



Issue: March/April 2007

# Falkirk Otter ASC

## NEWSLETTER

### Holiday Training

During the Easter Holidays training is as normal except Bo'ness on a Tuesday night, which has been cancelled.

### Gala Results

Cumbernauld 7<sup>th</sup> Spring Graded Meet held on 25<sup>th</sup> March. Rebecca Murray (9 years) gold 50m breast and 50m free, silver 50m back and 50m fly; Ruairi Kirkwood (9 years) bronze 50m free, 4<sup>th</sup> 50m back; Callum Lawrie (9 years) silver 50m fly; Charlotte McKenzie (10 years) gold 100m back, gold 100m free, silver 100m fly and too fast in 100m breast; Ian Elrick (10 years) gold 50m fly, silver 100m fly, bronze 100m back, 4<sup>th</sup> 50m back; Scott Campbell (11 years) 4<sup>th</sup> 100m fly, 4<sup>th</sup> 100 IM, 6<sup>th</sup> 200m free; Alastair Kirkwood (11 years) bronze 50m free.

Rebecca Murray won Best Girl in her age group and Ian Elrick won Best Boy in his age group. Well done to all swimmers.

### Falkirk Otter Gala

The Club are holding their only fundraising gala on Saturday, 21<sup>st</sup> April. You will have seen the request for tombola donations and help on the day. Please assist whichever way you can. If you know of anyone who would like to advertise in the programme or sponsor a race please contact either Margaret McGuckin or Irene Campbell.

### Birthdays

Happy Birthday from everyone at the Club to the following people who celebrate their birthdays in March & April:

#### Birthdays in March:

Alastair Kirkwood  
Megan McWatt  
Heather Young  
Fraser Neilson  
Louise Cuthbertson  
Jay Fotheringham  
Irene Campbell  
(Committee Member)

#### Birthdays in April:

Ian Elrick  
Callum Lawrie  
Drew Meikle  
Kirsty Park  
Lauren Yorkston  
Jim Duffy (Committee Member)  
Eleanor McGlashan (Coach)

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

If you have any ideas or want anything included in next month's issue of the Newsletter, please see a member of the committee

### Security

For security reasons please ensure all belongings are taken to poolside or, if available, put in a locker.

The changing rooms are not locked and open to anyone. Please keep your belongings safe.

### Forthcoming Galas

The gala season is well underway now. It is good to see so much improvement in the swimmers with the times they achieved in their speed badges. Speed badges can be purchased from Irene Campbell 50p each.

12-15 <sup>th</sup> April	Scottish National long course
21 <sup>st</sup> April	Falkirk Otter Gala
29 <sup>th</sup> April	Senior League
28&29 <sup>th</sup> April	South Ayrshire Open Meet
5&6 <sup>th</sup> May	Cumbernauld Open Meet

### Junior & Senior League

A team of swimmers attended Senior League at Grangemouth on 11<sup>th</sup> March. Everyone swam very well and we finished third.

The next week (17<sup>th</sup> March) a team of swimmers attended Junior League at St. Margaret's in Livingston where they finished second. Well done to all swimmers.

### Membership Fees

The date has been extended to 26<sup>th</sup> April for payment of membership fees. Fees are held at the same as last year - single £60 and family £110.

### Fundraising Race Night

The Club intend to hold a Race Night to help raise funds for the Club. Watch this space for more details shortly.

### Tip of the Month

In front crawl do not breath 2-3 pulls into turn and for 3 pulls after turn. Concentrate on turn and streamline off the wall.

