



Issue: June&July 2007

Falkirk Otter ASC NEWSLETTER

Training during the Holidays

Training times during the holiday period will be as undernoted:-

Sunday 1 st July	Grangemouth Sports Centre	Training as normal
Monday 2 nd July until Sunday 15 th July inclusive - HOLIDAY - No training		
Monday 16 th July	Mariner Centre	Training as normal
Wednesday 18 th July (a.m.)	Mariner Centre	Training as normal
Wednesday 18 th July (p.m.)	Braes High School	Training as normal
Sunday 22 nd July	Grangemouth Sports Centre	Training as normal
Monday 23 rd July	Mariner Centre	Training as normal
Wednesday 25 th July (a.m.)	Mariner Centre	Training as normal
Wednesday 25 th July (p.m.)	Braes High School	Training as normal
Sunday 29 th July	Grangemouth Sports Centre	Training as normal
Monday 30 th July	Mariner Centre	Training as normal
Wednesday 1 st August (a.m.)	Mariner Centre	Training as normal
Wednesday 1 st August (p.m.)	Braes High School	Training as normal
Sunday 5 th August	Grangemouth Sports Centre	Training as normal
Monday 6 th August	Mariner Centre	Training as normal
Wednesday 8 th August (a.m.)	Mariner Centre	Training as normal
Wednesday 8 th August (p.m.)	Braes High School	Training as normal
Sunday 12 th August	Grangemouth Sports Centre	Training as normal
Monday 13 th August	Mariner Centre	Training as normal
Wednesday 15 th August (a.m.)	Mariner Centre	Training as normal
Wednesday 15 th August (p.m.)	Braes High School	Training as normal
Sunday 19 th August	Grangemouth Sports Centre	Training as normal

Falkirk Otter ASC wish all swimmers and their families a lovely holiday.

Birthdays

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

Birthdays in June:

David Kerr
Greg Tierney
Ruairi Kirkwood
Ashley Donaldson
Cameron Couper



Machar Devine
Carla Macaloney

Birthdays in July:

Eden Hamilton
Calum Swan
James Gardiner

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

Results

City of Glasgow LC Meet - Ross Muir silver 400 IM, 200 fly, bronze 200 back, 6th 400 free; Kieran McGuckin gold 200 free, silver 200 IM, bronze 100 free 4th 400 free, 200 breast, David Smith gold 200 back, silver 100 back, bronze 200 IM.

Galas

Please check the notice board for forthcoming galas. Please check if your name is on the sheets for the Cumbernauld Graded Meet and Alloa Graded'

FIRST

Rob Lee, Coach for FIRST squad will be at Grangemouth Sports Centre on Sunday 24th June at around 8 pm to give a talk to parents.

Tip of the Month

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

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