



Give me a name!!

Our Club President says.....

Welcome to a New Year and a new term with Aberdeen Dolphin Swimming Club.

At the end of 2007 we said goodbye to our Head Coach, Shelley Masson who has been a member of the Club since 1985. After giving up competitive swimming Shelley continued within the Club as a teacher, coach and eventually Head Coach. However, at the end of last year, due to increased commitments at work, Shelley found it difficult to give the Club the required time and effort and stepped down after her second spell in charge.

We would like to thank Shelley for the many years of dedicated service she has given to the Club.

Many of the Dolphins now training at the highest levels with the City of Aberdeen Swim Team were coached by Shelley over the years.

"Thanks for many years of dedicated service Shelley"

In January we welcomed **Anne Masson** as our new Head Coach. Like Shelley, Anne too has been involved with the Dolphins since 1985, and has held many positions within the Club. Anne has extensive coaching and teaching experience at all swimming levels and is also the Swimming Development Officer for Aberdeen City Council. We cannot emphasise enough how lucky the Club is to have someone like Anne at the helm.

At the risk of sounding like a broken record, I'd like to take this opportunity to stress how important it is for all parents to get involved with the running of Club activities.

"We need more volunteers to help run the club"

The Committee is made up of parents of swimmers past and present, who

all help in a voluntary capacity to run the Club. The Club cannot function without volunteers. To ensure that we maintain our high standards as one of the top clubs in the District we need to get as many parents involved as possible.

The Newsletter was always popular with our younger members but unfortunately over recent years we were unable to produce it because of the lack of volunteers. The rebirth of the newsletter is one example of how parents can get involved. There are many other opportunities for parents to really play a part in the running of the club.

Any willing helpers should contact Committee members for more information. If I now get off my soapbox, I'd like to wish all our members a successful year ahead.

Lesley Milne Club President





Competition!!!

News, shock, horror, the Aberdeen Dolphin' newsletter has lost its name.

"Oh no our name is missing!"
cried the Dolphins swimmers.

The name was last seen a couple of years ago, but is now lost. Perhaps it is time to have a new name?

So swimmers, (and parents), this is **your** new newsletter and you should name it.

A Dolphin's Bag is up for grabs for the best name!!

Grand prize on offer for best name

So get thinking.

Please send your suggestions to the editor at j_anderson@nexeninc.com or send it to John Anderson, 81 Brighton Place, Aberdeen AB10 6RT by March the 10th

Wear Your Kit With Pride!

All club members are part of the Dolphin team!



Pam Bews runs our swim shop

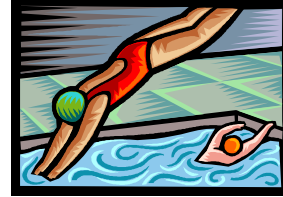
We stock: floats, fins, pull buoys, net bags, and club caps.

You can also order Dolphin kit bags, track suits and Dolphin tops which are embroidered with your name.

Please contact Pam either by email pam@bews1690.fsnet.co.uk or by phone on 01224 322046.

Swimming on up

Congratulations to all the squad movers



Promoted to **COAST**

Abigail Proctor and Aaron Brookes.

Into **Green Squad** go

Rebecca Bews, Amanda Dedmon

Laura Kessack, Emma Rae and Liam Stewart.

New into **Yellow Squad** are

Gavin Hughes, Oliver Kinghorn, Lydia Ingram, Miriam Ingram, Rachael McDonald, Gillian Niven, Kieran Ogg and Olivia Reid.

Movers up to **Red Squad** are

Arron Esson, Gregor Hughes, Nicholas

Hutcheon, Adam Kemshel, Daniel Kemshel,

Leoni Proctor, Alistair Sutherland, Kendall Taylor and Zoe Wong.

Up to **Aqua 5**

Sophie Hamilton, Lois Pettit, Innes Pottinger,

Rhianna Skedge and Jesse Zambrano.

On to **Aqua 4**

George Hair, Thomas Hill, Sarah Johnston, Madeleine Thoms and Jamie Watt.

Well done to all the LTS swimmers who have been promoted this term – too many to mention!

Treasurers Bit

Remember that Term 1 training fees and Annual Club Membership Fees are currently due.

Full details on www.aberdeendolphin.co.uk





A Message from our Head Coach Anne Masson

Aberdeen Dolphin has always had a reputation for producing excellent swimmers who have gone on to compete at the highest level. Although there have been many Dolphin swimmers who have represented their country at major events the one swimmer who has raised the profile of swimming in Aberdeen most recently has been David Carry.

David trained with Aberdeen Dolphin until he was 12 and it was that early stage in his swimming career which laid down the foundations for the success to come.

Anne says she will encourage swimmers to "be the best they can be"

In 2008 we will be doing the same as we've always done and continue to lay the foundations to enable the swimmers to "Be The Best They Can Be".

The squad coaches' planning focuses on the "LONG TERM ATHLETE DEVELOPMENT" model from British Swimming. This development framework is based on human growth and development and follows these five different areas.

- FUNDamental
Basic movement literacy
Aqua 4/5/Red Squad
- Swim Skills
Building Technique
Red / Yellow Squad
- Training To Train
Building the Engine
Green Squad / COAST

- Training to Compete
Optimising the Engine
COAST
- Training to Win
Maximising the Engine
COAST



At the FUNdamental, Swim Skills and Training to Train stages the focus should be more on training and laying foundations rather than competition.

However competition is important to monitor performance and therefore we will be striving to ensure that the swimmers are entered for the correct events for their age and ability and that all swimmers get a chance to compete.

Aberdeen Dolphin is very lucky to have a very committed and professional team of teachers and coaches all of whom were either swimmers with the club or parents of swimmers.

I am hopeful that in 2008 Aberdeen Dolphin will continue to be as successful as we have been in the past and that the swimmers have a good time and have fun along the way.

Anne Masson
Head Coach

And it's not just training...

Time to groove on down,
hang loose and shake
rattle and roll



Aberdeen Dolphin Disco and prize giving is coming. Date: **14th March**.
Venue: **Seafield Club**, Seafield Road.
More details to follow.





Your Committee

It takes a lot of people to make the club tick and the organisation falls to the committee. So by way of introduction here they are. In future issues we will tell you about some of the other positions that people fill and how you can get involved.

Position	Name	e-mail
President	Lesley Milne	milne15@tiscali.co.uk
Vice President	Sandra Middleton	sandra@the-middletons.co.uk
Treasurer	Phil Webb	phil.webb@uk.bp.com
Secretary	Avril Kessack	Avril.kessack@btopenworld.com
Membership Secretary	Louise Lindsay	LindsayDLTN@aol.com
Head Coach	Anne Masson	anne.masson@tiscali.co.uk
Child Protection	Marlene Murray	stu_murray_69@hotmail.co.uk
Technical Officials Convener	Diane Gordon	di_gordon@btinternet.com
Match Secretaries	Pat Kennedy	meetsecs@aberdeendolphin.co.uk
	Maureen McMahon	meetsecs@aberdeendolphin.co.uk
Gala Convenors	Colleen Manson	Colleen.manson@btopenworld.com
	Mark Beck	mark.beck@shell.com
Learn to Swim Convener	Louise Lindsay	LindsayDLTN@aol.com
Social Convener	David Kemp	davidmkemp@hotmail.co.uk
Sponsorship Convener	Billy Rae	info@billyrae.co.uk
Trophy Convener	Bob Duthie	r.duthie@nhs.net
Associates Convener	Steve Boyne	01224 317643
Minutes Secretary	Colleen Manson	Colleen.manson@btopne world.com
COAST Rep	Susan Grayson	sgrayson@venture-production.com
Honorary Member	Maureen McMahon	meetsecs@aberdeendolphin.co.uk

Now you know how to contact your committee members why not volunteer to help? **Tricia White is currently looking for someone to help with the Beta Leagues.** These are fun, team focussed galas where many swimmers get the chance to compete. Ping her an e-mail at tricia.white@virgin.net

Forthcoming Meet Information

16/17th February Elgin
1st March Inverness, ND Age Group Championships
9th March COAST Junior Superstars
 Final Round - FC, IM plus 400m FC
16th March Dundee Mini Gala

Further info about meets can be found on the website.

Go and have a look at

www.aberdeendolphin.co.uk

Poetry Corner

Swimming in the swimming pool
 Is where I like to "B,"
 Wearing underwater goggles
 So that I can "C."
 Yesterday, before I swam,
 I drank a cup of "T."
 Now the pool is just an "ool"
 because I took a "P."

Do you have a good swimming poem? Send it to sarahwebb2@btinternet.com or give it to your coach who'll pass it on.

Wordsearch

Can you find the 8 words hidden in this puzzle. No prizes - but have some fun!

C	Y	E	L	K	M	O	N	W	R	A	T
D	O	L	P	H	I	N	D	O	L	D	P
Y	K	A	W	S	Q	U	A	D	E	K	G
M	E	T	C	R	A	W	L	Y	M	I	S
T	H	E	D	H	F	R	E	I	B	C	A
F	L	O	T	E	E	S	W	T	I	K	O
K	L	P	I	Y	E	S	T	E	R	B	P
Y	L	F	R	E	T	T	U	B	B	O	L
S	E	M	E	E	T	S	T	E	Y	A	B
D	O	L	P	I	S	T	W	I	N	R	W
R	C	V	E	T	S	A	D	I	A	D	V
A	N	D	E	R	S	P	E	R	T	A	Y





Some serious information from our Child Protection Officer

Recently, several incidents of Dolphin swimmers being involved in silly/unacceptable behaviour have been reported.

All Dolphin swimmers are reminded that as a club we expect you to be on your best behaviour at all times. This applies in particular, when in the pool, during training, on poolside and within the shower/changing area both before and after training and competition.

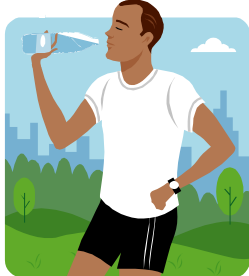
It is hoped that this note will act as a deterrent. If not I will be forced to send out Code of Conduct regulations to every swimmer. This is common practice in most sporting circles.

Swimmers please note

Marlene Murray
Aberdeen Dolphin Swimming Club - Child Protection Officer

Hydration (that's drinking to you and me!) It really is important.

If you want to perform at a high level, you need to drink. Water, that is.



For each per cent of body weight lost due to dehydration, your performance slips by about two per cent, and a meagre two-per cent loss in weight can force your heart rate and body temperature to spiral upward, making strenuous exercise almost impossible to carry out.

If you're going to be exercising for 20 minutes or less, dehydration is not usually a problem, but difficulties can arise during longer exertions. For example, copiously sweating athletes can flush about 1.5 litres of fluid per hour through their sweat glands, a total of three pounds per hour. If these heavily perspiring individuals weigh 150 pounds, that's a two-per cent loss in weight after just one hour, producing a four-per cent dip in performance if no fluid is taken on board.

The downturn in performance would be smaller, about two per cent, after 30 minutes, but that's still enough to make a difference to serious athletes who are interested in winning.

But what are the rules for fluid intake? How much do you really need and what should your drink be like? To make it easy for you, we've listed some rules for fluid intake during exercise below. If you follow these rules, you'll keep your body water intact during exercise and perform at a much higher level.

RULE NO. 1: The rate of passage of water from your stomach into your small intestine depends on HOW MUCH fluid is actually in your stomach. If there's lots of water there, fluid flow from stomach to intestine is like a springtime flood; if there's little water, the movement resembles a lightly dripping tap.

Therefore, to increase stomach-intestinal flow (and overall absorption of water) you need to deposit a fair amount of liquid in your stomach just before you begin your exercise. In fact, 10-12 ounces of fluid is a good start. This will feel uncomfortable at first, so practise funnelling this amount of beverage into your 'tank' several times before an actual competition.





RULE NO. 2: To sustain a rapid movement of fluid into your small intestine during your exertions, take three to four sips of beverage every 10 minutes if possible, or five to six swallows every 15 minutes.

RULE NO. 3: If you're going to be exercising for less than 60 minutes, don't worry about including carbohydrate in your drink; plain water is fine. For more prolonged efforts, however, you will want the carbohydrate.

RULE NO. 4: Years of research have suggested that the correct concentration of carbohydrate in your drink is about 5-7 per cent. Most commercial sports drinks fall within this range, and you can make your own 6-per cent drink by mixing five tablespoons of table sugar with each litre of water that you use. A bit of sodium boosts absorption; one-third teaspoon of salt per litre of water is about right.

RULE NO. 5: A 6-per cent 'simple sugar' drink will empty from your stomach at about the same rate as a fancy, 6-per cent 'glucose polymer' beverage, so don't fall for the idea that the latter can boost water absorption or enhance your performance more than the former, and don't pay more for the glucose-polymer concoction.

RULE NO. 6: Contrary to what you've heard, cold drinks aren't absorbed into your body more quickly than warm ones. However, cold drinks are often more palatable than warm ones during exercise, so if coldness helps you to drink large quantities of fluid while you exert yourself, then keep your drinks cool.

RULE NO. 7: Swilling drinks during exercise does NOT increase your risk of digestive-system problems. In actuality, most gut

disorders that arise during exercise are caused by dehydration, not from taking in fluid. Dehydration induces nausea and discomfort by reducing blood flow to the digestive system, so by all means keep drinking!

'The Maintenance of Fluid Balance during Exercise', International Journal of Sports Medicine, vol. 15(3), pp. 122-125, 1994, and 'The Effect of Different Forms of Fluid Provision on Exercise Performance', International Journal of Sports Medicine, vol. 14, p. 298, 1993)
Courtesy: Peak Performance

News from the meets

19th January Aberdeen Amateurs -

Northfield - small team of swimmers competed in this challenge event. Given that the swimmers were just back to training after the holiday period this was a very pleasing performance.



20th January Dyce 2008 Mini Meet at

Westhill. - Team was very successful and lifted the Top Team Award - well done to all swimmers.

2nd February Developmental Gala - well done to everyone who took part

27th January COAST Junior Superstars - this was a challenging event with swimmers entered for three events including 200m IM and 200m BC. Excellent effort by all swimmers.

Finally.....

In the next newsletter we will let you know about.....

How the club works?

Meet your coach

Becoming a technical official

BUT.....

tell us what you would like to see in your newsletter by contacting John or Sarah at

j_anderson@nexeninc.com or

sarahwebb2@btinternet.com

