



Congratulations



Our very own Neil Ferguson was recently at the Stroke Awards in London. For those of you who don't know him, Neil is one of our Gold Squad swimmers who has been training with Lothian Racers also.

Neil was delighted to be awarded the Stroke Association Children and young people courage award 2017 out of over 400 nominations, and it was great to receive his award from Scott Quin at the awards ceremony in London which was a totally amazing event.

This is a superb achievement and a testament to the amazing person that you are, Neil. Well done.

If you would like to see the video the Stroke Association made – follow this link <https://www.stroke.org.uk/what-we-do/life-after-stroke-awards/children-and-young-people%E2%80%99s-courage-award-neil-ferguson>



NYC Marathon

A **HUGE** shout out to Emma & Ewan Warner's mum, Tanya, for successfully completing the NYC marathon. Here's how she got on:

"With only 9 weeks to train and as a result picked up piriformis issues, I was pleased to cross the finish line. Not a PB time but got round in 4 hours 44mins.

It all started on Staten Island at 5am in the morning waiting for our wave to be set off. 26.2 miles took 55,000 runners on a journey round the five boroughs, ending in the beautiful autumnal Central Park.

The conditions were perfect, cool with light rain and amazing support from the New Yorkers. The streets were lined all the way: on 1st Avenue the crowds must have been at least 5 people deep in parts. There was no way they would let you stop and walk without shouting words of encouragement. There was a slight detour when about 10 fire engines were blocking a road - all adding to the excitement.

I am so glad I stood on that start line, even though at that point I genuinely didn't know how long my hip would last, as it turned out to be one of the best days of my life!"

Dates for your diary:

Last session before Christmas break is Wednesday 20 December 2017. Training will resume on Monday 08 January 2018.

The club championships presentation evening will be held on Saturday 06 January 2018 at Loretto RC church hall (17 Newbigging, Musselburgh, EH21 7AJ). Tickets will be sold from Monday 11 December from the registration desk at each training session. Tickets cost £2 each. This is a bring your own booze/soft juice/crisps/nibbles event. Please look for the event in the [Club Calendar](#) section on the [team app](#) and RSVP accordingly.

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 [Lucy Degg](#) (Entry Squad), [Alice Finlay](#) (Bronze Squad), [Zach Slater](#) (Silver Squad) and [Gabriella Santos](#) (Gold Squad).

Coaches Biography:



Cameron Smith

Cameron is a UKCC level 2 qualified coach and has been the Head Coach at Musselburgh ASC since January 2015. Cameron started competitive swimming with Haddington and District ASC as an eight year old, from where he progressed to ELST. In his six years with the team, he achieved multiple national age group medals, including at British level.

He became British Champion for the 3km Open Water and, in 2010, represented Great Britain in the LEN European 10km open water cup in Italy. He went on to compete for 5 years at an international level as part of the Performance Swim Team at the University of Edinburgh, from where he gained an Honours degree in Biotechnology. Cameron, alongside the ELST Head Coach, has set up and runs one of Musselburgh ASC's partnered swim schools, [Next Stage Swimming](#).

Reminders

Training: Children lose a lot of fluids when training so all swimmers in all sessions should have water with them (no fizzy drinks). If possible please bring a refillable sports bottle as regular bottles cause havoc with the pool filters when the caps get lost. If you have any questions please speak to the coaches.

MASC Desk: It is imperative that all swimmers report to the registration desk before entering the pool area for training. We need to record attendance for Health & Safety reasons – we MUST know who is at training in case of any emergencies. We would be grateful if every parent could remind their child to do this – especially if they enter the centre unaccompanied. During busy times it's often quite difficult to clearly see where the MASC desk is. Look for someone taking attendance on a mobile, tablet or with a pen and paper.

Registration Duty: As mentioned above, the reason every swimmer signs in before training is predominately for health and safety reasons. The MASC desk is 'manned' by volunteer parents/carers. The more volunteers we have the better. It best suits 1st session swimmers' parents/cares as the 2nd session register is completed by the time the 1st session has finished.

Desk duty is straight forward, using an app to take the register and recording any payments taken.

If you would like to volunteer please email Susan Finlay (susan581@btinternet.com) who will arrange a date for you to learn how to use the app etc. Your help would be very much appreciated.

Captain's Corner:

A message from Amy Broadhurst:

Having had a lot of experience when it comes to competitive swimming, there are a few things that you soon learn when it comes to what food and kit you will need.

Food is a very important aspect of the competition; you've got to ensure you bring the right things to keep you energised throughout the day. Food such as pasta, fruit, nuts, yoghurt and granola are all extremely healthy and beneficial. They ensure that you've got full energy for your upcoming races and are able to swim to your best ability. Drinking water is also key, this will keep you hydrated throughout the day and swimmers are advised to drink as much water possible. However, there are many foods that you should stay away from such as jelly cubes, chocolate, chips, fizzy juice and crisps. These foods will give you a temporary energy boost but throughout the day will begin to slow you down.

When it comes to what kit to bring, always ensure that you have a spare cap and set of goggles with you. This is just in case of emergencies as one too many swimmers have snapped their cap right before their race or broken their goggles! Many swimmers also choose to bring a spare racesuit with them to get changed into after their warmup but this is not compulsory.

The main point of competitions is for the kids to have fun and better their PB's each time - it's not always about winning a medal or trophy. It's about bettering your swimming and making a bit of progress each time. Kids need to remember that competitions are meant to be fun and enjoyable, not something that's seen upon as scary.

COMPETITIONS



COMPETITION SUMMARY – 13 NOVEMBER 2017

DATE	MEET	SQUAD	ENTRY	CLOSING DATE	SWIMMERS	DRAFT	WARM-UP TIMES
11/11/17	Lothian Graded Meet @ Mercait Gait, Prestonpans	Any	Optional	CLOSED	13 swimmers	Meet Info Tab	Morning – 09.00 Afternoon – 13.15
17/11/17	ELST Times Trials (200s) @ Musselburgh Sports Centre, Musselburgh	ELST and selected MASC	Coach selections	CLOSED	24 swimmers	Meet Info Tab	18.00 – 18.20 – 12 and under 18.20 – 18.40 – 13+
17/11/17	Coverdale Round 2 @ Portobello Swim Centre, Portobello	Entry and Bronze	Coach selections	CLOSED	27 swimmers	No early draft	TBC normally 18-18.30
19/11/17	Edinburgh & Midlothian School @ Ainslie Park, Edinburgh	Any	Via School	CLOSED	4 swimmers	No early draft	Session 1 - 10.00 Session 2 - 13.00 Session 3 - 16.00
25-26/11/17	East District Age Groups (EDAGs) – Round 1 @ Michael Woods Centre, Glenrothes	All Qualifiers	Optional (but encouraged)	CLOSED	13 swimmers	Meet Info Tab	Morning – 09.00 Afternoon – 13.45
02/12/17	Tranent Christmas Gala @ Mercait Gait, Prestonpans	Any	Optional	CLOSED	47 swimmers	Pending	Morning – 09.00 Afternoon – 13.30
08-10/12/17	Scottish National Short Course Championships @ Royal Commonwealth Pool, Edinburgh	Qualifiers	Yes / No <u>Opt</u> out	15/11/17	5 swimmers	-	See meet <u>programme</u>
16-17/12/17	Warrender Graded Meet @ Michael Woods Centre, Glenrothes	Silver and Gold	Coach selections	CLOSED	18 swimmers	Entry submitted	Morning – 09.00 Afternoon – 13.30
13/01/18	East District Age Groups (EDAGs) – Round 2 @ Michael Woods Centre, Glenrothes	All Qualifiers	Optional (but encouraged)	19/12/17	-	-	Morning – 09.00 Afternoon – 13.45
26/01/18	Coverdale Round 3 @ Musselburgh Sports Centre, Musselburgh	Entry and Bronze	Coach selections	12/01/18	-	-	TBC normally 18-18.30
27/01/18	Scottish Schools Finals @ TBC	Qualifiers	Via School	TBC	-	-	-

Meet Data Tab on Team App: you will find the following documents:

- [Meet information documents](#)
- [Submitted entries](#)
- [Draft programmes](#)
- [Fees due reports](#)

Due entry fees on Team App: post the publication of the draft [programme](#) you will find the due entry fees posted under the Meet Info & Fees Due Tab. Payment is due within 7 days of posting.

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.

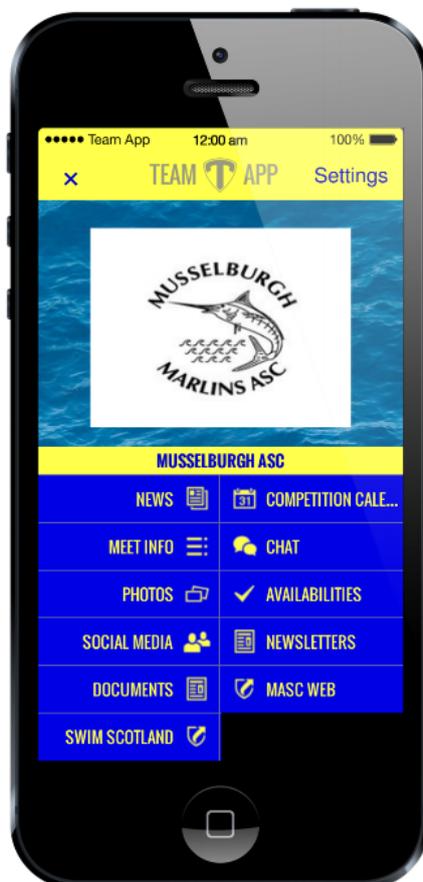


2. Sign up to Team App. You will be sent an email to confirm your registration.

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.



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

Need help?

Contact: Cameron Smith

Email: cc.smith@talktalk.net