



Message from the Head Coach

Phew! What a busy six months we have had at Dingwall ASC, with our Club Party and Awards Night, Ullapool Friendly and four competitions: Dyce Mini Meet, Thurso Mini Meet, Ythan Annual Meet and Nairn IM Challenge Meet! The Club continues, as always, to go from strength to strength and achieves great things every year.

The Club has had a jam packed few months that has seen our members competing in five competitions between March and June from Ullapool to Thurso and all the way to Aberdeen! As a Club we attended our very first meet since affiliating, taking a small team of 14 swimmers down to the Dyce Mini Meet. The meet was a great success and all swimmers really swam their hearts out, supported one another and most of all, enjoyed themselves. As our first meet it was a learning curve for the swimmers and coaches, however it was a thoroughly enjoyable experience, I already can't wait for next year!

We also faced off with Ullapool ASC again in April, in the hopes of retaining the silverware that we won last year. Thirty-two of our swimmers from Development Squad to A Squad put on an incredibly dominant performance against a strong Ullapool Team to win the trophy with the final score being Ullapool: 278 - Dingwall: 457! It's always special hearing our swimmers cheering and chanting to support their teammates. There is simply no denying that Dingwall ASC knows how to cheer!

My goal for the next six months is to continue to develop and grow our athletes to reach their highest potential, however more importantly for me I want to continue to strengthen and enhance the cohesion and unity of our mighty wee team! I am sure the next six months will be just as busy and full of exciting events as the last. One thing is certain, if there's cheering involved, Dingwall ASC will win.. hands down!.



Andrew Clark



Club Party and Awards Night

In March we hosted our very first Club Party and Awards night to celebrate the success of the Club and the achievements of our swimmers. The Club Party also allowed coaches, swimmers and parents to unwind and socialise with one another in a much more relaxed environment. Huge thank you to Julie Duff for playing such an instrumental role in the organisation of the party, from organising the decorations, booking the hall and buying tonnes of sweeties, crisps and juice.



There was a lot of dancing and even a game of Musical Chairs for the Parents which got very competitive indeed... All swimmers were presented with a Personal Best Improvement Award, with some swimmers being awarded additional awards. The Coaching Staff also selected four swimmers to be presented with the Rising Star Award, which was awarded to those swimmers that are going to go far in swimming and will play an important part in the future of the Club.

Congratulations to our Rising Stars for 2019:

Maddie Laing (B) – Jamie MacGruer (C) – Evie Richardson (A) and Beth Mackay (B)





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Dyce Mini Meet (23rd March 2019)

The Club entered its very first meet on Saturday 23rd March at the Dyce Mini Meet. We took a strong team of our 12&U swimmers down to Westhill Swimming Pool to represent the Club against several other



teams from across Scotland. The whole event was extremely well organised and a massive learning curve for our swimmers, technical officials and coaches! Thirteen swimmers in total made the journey down the A96 to Westhill Swimming Pool and all our swimmers performed exceptionally well on the day! We had two medal winners, Laci Innes winning 1st place in the 11 y/o Girls 50m Butterfly and Tayler Barlow winning 1st place in the 11y/o Girls 50m Butterfly and 50m Freestyle.

The Club also entered its first competitive relay team in the Girls 4 x 50m Freestyle Relay. Elana Duff, Hannah Mitchell, Isla Sutherland and Iona MacLennan swum their hearts out on the day and absolutely crushed it. This was a massive learning curve for the girls who had to very precisely time their changeovers (and get comfortable with diving over one another!)



The Club came home with three gold medals, an impressive 24 new Personal Bests! There were also 4 new Age Group Records set by Tayler Barlow in the 10&U 50m Fly, Laci Innes in the 11y/o 50m Breaststroke and 50m Butterfly and Iona MacLennan in the 12y/o Girls 50m Backstroke! Most importantly, this meet provided the swimmers with vital competitive experience and gave them the opportunity to put all their hours of training into practice!



Dingwall ASC vs. Ullapool ASC (27th March 2019)

On Saturday 27th April a strong team of Dingwall ASC swimmers from Development Squad to A Squad travelled to the Lochbroom Leisure Centre to compete against Ullapool ASC in an attempt to retain the Cup that we won in March 2018. This year, following discussion between both Club's Head Coaches it was decided to make this a Sprint Competition with all swimmers competing across 50m in Freestyle, Backstroke and Breaststroke, 25m Butterfly and 100m Individual Medley.



Swimmers put on an incredibly dominant performance setting an impressive **79** new personal bests out of a possible **126** and putting all their training into practice! Following an incredible day of racing, Dingwall ASC were once again crowned **CHAMPIONS** and awarded the DASC vs. USC trophy, with the final score being Ullapool: **278** - Dingwall: **457**.





Highlights:

Euan Harrison and Maddie Laing put on a stellar performance in the 50m Breaststroke, finishing 1st and 3rd respectively. Euan had a superb swim, taking a massive 7.35 seconds off of his PB! With a very dominant first 25m, Euan continued to wind up the gears on the second 25m to edge further and further in front, finishing a whole body length in front! Adam Peaty himself would have been very impressed with Euan's performance!

For some of the team, this was their first competitive outing. Our newest and one of our youngest members, Sophie Stewart, had only joined the Club a few weeks previously and was entered into the 50m Freestyle, Backstroke and Breaststroke. Sophie had a brilliant day, swimming three very good races and getting three new Personal Bests, taking more 23.19 seconds off her times in the process!



Club Captain, Lewis Mosey-Lyall, put on three very dominant performances in his 50m Freestyle, 50m Backstroke and 100m Individual Medley, however it was his 25m Butterfly where he really threw down the gauntlet. Lewis gave all swimmers and spectators a masterclass in how to swim the perfect race, diving with a quick reaction off the whistle, the first 5m he was neck and neck with his opponent but after ONE very quick breath at the 10m mark Lewis accelerated through the gears to leave his opponent trailing behind, finishing in a time of 00:15.69!

To celebrate such a successful day of swimming, both Andrew and Jordan jumped into the pool (rather than being pushed...) to get a picture with the team, much to the surprise of the swimmers, parents, spectators and leisure centre staff!





Thurso Mini Meet (4th May 2019)

Another weekend, another competition for swimmers at DASC, this time at the Thurso Mini-Meet. This event had a slightly later start time of 11am, which parents and coaches were happy for as it meant no super early morning roadtrips. A strong team of eleven swimmers were entered into this meet, from Development Squad to B Squad.

Swimmers performed exceptionally well on the day, which saw swimmers racing as late as 8:15pm. Despite the excruciatingly long day, everyone's spirits remained high and swimmers tallied up an impressive 17 new Personal Bests and kept cheering each other on from beginning to end! There is no denying that our Club certainly knows how to cheer and support each other!



There were some extraordinary performances at Thurso with Flora Sutherland from C Squad having one of the most incredible swims of 2019. Flora's final event of the day was the 10 Year Old Girls 50m Butterfly against a strong field of competitors. Flora was entered into the event with a time of **01:09.94** and was pretty nervous going into it, however Flora was racing in Lane 1 which meant she was swimming right past her teammates and parents watching on poolside who were ready to cheer her on. Flora got up on the blocks, took her marks and exploded off into the pool, her teammates started cheering loudly (as we always do). Flora had a very strong start, touching in first by about a body length at the end of the first 25, with each stroke she edged further and further ahead of the field before touching the wall in a truly remarkable time of **50.30** shaving a massive **19.64** seconds off of her entry time!

Overall, it was a very successful competition which finished with all swimmers having an extremely well earned chippy and discussing the day of racing!



Ythan Annual Meet (11th May 2019)

On Saturday 11th May three of our A Squad swimmers, Grace Ewing, Evie Richardson and Brandon Fenwick attended the Ythan Annual Meet in Ellon Community Campus! All three swimmers were entered into four events each giving them a full and busy day of competing!



Our first race of the day was Grace Ewing in the Girls 100m Individual Medley. Grace had a super start to the day, finishing in first place in her heat with at least 15m between her and the other competitors. Over the course of the day all three of our swimmers put on some amazing performances and definitely were the loudest on poolside despite being the smallest team in attendance. The Club came home with four medals, with Brandon winning three bronze medals in his 100m Freestyle, 100m Backstroke and 100m Breaststroke and Evie Richardson finishing in 3rd place in her 100m Freestyle with an impressive time of 01:15.88 taking 4.95 seconds off of her PB.

The best swim of the day came in Grace's 100m Butterfly heat. Grace was exceptionally nervous all day waiting for her race, having only raced the event once before at Club Championships 2018. Grace nervously made her way to marshalling before walking past her teammates and coach on her way to the blocks, who all gave her some final words of encouragement before she took her marks. Grace got a quick start and finished the first 50m leading by a body length, her lead quickly got eaten up by a competitor in Lane 3 at the end of 75m turning into the final length. With each stroke in the final 25m, Grace edged further and further in front of the pack and finished in first place by at least 10m. Not only did Grace finish first in her heat but she also took an enormous 15.24 seconds off of her Personal Best and set a new Club and Age Group Record in the process!





Nairn IM Challenge (8th June 2019)

On Saturday 8th June a small but strong team of swimmers headed down to Nairn for the 3rd Annual IM Challenge Meet. Grace Ewing, Kirsty Johnston, Ruth MacDonald and Lewis Mosey-Lyall made the journey to Nairn Leisure to compete in 50m of all strokes including 100m Individual Medley. All swimmers had a very busy day competing but were delighted with the events being only 50m!



The first event of the day had all four swimmers competing in the 100m Individual Medley, first up was Grace Ewing, who had a really good start to the event finishing first in her heat by about 2m! Kirsty was our second competitor to take to the pool and despite nursing an injured elbow she put on a superb performance to finish 5th in her heat!

Club Captain, Lewis Mosey-Lyall faced tough competition in most, if not all of his races but that certainly didn't stop him from putting his head down and giving 150% in all of his races! Lewis put on a masterclass in his 50m Butterfly to finish with a 2.52 second PB and finishing 2nd in his heat!

Overall the competition was a great success with swimmers putting on some solid performances, supporting one another and as always, cheering the building down! It was a great experience for our older more experience swimmers to see what the next level of training looks like and hopefully inspired them to continue to work hard and develop themselves to reach that next level! It was also a change of pace for swimmers and coaches to attend a competition so close to home! We came home with 8 new PB's and four new Age Group Records, Grace also set a new Club Record in the 50m Butterfly taking down the record that was set by Coach Erin Robinson in October 2016!



Parental Involvement

For our Club to continue to flourish and progress we are always looking for parent helpers to assist with the daily running of the Club and to help with the running and organisation of Club events/competitions. If you are interested in helping us out in any way shape or form, please forward your name to the committee/coaches who will gladly give you more information!



Timekeepers Course

The Club will be organising a timekeepers course later this year, if you are interested in taking part please email: dingwall_asc@outlook.com for more information and to register your interest. It is an excellent qualification to gain – what better way to view your swimmers than from poolside – however it is also a requirement of the Club that we provide timekeepers to any meets/competitions we attend as we may be dealt a hefty fine for not providing officials.

Time Dropped and Biggest Improvers

Over the course of the six months and through sheer hard work, grit and determination, swimmers have taken a whopping **17:04.03** off their personal bests.

The top ten swimmers who have dropped the most time are as follows:



- | | |
|--------------------------------|--------------------------------|
| 1. Ellie MacDonald – 01:09.89 | 6. Rose MacEachern – 00:35.16 |
| 2. Euan Harrison – 01:01.17 | 7. Maddie Laing – 00:32.21 |
| 3. Flora Sutherland – 00:48.27 | 8. Holly MacDonald – 00:31.21 |
| 4. Grace Ewing – 00:46.18 | 9. Ruth MacDonald – 00:28.53 |
| 5. Tayler Barlow – 00:41.10 | 10. Isla Sutherland – 00:28.30 |



Dates for your Diary

The last day of training before the Summer Holidays will be:

Sunday 7th July 2019

Training will remain on a Thursday evening at the following times:

Development Squad – 6:30pm – 7:15pm

A-B-C Squad – 7:15pm – 8:15pm

Training will start back for all Squads on the week beginning:

Monday 19th August 2019

**SAVE
THE DATES!**

Summer Training Camp:

A-B-C Squad Summer Training Camp will run on the following dates:

Monday 12th, Tuesday 13th and Wednesday 14th August from 9am each day.

£30 per swimmer (Money for this camp must be received no later than 4th August)

Development Squad Summer Training Camp will run on the following dates:

Development Squad Summer Camp

Thursday 15th August

- 5:30pm – 6:15pm – Land Training
- 6:30pm – 8:00pm Pool Work

£10 per swimmer (Money for this camp must be received no later than 4th August)

Club Championships (for ALL squads):

Saturday 7th September 2019 – 11:15am – 4:00pm

An entry form has been emailed out to all parents.