



Squad Information

We thought it would be best to clarify some squad information for our swimmers and their parents.

<p><u>ENTRY SQUAD</u></p> <p>Entry squad's aim is to ensure swimmers have the foundation of essential stroke technique and skills on all strokes. Swimmers have the opportunity to try club and novice competitions. This squad is coached by Hazel, Nicole, Andrew Ward and Andrew Torrance</p>	<p><u>BRONZE SQUAD</u></p> <p>Bronze squad's aim is to progress stroke technique and develop race skills at slow speeds and also swimming fast. Swimmers will be encouraged to try more novice competitions. This squad is coached by Jonathan and Cameron.</p>
<p><u>SILVER SQUAD</u></p> <p>Silver squad's aim is to refine good technique and skills whilst also completing a more physically challenging training programme. This squad also has land training to develop agility, coordination and core strength. Swimmers will be encouraged to try higher level competitions and aim to qualify for the East District Age Groups. This squad is coached by Andrew Ward.</p>	<p><u>GOLD SQUAD</u></p> <p>Gold squad's aim is to refine good technique and skills whilst also completing a more physically challenging training programme. This squad also has land training to develop agility, coordination and core strength. Swimmers will be encouraged to try higher level competitions and aim to qualify for the East District Age Groups. This squad is coached by Cameron and Jonathan.</p>

Swimmer of the Month

The swimmer of the month will be featured in every edition of the newsletter. There will be 1 swimmer from each squad chosen by the coaches.

The coaches put a lot of effort in choosing a swimmer each month and to choose someone that not only has done themselves proud but also their Swimming Club too. This could be;

Outstanding performance, perfect attendance, improvement in pool, making a difference to their fellow swimmers or just going above and beyond.

Our swimmers of the month for October are [Milly Maguire](#) (Entry Squad), [Ashleigh Valentine](#) (Bronze Squad), [Lily Peacock](#) (Silver Squad) and [Mairi Hodge](#) (Gold Squad).

Our swimmers of the month for September were [Ava Guild](#) (Entry Squad), [Ava Marko](#) (Bronze Squad), [Kara Porteous](#) (Silver Squad) and [India Marshall](#) (Gold Squad).

COMPETITIONS

Upcoming Meets

4 th November – Eyemouth Mighty Minnows	17 th November – Coverdale Round 2 (Portobello)
5 th November – East Lothian & Border Schools	19 th November – Edinburgh & Midlothian Schools
11 th November – Lothian Graded Meet	2 nd December – Tranent Xmas Gala

TEAM APP

As some of our new members may not be aware but Musselburgh ASC is on team app. This app is our main channel that we use to communicate information about the club such as training information, competition news including meet entry forms and meet results and any other important information.

The app can be downloaded for smartphone and tablet also can be used on your desktop.

The steps to signing up are displayed in the poster opposite.

MUSSELBURGH ASC NOW HAS ITS OWN APP



Download our awesome new app now and stay up to date with all the latest information!

Install the Musselburgh ASC App on your smartphone or tablet now!

Follow these steps:

1. Download Team App from the Apple or Google Play app store.



2. Sign up to Team App. You will be sent an email to confirm your registration.
3. Log into the App and search for "Musselburgh ASC".
4. Choose your applicable access group(s).
5. If you don't have a smartphone go to musselburghasc.teamapp.com to sign up and view this App online.

Need help?

Contact: Cameron Smith

Email: cc.smith@talktalk.net



Alternatively, if you have a QR scanner on your mobile device, scan here now!