



Issue: April/May 2006

# Falkirk Otter ASC NEWSLETTER

## Holiday Training

On Monday, 1<sup>st</sup> May all training will be held at the Mariner Centre at the following times:-

6.00 - 7.00 pm	Beginners & Pre-Club
7.00 - 8.00 pm	Bronze & Club
8.00 - 9.00 pm	Silver & Gold

There is no training on Tuesday 2<sup>nd</sup> May as Boness School is closed.

## Murder Mystery Evening

The Murder Mystery Evening is going to be held on 20<sup>th</sup> May in Brightons Community Centre. The Murder Mystery will be on until around 10 pm and then there is a disco from 10 pm until midnight. Bring your own drink and nibbles. Tickets will be available shortly at a price of £5 for adults and £2 for children.

*Help support the club with this FUN fundraiser*

## Changes to training times

Due to changes within the club and the start of FIRST squad, training times for everyone not in FIRST have had to be changed slightly. **From 3<sup>rd</sup> May** training times will be:

Wednesday	morning	6.30 - 7.30 am	Mariner Centre
Wednesday	Club/Bronze/anyone not in FIRST	6.00 - 8.00 pm	Braes High School
Sunday	Beginners/Pre-Club/Club Bronze/anyone not in FIRST	7.00 - 8.00 pm 8.00 - 9.00 pm	Grangemouth Grangemouth
Monday	Beginners/Pre-Club Club/Bronze/anyone not in FIRST	times as usual Land training 6.45 - 7.30 pm swim 7.30 - 9.00 pm	Mariner Centre Mariner Centre
Tuesday	Club/Bronze/anyone not in FIRST	6.30 - 8.00 pm	Bo'ness Academy

## Falkirk Otter ASC Mini Gala

Despite a very shaky start (3 fire engines outside the pool) everyone had a great time and the Gala once again ran very smoothly. A very big thank you to Jackie Mayes, Lindsay and Eric Adams, Eleanor McGlashan, John and Pat Bunyon and everyone else who helped out on the day. In a few months planning will be starting for next year and we will be looking for volunteers and helpers to make next year's gala a big success.

Results: Rebecca Murray (8 & under) 4<sup>th</sup> in Breast, 5<sup>th</sup> in Butterfly & Back, 6<sup>th</sup> in Free, 8 & under mixed relay team came 3<sup>rd</sup> place, Charlotte McKenzie (9 years) silver 50m breast, bronze 50m free, 4<sup>th</sup> 50m back, 4<sup>th</sup> 50m butterfly, Ailis Foster (11 years) silver 50m breast and the 11 years mixed relay team came 4<sup>th</sup> place. Many personal bests were achieved on the day. Well done to all.

## Birthdays

Happy Birthday from everyone at the Club to the following people:  
Birthdays in April & May:

Ian Elrick  
Mark Elrick  
Rebecca Murray  
Gavin Neilson  
Kirsty Park  
Andrew Rattray  
Erin Risk  
Rebecca Trapp  
Taylor Young  
Jenny Harkness

A special mention to  
Jim Duffy  
and  
Eleanor McGlashan  
who also celebrate  
birthdays.  
HAPPY BIRTHDAY



If we have missed your birthday, please contact us, and we will include you in next month's issue.

## Tip of the Month

Narrow leg kick - Make sure you squeeze legs together, with toes pointed, at end of kick as this is what propels you forward.

If there is anything you would like included in the next newsletter or wish to make any comments please see any of the undernoted or e-mail us:-

If you have any ideas or want anything included in next month's issue of the newsletter please see a member of the committee

Margaret McKenzie  
Ann Murray  
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