

Welcome to our latest edition of the IASC Newsletter.

## **HEAD COACH UPDATE**

As of last week, the advertisement for the joint IASC/HST Headcoach was rolled out and is starting to attract interest. We will keep you all informed of any developments in this.

## **HST**

HST is slowly returning to the water with a 2 hour slot on a Sunday at the Aquadome between 4pm and 6pm. It is only in a very basic form at the moment but it is expected to return to full capacity on the appointment of the Head Coach. Again, we will keep you up to date with any changes to this.

## **MEETS NEWS**

A number of our swimmers returned to competing at the end of last year at the ND Age Groups in Oct/Nov, Orkney Mini Meet and the Scottish Winter Meet Well done to all the swimmers lots of PB's with 3 swimmers receiving certificates for finishing in the top 3 in their age groups for some of their swims. Orkney Mini Meet was also a success with our swimmers coming home with a number of medals.

There are upcoming meets in January and February. We have 6 swimmers competing at the upcoming Buckie Meet, some eligible swimmers for the ND and the closing date for Elgin Spring Meet for entries is Wed 26th January. This meet will give some of our new swimmers the chance to compete for the first time. For eligible swimmers the ND Age Group Championships inc Midland District Age Group Championships are being held in Aberdeen in March and SNAGS will be held at Tollcross, Glasgow in April. We hope that the club will have some eligible swimmers for SNAGS. The club are also hoping to host a graded meet in April and there will hopefully be a number of meets over the next few months, including mini meets for our younger and less experienced swimmers. If your swimmer is competing soon and you have not already done so, please put yourself forward for the upcoming Timekeeping course. Without parents volunteering the meets cannot be held and at this time it is the only way to see your swimmer compete. All contact details are at the end of the newsletter.

## **SQUAD UPDATES**

C Squad - With 3 intakes recently there are varying ages and capabilities. We are currently reviewing the current swimmers and the structure of C Squad. If your swimmer has shown the relevant improvement and continues showing commitment then they may be invited to an extra swim soon. The C Squad coaches will contact each swimmers parent directly in due course. We also have some new coaches who will have initially started with or will start with C Squad in the near future so we welcome them to the club.

**KIT- Can all new parents ensure their swimmers attend sessions with kickboard, pull buoy and fins.**

B Squad - Due to a delay in our newsletter we would like to congratulate Olivia, Ridwan and Joe on moving up to B Squad. We also have a few swimmers currently trialling from C. Kirsty our B Squad Lead coach plans to concentrate on swimmers goals over the coming weeks and months.

A Squad - Jen, our A Squad lead coach passed to us that she is pleased with the effort and attention to basic skills from the squad recently. She looks forward to returning to a more competitive year.

Well done all!

**COACHA PAYMENTS** - If anyone has not transferred their training fees to Coacha we would appreciate if you could do this asap. There have been reminder emails sent out, but by doing this you are assisting our volunteer parents who already spend a lot of their own time ensuring the club runs smoothly. We ask that training fees are kept up to date to ensure your swimmer can continue to attend sessions.

**CLUB KIT** - Kit can be purchased from Klas Klothng. The prices have been reduced as kit can now be collected from the shop so it has saved on postage costs. Due to the Festive season there is a 21/28 day delay on orders, so if you require any kit for meets, please consider ordering early. Link [klasklothing ::InvernessSwim Club](#)

The price of Silicone has risen dramatically so club caps will be going up in price. We have a committee meeting this week, so this will be discussed and you will be advised of the new price. If you need a cap please contact Natasha at the IASC shop. Email [iascshop1@gmail.com](mailto:iascshop1@gmail.com)

**VOLUNTEERS NEEDED -**

We still need some parents to volunteer to help the committee. We are always grateful and thank everyone who gives up their time for the club whether poolside or for the committee. There are a number of roles and we plan to meet with new parents soon regarding this. We also want to say a big thank you to Gillian who has stepped down from the Treasurer's role and has handed over to Emma. Thanks for giving up your time and helping the club. Welcome on board the committee Emma L.

Below are a few roles that we need to fill but there are a number of roles within the club and the club cannot run without all our Volunteer Parents. Well done to all the recent Poolside Helpers that attended the course at the end of 2021, we hope to see you all poolside soon, once restrictions lift.

Training Fees (Coacha) - This will require very little time and you are only required to check monthly payment report and send reminders to any parents who have not paid. You will work alongside the Treasurer/Membership Secretary.

Meet Secretary - We are still looking for a parent to help our current meet secretaries. You would be required to check meet entries and payments for upcoming meets and learn the Hy-tek Swim System.

Team Manager/Bus Co-ordinator - As meets start and hopefully Covid regulations ease we hope that swimmers can travel together for upcoming meets. Is there any parent out there that would like to arrange transport for some meets. It would be great as a team to all travel together and build up a team bond. Scottish Swimming currently offer an online Team Manager Course.

STO - Sally our Swimming Technical Official is looking for someone to initially assist her and learn the job moving forward. This role involves organising training courses via Scottish Swimming for officials required at swimming meets (timekeepers/judges etc). Please look to help out here as Sally has returned to the role in a temporary capacity to help the club after covid. Please contact her at the STO address below.

Website - Anyone interested in IT, we need the website updated regularly. We are looking to make the website more user friendly, it so if you think you can help please get in touch.

*Please also remember to like our Facebook page so you can get up to date news and information.*

## CONTACTS

All general enquiries please send to Secretary  
- [general@invernessswimmingclub.co.uk](mailto:general@invernessswimmingclub.co.uk)

For Covid related absences from sessions please contact Shona/Kirsty  
at [STO@invernessswimmingclub.co.uk](mailto:STO@invernessswimmingclub.co.uk)

For other absences please contact the relevant Coaching Team

[ASquadCoaches@invernessswimmingclub.co.uk](mailto:ASquadCoaches@invernessswimmingclub.co.uk)  
[BSquadCoaches@invernessswimmingclub.co.uk](mailto:BSquadCoaches@invernessswimmingclub.co.uk)  
[CSquadCoaches@invernessswimmingclub.co.uk](mailto:CSquadCoaches@invernessswimmingclub.co.uk)

Meet Secretary - [meetsecretary@invernessswimmingclub.co.uk](mailto:meetsecretary@invernessswimmingclub.co.uk)  
Treasurer - [treasurer@invernessswimmingclub.co.uk](mailto:treasurer@invernessswimmingclub.co.uk)  
Child Protection Officer - [wpo@invernessswimmingclub.co.uk](mailto:wpo@invernessswimmingclub.co.uk)  
Chair - [chair@invernessswimmingclub.co.uk](mailto:chair@invernessswimmingclub.co.uk)

For Technical Courses, Timekeeping, Judging etc - Contact  
Sally: [STO@invernessswimmingclub.co.uk](mailto:STO@invernessswimmingclub.co.uk)

Thanks



IASC

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