



## UDASC NEWSLETTER September 05

### *Coaches*

The Committee are very pleased to welcome 4 new members to the coaching staff.

- **Anne Marie Phimister** and **Katy Gordon** both sat the ASA Assistant Teachers Course in the Spring and are now coaching the Monday, Wednesday and Thursday afternoon sessions. **Scott Littlejohn**, who used to be a pool attendant at Aboyne and has held his Assistant Teachers Qualification for some time, will join the staff after the October holidays. **Debbie Dunn** who holds her Full Teachers Qualification will join Scott as support coach for the Tadpoles.
- **Julie McQuillin** also sat the Assistant Teachers course in the spring, but unfortunately the family moved at short notice to Norway in the summer. We wish them well in their new home.

### *More coaches required*

- The Community Centre is planning to run another Assistant Teachers Course in the October Holidays, and we would encourage any parents with an interest in teaching kids to swim to take part. The Club has *always* depended on parents of swimmers for its coaching staff and it is essential to keep a steady influx of talent. The club will pay the course fees of anyone that passes the course and commits to regular coaching for the club. The qualification is nationally recognised and can lead to paid positions.

### *Events*

#### **Scottish National Age Group Championships**

- The end of last season finished on a real high for our older swimmers taking part in the Scottish National Age Group Championships as part of the SAS Team. (South Aberdeenshire Squad). Upper Deeside had it's largest contingent ever with 6 swimmers taking part in both individual events and squad relays. Sam George broke two Scottish National Age Group Records for 100m and 200m Breaststroke 11yr age group, and Kerry Buchan amongst several other achievements, achieved qualifying times for the Commonwealth Games in Australia next year. The SAS team came fourth overall, for the six day event.

#### **Season 2005/2006**

- This season has barely started, but already it has been a busy and successful time for our swimmers across the age groups. Again our swimmers continue to break records and the large number of personal bests (PB's) at the first Performance Night in August was very encouraging, especially so early in the season when the summer *dry* period is not such a distant memory. These younger swimmers have gone on to perform extremely well at two further events, the Bridge of Don Splash and the Westhill Minnows where again many medals and good PB'S were achieved.

**The full results and forthcoming events are available on the website ([www.udasc.co.uk](http://www.udasc.co.uk)) and on the Club notice board.**

## ***Upper Deeside Challenge : Saturday 26 November 2005***

The Club depends upon fund raising to keep the fees to a reasonable level. The main event for this is the ***Upper Deeside Challenge Meet***, which is open to all clubs to enter teams and this year will be held at the **Community Centre on 26 Nov.**

This unique “challenge” based event is open to swimmers generally over 11 years old, although entries are accepted strictly on a **fastest times basis**. As a result this is a very popular and fiercely contested meet with no individual able to tell who has won the individual “Challenges” until the prize giving at the end of the day.

### ***Corporate Sponsorship***

In order for the Challenge to be a financial success it must attract **Corporate Sponsorship**. Last year this raised in the region of £1500 for the Club, albeit from a very small number of contributors. This year we would like to raise £2000 in Sponsorship, however our approach is going to be slightly different. Most employers receive very many requests for Sponsorship, but most have restricted budgets and policies relating perhaps to smaller donations and/or for activities where employees have a direct interest. Consequently you will find attached a **Request for Sponsorship** letter which if you think it appropriate we would ask you to pass on to your employer. You will see that the sums involved are fairly modest and if we fill all available opportunities for sponsorship, we should reach our goal. Of course, employers are welcome to Sponsor for more than the suggested amount, should they wish.

### ***Sponsored Swim : Swim the Channel – Friday 11<sup>th</sup> November 2005***

We will also be holding **Sponsored Swim** this year and **all** club swimmers from **all** squads are encouraged to take part. Our Challenge is to “*Swim the Channel in 3 hours*”. That’s all 32 km ! We will need all our swimmers from the very youngest to the most senior to achieve the distance and reach our goal of raising £1000. The event will take place **on Friday 11 Nov**, and as we couldn’t get the Port Authorities to cancel shipping off Dover that night, we will be swimming at the pool in Aboyne. Squads will swim at their **normal times** and all contributions to both the distance and the funds will be welcomed, however large or small. The idea is to add up the total distance swum by all the swimmers to make up the distance. Swimming need not be continuous and rest periods will be allowed !

Bring and a loud voice to cheer every one on, and your **club t-shirts** as we intend to put a photo in the Piper. You will find attached a **Sponsorship Form** for the Event. If you need more sheets, these are available from the club notice board or from any member of the Committee.

Please don’t forget to ask any sponsors who pay tax to fill out the **Gift Aid section** as the Club can recover 28% of their sponsorship from the Inland Revenue.

## ***Bag Pack : December 2005 – the Co-op***

We will also be doing a Bag Pack at the Co-op, probably in December. These are extremely successful events raising cash, but also the profile of the Club within the Community.

### **Club Use of Funds**

#### ***So where does all the cash go ?***

In very simple terms, our Club finances are made up as below;

- Squad fees have been static for several years now, and the Committee took the decision to maintain fees at the current level again this year, and try to increase our income through fund raising. The fees generally cover the cost of Pool Hire and SASA Membership.
- SASA fees represent a significant amount of our outgoings, however this provides us with our insurances and structure, without which we could not operate as a club.
- None of our Coaches receive any direct remuneration for the time they give to coaching, however they are reimbursed some of their travel expenses etc.
- There are also fees to be paid to SAS (South Aberdeenshire Squad). Amongst other things, this contributes towards the Salary of our Swimming Development Officer, Gary Paterson, with whom our coaches have contact. The fact that SAS was 4<sup>th</sup> at the Scottish Nationals is in part down to his input and dedication to our swimmers. The SAS fees also pay for the four SAS Junior league matches at Westhill in the Winter/Spring terms, events which are fantastic fun for all our aspiring competitors, in a friendly and familiar atmosphere.

#### ***Communication***

If you want to know more about the Club, how it operates, what events are all about, what are Technical officials, (the answer is just parents like you!), please do not hesitate to ask any member of the coaching staff or the Committee. We will all be only too pleased to tell you what we know. We appreciate Swimming can be a confusing world to step in to for the first time. Other sources of information are available on the web and our website has links to the most common useful sources such as SAS, and Scottish Swimming.