



Issue: November 2006

# Falkirk Otter ASC NEWSLETTER

## Gala Results

Cumbernauld 5<sup>th</sup> Junior Mini Meet 4/11/06 - Calum Laurie (8) 6<sup>th</sup> 25m fly, 6<sup>th</sup> 25m free, Matthew Couper (8) 6<sup>th</sup> 25m back, Calum Falconer (8) 5<sup>th</sup> 25m back, Rebecca Murray (9) 1<sup>st</sup> 50m back, 1<sup>st</sup> 50m fly, 1<sup>st</sup> 50m free, 2<sup>nd</sup> 50m breast, Ruairi Kirkwood (9) 1<sup>st</sup> 50m free, 6<sup>th</sup> 50m breast, Christopher Wall (9) 6<sup>th</sup> 50m fly, 6<sup>th</sup> 50m free, Jamie Sime (10) 1<sup>st</sup> 50m back, 2<sup>nd</sup> 50m fly, 2<sup>nd</sup> 50m free, 5<sup>th</sup> 50m breast, Alastair Kirkwood (10) 1<sup>st</sup> 50m breast, 1<sup>st</sup> 50m free, Scott Campbell (11) 1<sup>st</sup> 50m breast, 2<sup>nd</sup> 50m back, 2<sup>nd</sup> 50m fly, 4<sup>th</sup> 50m free, Boys 100m medley relay A team 1<sup>st</sup> and B team 3<sup>rd</sup>, Boys 100m free relay team 4<sup>th</sup>.

REN96 Open Meet 18&19/11/06 - Sarah Bell (14-15) 4<sup>th</sup> 200m breast, 3<sup>rd</sup> 100m breast, Ross Muir (14-15) 1<sup>st</sup> 200m fly, 1<sup>st</sup> 100m back, 1<sup>st</sup> 200m back, 2<sup>nd</sup> 100m fly, 200m free, 100m breast, 200 IM, Kieran McGuckin (16) 1<sup>st</sup> 200m back, 1<sup>st</sup> 100m breast, 2<sup>nd</sup> 100m back, 3<sup>rd</sup> 400m free, 50m free, 100m free, 100m fly.

Central Swimming Championships - 11/11/06 - Alastair Kirkwood (10) 1<sup>st</sup> 50m breast, 2<sup>nd</sup> 50m fly, 2<sup>nd</sup> 50m free, 3<sup>rd</sup> 50m back, Jamie Sime (10) 5<sup>th</sup> 50m free, 6<sup>th</sup> 50m fly, Charlotte McKenzie (9) 1<sup>st</sup> 50m breast, 2<sup>nd</sup> 50m fly, 2<sup>nd</sup> 50m back, 2<sup>nd</sup> 50m free, Rebecca Murray (9) 6<sup>th</sup> 50m fly, Scott Campbell (11) 4<sup>th</sup> 100m fly, Sarah Bell (12-13) 1<sup>st</sup> 100m breast, James Gardiner (12-13) 4<sup>th</sup> 100m free, 6<sup>th</sup> 100m breast, Megan Risk (12-13) 4<sup>th</sup> 100m free, Aaron Duffy (12-13) 5<sup>th</sup> 100m back, Fraser Neilson (14-15) 4<sup>th</sup> 100m breast, Ross Muir (14-15) 1<sup>st</sup> 100m back, 1<sup>st</sup> 100m breast, 2<sup>nd</sup> 100m fly, 3<sup>rd</sup> 100m free, Laura Murray (16) 5<sup>th</sup> 100m back, 5<sup>th</sup> 100m fly, Kieran McGuckin 2<sup>nd</sup> 100m breast, 3<sup>rd</sup> 100m back, 5<sup>th</sup> 100m free, 6<sup>th</sup> 100m fly,

## Birthdays

Happy Birthday from everyone at the Club to the following people

who celebrate their birthdays in Birthdays in November:

Charlotte McKenzie  
Cameron Kirkwood  
Katie Sime  
Sarah Bell  
Ailis Foster  
Megan Risk  
Robyn Moffat  
Suzanne Laurie  
Hannah Reid

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



## Forthcoming Galas

Bo'ness Mini Meet to be held on 3<sup>rd</sup> December at Bellshill - Accepted swims are now available.

JAGS Meet 10<sup>th</sup> February 2007 - Check notice board and tick name if available to swim at this gala.

## Junior League

The final of the Junior League is being held on Saturday, 2<sup>nd</sup> December at Tollcross, Glasgow. Names of swimmers have been handed out. A bus is leaving from the Mariner Centre at 12.30 pm for all swimmers and supporters. Please let Garvie know of anyone wishing to travel by bus.

## Club Championships

The Club Championship is being held on Sunday 7<sup>th</sup> January, warm up 5.30 pm at Grangemouth. Forms have now been issued to the children to choose which events they want to compete in. Entries and entry money is to be handed to Irene Campbell by 11<sup>th</sup> December. Help from parents for timekeeping etc. would be appreciated.

## Christmas Party

A Christmas Pool Party is being organised for Monday, 18<sup>th</sup> December at the Mariner Centre. Please add swimmers names to the list on the Notice Board if they wish to attend. Any items for the hamper should be handed to Alison Sime.

## Security

For security reasons please ensure all belongings are taken to poolside.

## Pantomime

The Pantomime this year is Aladdin at the Kings Theatre in Glasgow on Wednesday, 3<sup>rd</sup> January 2007 at 2 pm. Tickets are priced at £15 for adults and £12 for children, to include the bus. There are still tickets available. See Garvie on a Sunday or Monday night

## Tip of the Month

Preparation before a meet is essential. Ensure you have the correct balance of nutrients 70% carbohydrates, 20% protein and 10% fat. If there is anything you would like included in the next newsletter or wish to make any comments please see any of the undernoted 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  
Ann Murray  
Jennifer Bell

[garvie@blueyonder.co.uk](mailto:garvie@blueyonder.co.uk)  
[jenniferbell@campbell-lee.co.uk](mailto:jenniferbell@campbell-lee.co.uk)