



Issue: January/February/March 2008

Falkirk Otter ASC NEWSLETTER

Sponsored Swim

A sponsored swim is being organised at Grangemouth Swimming Pool on Sunday, 30th March. Sponsor sheets have already been circulated but if you still require one please contact any Committee Member.

Swimmers should attend at the following times:-

Developers 1,2, 3 & Bronze 7 - 8 pm
Silver, Gold and FIRST squads 8 - 9 pm

There will be prizes in each squad for the boy and girl who swims the most lengths in half an hour and each swimmer will receive a reward at the end of their swim.

There will be raffle prizes on the night. Please hand donations to any Committee member.

FIRST Gala

FIRST Gala is to be held on Sunday 27th April at Larkhall. This gala is for ages 12 and over. This is the first FIRST gala and again help on the day will be required.

Birthdays

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

Birthdays in January

Jamie Sime	Amy Dunlop
Craig Young	David Smith
Laura Murray	Emily Howie
Alana Boggan	Jay McHugh

Birthdays in February

David Struthers	Scott Mackay
Jordan Colley	Deborah Meikle

Birthdays in March

Heather Young	Fraser Neilson
Lucy Wall	Emily Macfarlane
Anya Reed	Jay Fotheringham
Louise Cuthbertson	Daniel McMinn



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

Forthcoming Galas

Junior League - Sunday 16th March at St. Margaret's Livingston
Stirling Open - 22nd/23rd March at Grangemouth
Scottish National Age Group Championships - 10-13th April at Tolcross
Falkirk Otter Mini Meet - 26th April at Larkhall
FIRST Gala - 27th April at Larkhall

Falkirk Otter Annual Mini Meet

The Annual Mini Gala will be held on Saturday, 26th April at Larkhall. This is one of the main fundraisers for the Club and help is needed from parents to ensure it runs smoothly. We are proposing to hold a Candy/Food stall and Tombola. Donations for the tombola should be handed to any Committee Member by 21st April. Anyone who would like to sponsor a race or place an advert in the programme should also contact any Committee Member.

Help on the day is also required.

Website

The website is under development and the address for it is:-
<http://www.falkirkottersasc.org/>

Tip of the Month

In butterfly - two kicks for each pull (kick in, kick out of pull) and breath in every two pulls.