time over the holiday period. Still to be confirmed.

Christmas Party

There are still a few tickets left for the Christmas Party Bowling Night for swimmers. Please contact Garvie by Monday, 12th December. After that date, we are sorry, but no further names can be accepted as we need to finalise the numbers with XS Superbowl.

Gala Results

A small squad of swimmers travelled to Bellshill for the Bo'ness Mini Meet on Sunday, 4th December. Fraser Neilson (13 years) won gold in the 100m breast, Aaron Duffy (12 years) won 4th in the 100m IM and 100m breast. Most other swimmers achieved PB's. Well done to all the swimmers

Junior League

After a commendable start, we finished a creditable third out of the ten Forth Valley Teams. A great day was had by the swimmers. Well done to all the swimmers competing on the day.

Birthdays

Happy Birthday from everyone at the Club to the following people:

Birthdays in December:

Aaron Duffy
Laura Duchart
Stephen White

If we have missed your birthday, please contact us and we will include you in next month's issue.

Change to Training times

We have had to reorganise the squad times for Sundays due to the increasing number of swimmers in the squads. From Sunday 8th January 2006, the times will be as follows:-

Gold	7.00 - 9.00 pm
Silver	7.00 - 9.00 pm
Bronze	8.00 - 9.00 pm
Club	7.00 - 8.00 pm
Pre-Club	7.00 - 8.00 pm
Beginners	7.00 - 8.00 pm

Tip of the Month

In butterfly - two kicks for each pull (kick in, kick out of pull) and breath in every two pulls.
If there is anything you would like included in the next newsletter or wish to make any comments please see any of the underlined or e-mail us.

If you have any ideas or want anything included in next month's issue or a member of the Committee

Margaret McKenzie margaretmckenzie@blueyonder.co.uk
Ann Murray garvie@blueyonder.co.uk
Jennifer Bell jenniferbell@campbell-lee.co.uk