
Glenalbyn Swimming Club Newsletter

Volume 1, Issue 4

Christmas 1998

Letter from the President



Dear Parents, Swimmers and Friends,

Inside this newsletter you will find lots of information which may be helpful to you and in particular our new members.

A lot of things have been happening in the swimming world over the past year. All of you will be aware of this from reading the papers. The IASA has issued all Clubs with operating guidelines. I am happy to say that Glenalbyn Swimming Club had already implemented most of these some time ago. We will be holding a parents meeting after Christmas to make you fully aware of these instructions but in the meantime you will find details of parents responsibilities and supervision duties in this newsletter. Needless to say if you have any queries or worries please do not hesitate to contact me or any Committee member.

Good luck and best wishes to all those participating in Galas in the lead up to Christmas.

Yours sincerely,

Mary Burnell,
President, Glenalbyn Swimming Club.

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November & December Birthdays



Eoin Benson	Ciaran Benson
Lauren Berkery	Jordan Bourke
Kevin Byrne	Fiona Collins
Emer Conway	Aifric Corkery
Aisling Cullen	Conor Cullen
Patrick Keenan	Mark Meighan
Kieran McCluskey	Sean McGrath
Orla McGrath	Eoin O'Brien
Hannah Lowry O'Reilly	

Committee Members

Committee Members of Glenalbyn Swimming Club 1998/99.

Mary Burnell	President
Phil Smithers	Secretary
Neil Healy	Treasurer
Cathy McDonnell	Swimming Secretary
Betty Benson	Gear Manager
Godfrey Carroll	Ordinary Member
Barbara O'Loughlin	Ordinary Member
Margaret Thomas	Ordinary Member

The Committee wishes to thank Clare Casey and Carmel Magee who stepped down from the Committee this year but have continued to help out with the running of the Club – Carmel assisting the Treasurer and teaching on a Saturday morning and Clare helping to man the front desk on a Saturday morning and supervising sessions.

Stretching and Flexibility Work

The stretching and flexibility for the Junior and Age Groups on a Saturday morning has proved very successful. It should be stressed that the stretching taught at these sessions should be put into practice by the swimmers at home and before they swim. The children have been told this by their coaches but you the parents may not be aware of this. If you would like to help them please talk to the coaches and they will advise you how to do so. We feel that giving written instruction and diagrams to this age group is not appropriate.



Pool Supervision

Long before the IASA issued us with instructions Glenalbyn Swimming Club insisted on all swimming sessions being supervised. The reason for supervision is for the protection of the swimmers and the coaches. If a session is not supervised the coaches have instruction to cancel the session and allow the swimmers to ring their parents to collect them.

At a recent seminar run by the IASA we were instructed to advise parents of the following:

- When dropping your child to the pool please take the time to escort him/her inside the building to check that the session is on. It could be cancelled for various reasons.
- You should always check that the session is supervised. If the person on the roster has not turned up the session could be cancelled unless another parent takes his/her place.
- In the case of very young children (7,8,9,10 years) parents should stay around to look after them should they need attention.
- Do not drop your child to the pool more than 15 minutes before the session starts as the pool staff cannot take responsibility for club swimmers.
- Children should be collected no later than 15 minutes after the session ends. (This applies particularly in the early morning sessions and Sunday night as it is unfair to expect the person supervising to stay any later).

As parents you will be asked to take your turn in supervising. If everyone does their turn this will not happen too often. Please check the notice board for the roster and put your name down.

Child Liaison Officer

Pamela Redehan has kindly agreed to become Child Liaison Officer for Glenalbyn Swimming Club. Pamela has two children in the Club – Ben who is in the Age Group squad and Sean who swims with the Juniors. The IASA have promised to run Child Protection Courses for Club Liaison Officers and Pamela will attend these when they occur. The IASA has requested that each Club have two CLO's so if any one feels they would like to take on this job with Pamela please contact any one on the Committee.

Gala Information

Cathy McDonnell is the Competition Secretary and is responsible for gala entries. It is a difficult job and in order to make life easier for all, the following guidelines may be useful:

- Please check the notice board regularly for details of forthcoming galas. There is a closing date for all galas which means that the entries have to be with Cathy at least 5 days before this date.
- The swimmers will be given an entry form to complete and return with the appropriate entry fee but more often than not they forget and the form remains in the bag until it is too late. This is why parents should check the notice board or ask Cathy if there is a gala coming up.
- All entries for galas up to Christmas are closed.
- We hope to have a list of Galas from January so that you can be aware of Galas in the pipeline and keep an eye out for them.

Any new members who are not familiar with the system please ask any Committee member for advice. There is always a Committee member at each swimming session.

Fundraising Events

The Senior Squad are working very hard fundraising for their training camp in Lanzarote. We would be grateful if the rest of the Club would support their efforts in the next few weeks.

Book Sale – 28th November from 9.00a.m. – 12.30p.m. Any donation of books for sale would be gratefully received by Betty Benson.

Christmas Fare – 12th December – 9.00a.m. – 12.30p.m. There will be all sorts of goodies for sale including home made mince pies, cakes and truffles as well as candles, decorations etc. Donations again gratefully received.



After Christmas

Auction – 14th January 1999 – Function Room, Glenalbyn House – 8.00p.m. This should prove to be an enjoyable night with plenty of bargains. Tickets are £5 each which includes wine and mince pies. Your support for the auction would be appreciated. It could prove a great way of disposing of your unwanted Christmas presents!!

Coaching Staff

Bart Nolan

Chief Coach

Senior Squad

Padraic Kenny

Senior Transition Squad

Ronan Joyce

Age Groups

Aiveen O'Malley

Juniors

Marie Kelly

Developent

Age Group Wednesday Morning Session

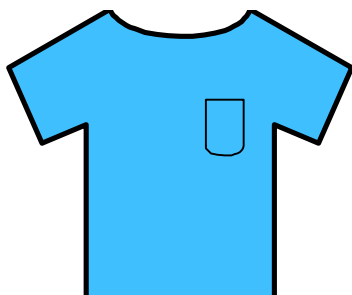
The Age Group and Juniors session on a Wednesday morning is coached by Ronan Joyce. This is the only early morning session for these squads. We were happy that we could facilitate the Age Group swimmers on a Sunday night and so eliminate the need for them to get up early on Monday morning.

If it were possible we would all be happy to swim in the evenings only but unfortunately we are not in this position.

A decision was taken that any Age Group swimmer who made the Wednesday morning session had the option of attending the Wednesday evening session also. It must be emphasised that this is a **bonus** session and not part of the normal timetable for the Age Group squad. If it was possible we would facilitate the whole Age Group squad on a Wednesday evening but unfortunately the pool is full. We hope this clears up matters for those of you who may have had concerns about this issue.

Glenalbyn Gear

Betty Benson sells Glenalbyn Swimming Club gear - Swimming Caps, T-Shirts, Tracksuits, Swimming Togs, Waterbottles etc.
- every Tuesday evening between 5.00 pm and 7.00pm



Training Times

Senior

Monday	5.30am - 7.15am
Tuesday	5.30am - 7.15am 6.00pm - 7.00pm
Wednesday	6.00pm - 7.00pm
Thursday	5.30am - 7.15am
Friday	5.30am - 7.15am 6.00pm - 7.00pm
Saturday	6.45am - 8.45am

Senior Transition

Tuesday	5.45am - 7.15am 6.00pm - 7.00pm
Wednesday	6.00pm - 7.00pm
Thursday	5.45am - 7.15am
Friday	6.00pm - 7.00pm
Saturday	6.45am - 7.45am
Sunday	6.00pm - 7.30pm

Age Groups

Tuesday	5.00pm - 6.00pm
Wednesday	6.00am - 7.30am
Friday	6.00pm - 7.00pm
Saturday	7.45am - 8.45am
Sunday	6.00pm - 7.30pm

Junior

Tuesday	5.00pm - 6.00pm
Wednesday	6.00am - 7.30am
Saturday	8.45am - 9.45am
Sunday	6.00pm - 7.30pm

Development

Tuesday	5.00pm - 6.00pm
Saturday	8.45am - 9.45am
Sunday	6.00pm - 7.30pm