

May 2022 IASC Newsletter

We haven't had a newsletter for a while now but here is a round up of what has been happening and what the future plans are.

Great News - We now have appointed our Head Coach. You will have seen from the last email that Lisa will join us in August and will coach Inverness and Highland Swim Team. Further information about when Lisa is starting and when she will meet you all will be forwarded in due course.

Squads - Firstly we would like to give a warm welcome to our new swimmers who recently started with the club. This was a really big intake and we hope that everyone gives them a warm welcome and support as they start their swim journey with the club. Congratulations to Tyla who has moved up to A Squad and to Ruairidh who has now moved to B squad. Well done guys!

C Squad Stars - The Coaching team have re-introduced C squad Stars. This was previously (pre-pandemic) given out on a weekly basis to 2 swimmers within C squad who were showing great commitment, improvement in their swimming and general attitude towards their fellow swimmers and coaches. This was reintroduced on Wednesday night (club night 25th May). At the club session on the last Wed of each month, 4 C Star awards will be given out by the coaches, one from each double lane i.e. one for lane 1/2, one for lane 3/4 etc. Last night, the first awards were presented to the following by C Squad helper Madi. Yvie, Izzy and Megan. Well done guys and thoroughly deserved! (Unfortunately Lane 7/8 had left so the recipient will have to wait until next Wed!)

On another note can we also please ask if your swimmer cannot attend a training session can they please let their appropriate Coaching Team know. (contact details are at the end of this email).

A reminder that the club will be taking a break in the summer holidays from starting Saturday 16th July 2022 with training recommencing week beginning Monday 1st August.

MEET NEWS

It's been great to have the swimmers back competing again. The club have attended a number of meets already and we had a great turnout at our Graded Meet. Twenty three swimmers in total and they all supported each other so well. We have also had Feedback from a number of other clubs who stated they loved the meet, describing it as the best Graded meet they have attended! A massive thanks to all the volunteers/parent volunteers who helped on the day as it was you who made this work. THANK YOU. A special thankyou to Lesley, Sally, Jayne and Trish for getting the meet up and running and arranging all our volunteers for the day and keeping everything running smoothly on they day. There is a lot of work involved in arranging and running a meet and we hope that all parents will come forward to help with our next meet. The club are planning running an Age Group Meet over two days

on 10/11 September, but we are waiting for everything to be finalised. Once this is done we will send out dates and full details.

Isla M, Caitlin, Lewis and Tyla all represented Highland Swim Team at the Scottish National Age Group Championships in April at Tollcross, Glasgow. They were swimming in individual events and relays. They all did really well and had a great experience. We hope that they and many other Inverness Swimmers will continue to improve and get the opportunity to swim at these type of events. WELL DONE.

Our swimmers also had lots of success recently at the University of Aberdeen Meet, Thurso Mini Meet and the Elgin Min Grad Meet. Lots of Medals, PB'S and team support. We couldn't have been more proud of the swimmers and their supporters at the meets, the team spirit was outstanding and what a credit to the club.

UPCOMING MEETS

A number of our swimmers will be attending the Westhill Age Group Meet on 11/12 June and we then host the North District Pentaquas on 25/26 June. There is the Scottish National Open Swimming Championship and Scottish Summer National Meets in July. For those of you taking part in the Open Swimming Meet and charity event, good luck to you all (bit cold for some of us!!)

We are hosting the North District Pentaquas as mentioned above. This will be a great money earner for us and these funds are essential for sustaining the club. If your swimmer is competing in this competition then PLEASE PLEASE contact the committee to help out by volunteering. Even if your swimmer is not competing if you can spare a morning or afternoon please contact our meet secretary. There are a number of very small jobs we could use you for and remember "many hands make light work"

MEMBERSHIP SYSTEM - The club had moved to Coacha last year, but this has not been a suitable system for the swimming environment. A lot of volunteer time is taken up with the club and that includes membership, coaching, coach timings, meet entries, training fees etc to say a few. The club are in the process of transferring the current membership system to **Team Unify** which will be a better system for both volunteers and parents. This system was actually designed and constructed for swimming teams so there will be lots of features that we currently don't have but will help the volunteers in a number of ways. Also, it allows parents to view their swimmers current times and it will be an easier system for the swimmer to enter appropriate races at meets. We are hoping this system will allow more ownership and responsibility for you and take away some of the extra work carried out by Volunteers. We will also be looking at updating the Facebook access so please look out for any emails from **Team Unify** or the club regarding the transition. There will also be a change to various email addresses, systems etc so it is important if parents can please deal with emails timeously to save any extra work on the volunteers and delay in the movement of systems. Can we also ask if you get any requests regarding training fees can you please deal with asap as we need to ensure correct fees are paid on time to ensure no extra work for the Treasurer.

VOLUNTEERS- After Matty's last contact with parents from last year we were pleased that even more parents came on board to help the club with some roles. We still hope that a number of parents who have not got back to us will still be looking to help in some way as swimming is a very interactive sport for both swimmers and parents. We have volunteers coaches and committee who are all giving up so much of their time to allow the club to function. Please remember that it doesn't matter the size of the role you volunteer for as EVERY role helps the club run and makes each role easier for all the volunteers. We would still like to have more volunteers and we are hoping that anyone who has not put themselves forward yet would consider contacting the committee to see what they could do. The club could really benefit from having a small group to arrange fundraising. If you think that is something you could help out with or any ideas to raise funds then please come forward and let us know. If you could give up a little time then a group effort could be the best way forward with this! The club need additional funding to run so this is really important and now we have new swimmers who have started or just starting then perhaps this is a way you can give to the club and your swimmer if you cannot commit to a committee/coach role. We try our best to fundraise rather than look at raising training fees but this can only be done with parent participation. If you are interested in helping please do not reply to this email please contact the General Secretary or the Chair email.

Please continue to check Facebook with any swim meet news and photos.

Reminder - If you require swim caps please contact Natasha at the shop email iascshop1@gmail.com. If you require club kit please check and order online. Due to stock issues if you need anything please order kit early as there are delays.

[klasklothing :: Inverness Swim Club](#)

Contact email addresses - Coaching Team

ASquadCoaches@invernessswimmingclub.co.uk
BSquadCoaches@invernessswimmingclub.co.uk
CSquadCoaches@invernessswimmingclub.co.uk

General Enquiries - general@invernessswimmingclub.co.uk
Membership - membership@invernessswimmingclub.co.uk
Wellbeing and Protection Officer - wpo@invernessswimmingclub.co.uk
Chair/Vice - chair@invernessswimmingclub.co.uk
Treasurer - treasurer@invernessswimmingclub.co.uk
STO - sto@invernessswimmingclub.co.uk

Please do not reply to this email please contact the relevant emails if you have any queries

Thanks again for all the support
IASC

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