



STREAMLINE

The Newsletter of Cupar and District Swimming Club

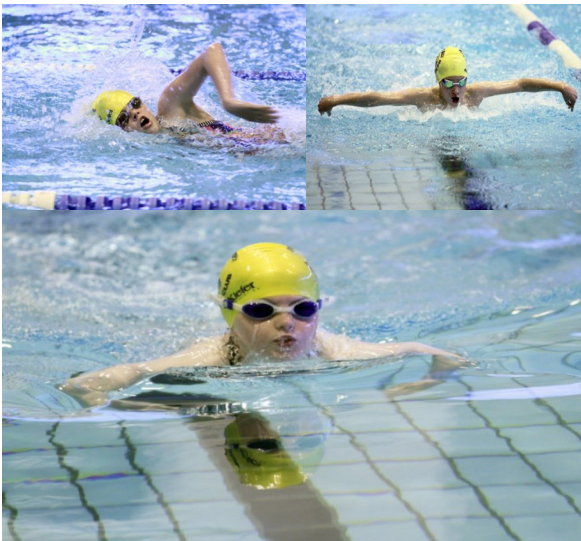
In this issue:

- New look website to launch later this month
- New Club President keen to take club forward
- Child Protection Courses—Training complete
- Fife Development squad to be launched

Club to launch new website :

Later this month the club will 'go live' with a new website. The address couldn't be simpler. Just visit cuparswimming.com to see the new look website.

An email will be circulated to all club members to let them know when the website is up and running. The site will have information about the club, our training and our coaches and committee members to mention just a few things.



The club has enjoyed some wonderful successes over the past year and this is down to the dedication and commitment of our volunteers who give selflessly of their time. Why not join the team and help where you can?

President Cath Carter

Swimmers at a recent Dundee Meet—
photographs courtesy of DC Thomson

Safeguarding and Protecting Children Courses enjoy high attendances



Courses were arranged within the clubhouse by Callum MacLeod our Child Protection Officer with the training delivered by specialist trainer Anna Tizzard of Fife Council. The vast majority of coaches and club volunteers undertook the two-hour training course with another course pencilled in for later in the year. Callum said of the training "This was a great opportunity for everyone to bring themselves up to speed with the most current approaches to child protection. Here at Cupar we are committed to ensuring that each and every child is provided with the highest levels of protection . This training has ensured that we all know how to best protect and safeguard our swimmers on every occasion.



Gold Squad member and part-time FPSS swimmer Oliver Carter has successfully achieved the times for entry to the Scottish Swimming Bronze Squad

where he can enjoy additional training supported by Scottish Swimming's senior disability coaches. Ollie who was classified earlier this year competed in the Scottish National Open where he attained most of the times he needed

Overseas swimmers train with Cupar and District Swimming Club—read more inside



SQUADS RENAMED

The squad names have recently changed to reflect the quantity of training that the swimmers have access to.

Junior Club led by coach John Wishart keeps the existing squad names of Minnows, Piranhas, Dolphins and Sharks. Senior Club have the Bronze Squad coached by Mark McQuilton on a Thursday, Friday & Saturday. The Silver Squad led by Coach Catriona McCrone who train Tuesday, Thursday & Friday.

The Gold Squad is coached by Lead Coach Mark Laing and they too train a Tuesday, Thursday and Friday

Bronze train for 3 hrs 15mins weekly

Silver train 4hrs 15 minutes and

Gold train 6hrs

John
Wishart



Mark
McQuilton



Catriona
McCrone



Mark Laing



CLUB PRESIDENT APPEALS TO PARENTS TO COME FORWARD AND ASSIST ON THE COMMITTEE



Club President Cath Carter, has issued an appeal to parents to come forward to help fill some of the vacancies on the current committee. Cath said: "We have the backing of a good number of parents ensuring that our club, which is run by volunteers, delivers the quality of support our swimmers and coaches need. However, the people holding down many of our roles could do with support and I would appeal to our parents to approach committee members, the club table or our coaches to offer up their aid. I am delighted to have been given the opportunity to help guide the club as we move forward into the next season." If you are interested in becoming a helping hand then you can also email us at swimmingcdsc@gmail.com for further details.

HONG KONG GIRLS TRAIN WITH CUPAR SQUADS

Two young swimmers from Hong Kong's 'Mantas' Swimming Club have spent the summer holidays training with Cupar and District Swimming Club.

The girls travelled the 6000 miles from Hong Kong, where they have lived for the last five-years, to visit family in St Andrews and whilst here joined the swimmers at Cupar to enjoy their training regime over the summer period.

12yr-old Samantha Rotchford and her younger sister 10-year-old Holly trained every week thoroughly enjoying the experience of making new friends and learning new swimming skills. The girls were presented on their arrival with club caps, T shirts and a club badge to help them feel part of the squad.

Lead Coach at Cupar, Mark Laing said:" Both Samantha and Holly worked extremely hard during their training sessions. They were introduced to new drills and skills during their pooltime which has helped improve the swimming ability of them both. Samantha in particular proved to be a very competent swimmer for her age and eventually ended up swimming with the top group of swimmers in the club, a testament to her ability and commitment to learn. They both fitted in really well at the club and we would be delighted to have them back in the future.

Pauline Rotchford said of her girl's experience "Everybody at the club has made the girls feel incredibly welcome and they've had loads of fun as well as plenty of arduous training so much so that both want to swim with Cupar if they ever returned to Scotland."

NINE SWIMMING SESSIONS BOOKED AT STIRLING

For season 2013/14 the club have secured nine training sessions at the 50m pool of the National Swimming Academy in Stirling. Training will be open to all members of Senior Club this season. The cost of sessions is £5.00 and must be paid in advance at the club table. Training will be delivered on a Saturday, with most sessions in the evening. (see calendar on back page for dates)

FIFE DEVELOPMENT SQUAD IS NEW EXCITING VENTURE FOR CADSC

Swimmers from Cupar and District Swimming Club have been invited to become members of the Fife Development Swimming Squad. The swimmers will train twice a week at Lochgelly High School under coach John Dougall who also coaches the Fife Performance Swimming Squad. This new squad will act as a training ground for up and coming swimmers who will go on to move to the Performance Squad. Lead Coach Mark Laing said: "I have already circulated information to the parents of Gold Squad swimmers inviting them to apply for places with the new squad which launches in September. This means swimmers from the Bronze Squad will be able to access additional training at Cupar on a Tuesday night. I have been asked by parents about extra pooltime and this move not only facilitates that but also gives our swimmers access to training from the counties most senior swim coach when training at Lochgelly. The squad is still being organised and coaches will circulate further information to their squad members dependant upon who moves to the Lochgelly training."

SCOTTISH swimming
everyone can swim!

Planning calendar for 2013 events

August	
Saturday 31 st	Dunedin Challenge Meet
September	
Sunday 1 st	Dunedin Challenge Meet
Saturday 7 th	Stirling Training – 6pm-8pm – 3 lanes
Sunday 8 th	Fife Leagues
Saturday 14 th September	Fife Area Squad - Lochgelly
Saturday 21 st	Fife Leagues
Saturday 28 th	Glenrothes Novice Gala – Michael Woods Centre
October	
Saturday 5 th /Sunday 6 th	East District Short Course Time Trial - Prestonpans
Saturday 12 th	InCAS Sprints Meet - Carnegie
Saturday 19 th	Stirling Training – 6.30pm-8pm – 3 lanes
Saturday 26 th /Sunday 27 th	Alloa Graded Meet - Stirling
November	
Saturday 2 nd /Sunday 3 rd	East District Age Groups - Glenrothes
Saturday 2 nd	Cupar Friendly Novice Gala
Saturday 16 th	Stirling Training – 6.30pm-8pm – 3 lanes
Sunday 17 th	Fife Championships/Geordie Wotherspoon
Saturday 23 rd	Fife Area Squad - Lochgelly
Saturday 30 th	East District Age Groups - Glenrothes
December	
Sunday 1 st	East District Age Groups - Glenrothes
Friday 13 th – Sunday 15 th	Scottish National Short Course

Swimmers Training Kit

Swimmers in Senior club should make the effort over the coming weeks to obtain the following training kit for their own use during sessions.

Fins

Kick Board

Pull Buoy

Mesh kit bag

Training Snorkel

Finger Paddles

2 water bottles

Club T Bag shirt

The club will be retaining a small stock of items only for issue in emergency when a swimmer forgets their kit

SUMMER SWIMMERS MAKE THEIR MARK

The following swimmers were presented with the coaches 'Swimmer of the summer' award. Squad coaches determine the swimmer who most deserves the award based on attitude, improvement, attendance etc. Each swimmer was awarded with a club lapel badge.

- Gold Squad – Corrie Hay, Lewis Baillie and Lindsay Moncrieff
- Silver Squad – Callum MacPherson
- Bronze Squad – Emily Baxter

