

ROSIE POWERS FOR SILVER AT SCOTTISH CHAMPIONSHIPS

Rosie Wynne powered her way to take silver in the women's 50 breaststroke at the Scottish Short Course Open Championships which were held at Inverness. The 14 year old looked impressive as she recorded a personal best of 34.13 to become one of only three 14 year olds to win an open aged medal. Rosie also clocked two more personal bests which were also new 14 years West District records in the 100 and 200 breaststroke. Her time of 2:37.94 placed her just out of the medals in 4th spot for the 200 and a best of 1:13.56 saw her finish 5th in the 100.

Lucy Illingworth (14 years) and Karen Reid (12years) also competed at the Short Course Championships. Lucy at her first Open Champs equalled her best time in the 200 breaststroke to finish 44th as she then went on to record a best in the 14/under 800 freestyle for 29th spot. Karen competed in six events overall ranging from the 14/under age group and some open events against some of Scotland's best seniors. Her best performance was in the open 50 backstroke as a best of 32.15 placed her 22nd overall. She then went on to take six seconds off her best in the 14/under 400 freestyle with 4:47.68 for 32nd place. Her final personal best came in the 14/under 100m IM with 1:14.92 which placed her 33rd. Karen was always within the top six 12 year olds on all her events which puts her in good stead with two years left in the 14/under age group.

PB'S AT CUMBERNAULD

Anastasia Khymnyuk in the 12 years age group won the 100 butterfly and 50 freestyle along with a silver medal for the 200 IM. Annie's 100 fly was outside her best but the 200 IM and 50 free were pb's by a second with 2:52.68 and 30.71. Team mate Lara Seville finished a close 3rd behind Anastasia in a very close 50 freestyle final. Lara however stormed to victory in the 100 breaststroke taking 4 ½ seconds off her best for 1:28.88.

Megan Niven finished 2nd in the 11 years 100 backstroke with a time of 1:23.90 which was a 3 second personal; best. Jack Farrell took Bronze in the 13 years 100 breaststroke with a 4 second pb for a time of 1:30.78.

Andrew Jordan was unlucky not to make the podium as he finished 4th in four of his events in the 8-9 years age group. Eve Armstrong and Erin Moore also just missed the medals with 4th placed finishes but showing significant improvements on all their best times. 17 swimmers competed out of SAST with 65 personal bests from 73 swims which is a fantastic statistic.

WELL DONE TO ALL THE SWIMMERS!!

MINI LEAGUE 2012

The first date has been set for the Clyde Coast Mini League.

Round 1 will take place on Sunday 26th February 2012.

The team will be finalised and released shortly after the SAST Mini Meet. The selected Mini League Team will have a team training session on Sunday 19th February at Prestwick Pool 5:00-6:30pm

BREASTSTROKE TIME TRIAL

MONDAY 20th February

7:00pm Warm Up

Citadel-For all swimmers

Development-100m

All other Squads 200m

Junior & Development

sessions are cancelled for the Time Trial.

Masters & Youth Squads may train at Troon 6:30-7:30pm

KEEP UPDATED BY E-MAIL

All parents should be receiving e-mails for updates such as newsletters, comp info etc. If you have not been receiving such info then you can register your e-mail address on the website at www.southayrshireswim.co.uk

SWIM CLINIC

The next Swim Clinic for District & Junior Squads will be Wednesday 1st February.

All District & Junior Squad swimmers should report to the conference room at the Citadel for a 6:00am start.

TRAINING ALTERATIONS

SQUAD	Dates	ALTERATION
NATIONAL	Fri 13 th Jan	Evening session Cancelled (Grand Prix)
	Sat 28 th Jan	Cancelled (Schools Champs)
	Sat 4 th Feb	Session cancelled (Derwentio / West Districts)
	Sat 21 st Feb	Session at East Kilbride 3:30-5:30pm
DISTRICT	Sat 14 th Jan	Train at Maybole 7:00-9:00am
	Sat 28 th Jan	Cancelled (Schools Champs)
ALL SQUADS	Sun 29 th Jan	All sessions cancelled (SAST Mini Meet)
PRESTWICK DEV	Sun 19 th Feb	Session moved to Troon 5:45pm-7:00pm

NEW MEMBERS

The next assessments date for swimmers to try out for the swim team is Monday 6th February 2012. If you know any swimmers wishing to try out for joining SAST then please contact Alison on **07749867709** and book in for the assessments day. Those wishing to join the swim team will demonstrate their swimming ability and the successful applicants will be offered a place within one of the squads. Spaces are limited and selections are based upon ability and age.

CHANGES TO SQUAD CRITERIA

The following changes are to be made to the Squad Criteria's to further the development of the swim team. The changes have been implemented due to the high numbers within the squads and to make the higher standard of club squad closer to the lower standard of Youth Squad and creating a smoother pathway. Attendances of swimmers within these squads will be monitored and reviewed in 6 weeks. Please ensure you make efforts to attend as stated above so that the standards with the squads can be maintained.

FULL CRITERIA'S ARE WITHIN THE MEMBERSHIP PACKS ON THE WEBSITE.

SQUAD	OLD CRITERIA	NEW CRITERIA
CLUB SQUAD	Attendance 2-4 sessions per week	Attendance 3-4 sessions per week
YOUTH SQUAD	Attendance 2-5 sessions per week	Attendance 4-6 sessions per week
CLUB & YOUTH SQUADS	A minimum number of competition attendances has been removed to coincide with our constitution of allowing swimmers to train for fitness.	

ATTENDANCES

There has been generally a fantastic rise in the commitment levels of many swimmers within the Performance Pathway Squads (Junior, District & National). Unfortunately there are still some individuals failing to meet the criteria's or standards set by their coaches. This obviously has a negative effect on the team and other squad members. The coaches are always monitoring attendances and action will be taken regarding swimmers failing to meet the minimum requirements. Attendances are set as follows (unless stated otherwise by your squad coach):

Development Squad	2-3 sessions per week
Junior Squad	3-5 sessions per week
District Squad	5-7 sessions per week
National Squad	7-10 sessions per week

IMPORTANT

SAST MINI MEET

All Swimmers **MUST** register at the signing in desk prior to warming up for each session. The signing in desk will be outside the changing room entrance. Swimmers failing to register will be scratched from the program and not allowed to swim.

During the Mini Meet a coach will be allocated the Team Managers role of keeping a record of swimmers poolside and their whereabouts. It is important that swimmers let the coaches know when they enter poolside / leave poolside either because they have finished, need the toilet, are going for lunch etc.

DIARY DATES

14 th /15 th Jan	Grand Prix
Tues 24 th Jan	Committee/comp Mtg
Sat 28 th Jan	Scottish Schools Champs
Sun 29 th Jan	SAST Mini Meet
Wed 1 st Feb	Junior/District Swim Clinic
Mon 6 th Feb	Assessments trial
4 th /5 th Feb	Deventio Meet Sheffield
4 th /5 th Feb	West District 100's Champs
11 th /12 th Feb	North Ayrshire 200 Meet
Mon 20 th Feb	Breaststroke Time Trial
Tues 21 st Feb	Coaches Meeting
Sun 19 th Feb	Mini League Training
26 th Feb	Mini League Round 1