



Glenalbyn Gazette

Issue 26

www.glenalbynsimclub.com

September-October 2005

Glenalbyn Swimming Club

Calendar of Events

ESB Gala	5-6 Nov
Leinster Graded and Leinster Dis-	12 Nov
Aer Lingus Gala	18-20 Nov
Club AGM	21 Nov
Club Gala	18 Dec
Exeter gala (Seniors)	14-15 January

Club Captains
Well done to Kate Coleman-Lenehan and James Phelan, who were elected club captains for the coming season by the swimmers from the Seniors and Piranha squads.

Back up and running

We're now two months into the new season, and the club is back in full swing. The registration evening went well, and we now have in excess of 100 swimmers registered—we are operating at pretty close to capacity, given the limited pool space available to us. We welcome our many new members

September and October

have been relatively gala-free months, as the coaches build up the fitness levels of their squads. An exception to this was the Cormorant gala, in which a lot of our younger swimmers participated. However, the pace picks up significantly in November and December, with competitive activity on most weekends.

In October, we had an enjoyable evening celebrating the club's successes in the end-of-season galas over the Summer. We also launched our website.

Dates have now been set for our AGM and the club gala—we hope to see a full turn-out at these important events in the club calendar.

Open Sea Swimming

Racing does not stop after the Nationals. For those of you who would like to continue swimming over the summer you could try the challenging sport of open sea swimming. This form of swimming has a venerable tradition stretching back over 100 years. It is well organised, well supported and very competitive. I love it, and have been competing in the sport for three years now.

The open sea swimming season starts in June (but beware—don't commit too much until after the pool swimming finishes or Linda might not be pleased!!). The season finishes with the Liffey Swim. This swim is the highlight of the calendar. It always takes place in early September and attracts a field of nearly 200 men and about half that

number of women.

The swim starts at Heuston Station and finishes at the Custom house. The atmosphere is always electric and the river bank is lined with spectators so there are always crowds to cheer the swimmers on. As you have probably seen in the news coverage, the sight of two hundred men in swimming togs crossing one of Dublin's busiest streets is quite a spectacle. Having competed in this race, I now understand what inspired Yeats when he painted one of his most famous works of art, 'The Dublin Liffey Swim', which is on display in the National Gallery of Ireland.

Although the event is very exciting, the swim itself is not so appealing.

Aidan Maguire



The water of the Liffey is dark and murky and it is not a good idea to swallow any! Like all the other races, the Liffey swim is handicapped with the fastest swimmers always last to enter the water. I went off fourth last this year and finished respectably in the top third.

All the other races are held in the open sea. So if you like waves, jellyfish, and long tough races in cold water. Open sea swimming is the sport for you!

Focus on the Dolphins

Janet Nolan

The Dolphin Squad currently has 20 members, 11 girls and 9 boys. The main focus in this squad is on stroke work and on learning how to start, turn and finish correctly on each stroke. We train 4 times per week, Saturday, Sunday, Tuesday and the squad is split between two single lane sessions on a Thursday and Friday. At these single lane sessions, we always have the block in and we work on our starts, finishes and relay takeovers. Every Sunday we use flippers and concentrate mainly on Butterfly. It is very important at this stage for swimmers to become competent and confident in all strokes.

We have just competed in our first gala of the season, which was the Cormorant Minnows Gala. This was a good start to the year with all swimmers entering all 4 strokes over 50 metres. Next month we will attend the Leinster graded gala in the National Aquatic Centre when we will be swimming our first 100 metre races of the season. For many Dolphins, this will be their first ever 100m event. We are looking forward to our annual Club Gala in December, which is always great fun. We will also be attending various other galas as the season progresses, but the highlight of the Gala calendar has to be our

annual trip to the Cork Dolphin Gala. This is the Dolphin "Away Trip" and is scheduled next year for 1st/2nd April, so be sure to put it in your diary.

At the end of each month, we have a "Swimmer of the Month" award. This is given to someone who has made a particularly good effort in attendance, punctuality and hard work during the month. On this day there are also prizes for various other achievements during the month and we get to hear how many sessions we attended and how many times we were late!! If we're not in the water swimming at the start of the warm-up, we're marked late!

Every Saturday and Sunday we have a relay at the end of the session. We take it in turns to be Captains, but we never know what sort of relay it is going to be until the teams are picked!

Overall, the aim at this level is to improve technique and efficiency in all strokes, while at the same time fostering a love of the sport in an atmosphere of encouragement and fun.



Cormorant Gala

This gala is traditionally the first gala of the season for our younger swimmers, with events held over 50m for age groups from under 8 up to under 13. 42 swimmers represented Glenalbryn from the Seniors, Piranhas, Torpedoes and Dolphins squads, with great success. Well done in particular to those swimmers who were competing for the first time.

Finalists and medal winners were:

Under 9

Rory O' Carroll		
Butterfly	1st	
Back Crawl	4th	
Freestyle	4th	
Breaststroke	5th	

Under 10

Chloe Weston-Doyle		
Butterfly	2nd	
Diarmait O' Connor		
Freestyle	5th	
Colm Crowe		
Butterfly	5th	

Under 11

Orla Duggan		
Butterfly	2nd	
Back Crawl	3rd	
Freestyle	4th	
Ruth O' Hare		
Back Crawl	2nd	
Breast	4th	
Freestyle	5th	

Katie Kelly

Back Crawl	4th	
Harry O' Callaghan		
Breast	3rd	

Under 12

Aoife Murray		
Butterfly	1st	
Breaststroke	1st	
Ciara Duffy		
Freestyle	2nd	
Niamh O' Brien		
Breast	5th	
Orlagh Sweeney		

Back Crawl	5th	
Butterfly	5th	

Under 13

Meabh MacConville		
Breast	1st	
Freestyle	2nd	
Butterfly	3rd	
Back Crawl	4th	

Niamh Duggan		
Freestyle	1st	
Butterfly	2nd	
Breast	2nd	
Back Crawl	3rd	

Rosanna Cooney		
Back Crawl	1st	
Freestyle	4th	

Jane McLoughlin		
Butterfly	4th	
Freestyle	5th	
Back Crawl	5th	

Fintan Meagher		
Freestyle	1st	
Butterfly	1st	
Back Crawl	1st	
Breast	1st	

Paul Campbell		
Freestyle	4th	
Back Crawl	5th	

Ross Weston-Doyle		
Breast	4th	

U11 girls relay (Eilis, Katie, Orla, Ruth)	2nd	
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U11 boys relay (Darragh, Harry, Lorcán, Rory)	2nd	
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U13 girls A relay (Jane, Meabh, Niamh, Rosanna)	1st	
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U13 girls relay B (Aoife, Ciara, Niamh, Orlagh)	2nd	
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U13 Boys relay (Barry, Fintan, Paul, Ross)	1st	
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Club website

Well, the club has finally gone on-line (www.glenalbrynsclub.com), and the reaction has generally been positive—with average hits of around 20 per day.

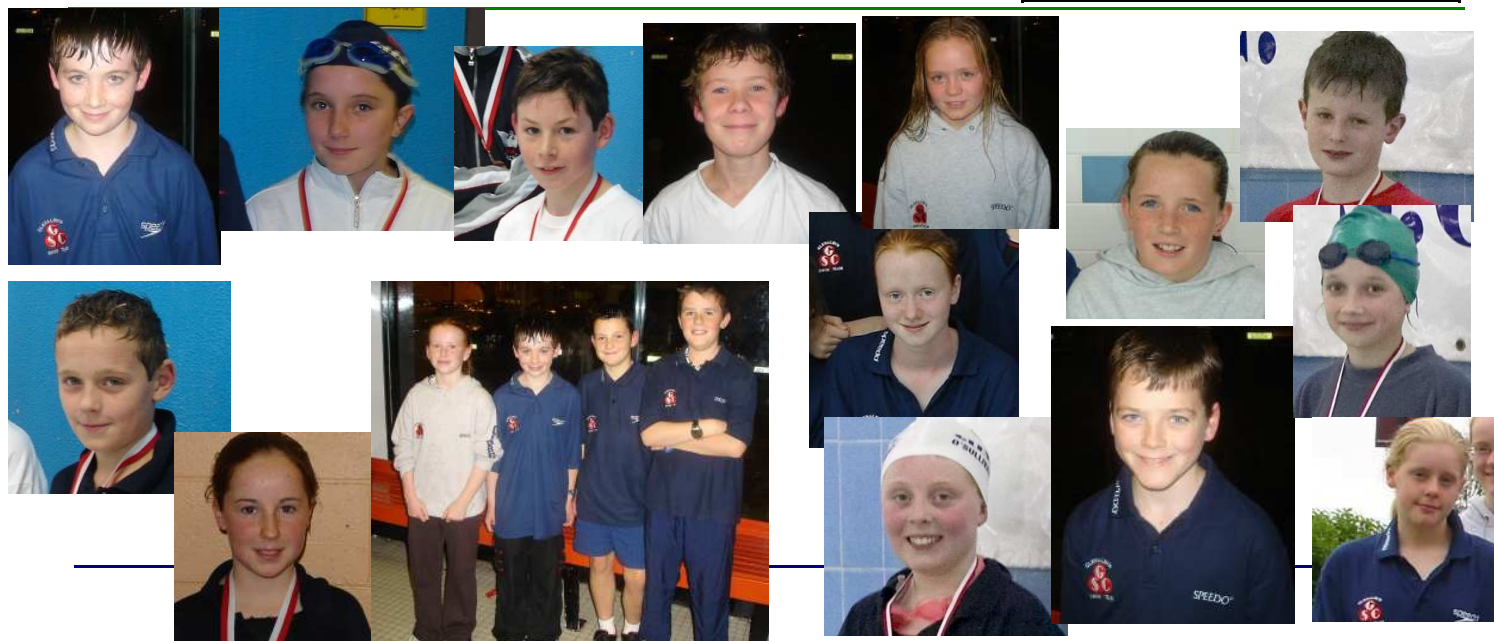
The intent is that it would be regularly refreshed with current news items, and that key reference documents like the monthly pool-sitting rosters and the gala calendar would always be up-to-date. There are pages for photo galleries and newsletters (in time, these will be archived, but still available). Standing data like the club Constitution and Rules and current committee members are also available.

With respect to gala results, we would intend to make these available as links to the Leinster Swimming website (www.swimleinster.com).

Feel free to make suggestions in regard to material for inclusion on the site.

Club fund-raising

We are all aware that swimming is a relatively expensive sport—particularly once we start attending out-of-town galas. There will be a strong focus on fund-raising within the club this year—both for specific trips/events, and for general club funds. In this regard, we have gotten off to a good start with the sales of the club CD and the cake sale in October. Any suggestions for fund-raising events/possible sponsors etc would be appreciated.



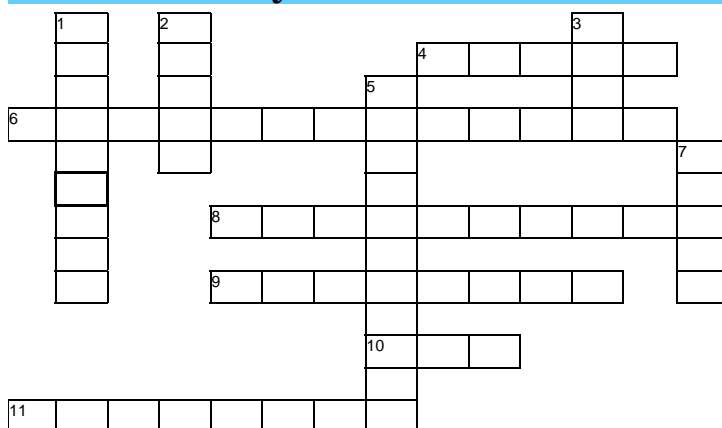
Glenalbyn Swimming Club

Torpedoes Squad— Swimmers of the month

Across:

- 4) He also swims in the sea
 - 6) A member of the Irish Schools team
 - 8) Dolphins swimmer of the month for September
 - 9) Club swimmers will be here on 25 March 2006
 - 10) How many hours per week do the Torpedoes swim?
 - 11) How many club swimmers are on the Leinster squad?
- Down:**
- 1) 2nd in Cormorants under 11 back crawl
 - 2) She coaches the Tor-

Glenalbyn Puzzle number 2



pedoes (picture)

- 3) Double-barrelled club captain
- 5) Who looks after the club classes on Saturday mornings?
- 7) What month in 2006 will the Dolphin away trip be held?

(hint—the website might help with some of these answers)



September



Ciara Duffy

October



Peter Fletcher

Nutrition talk

The swimmers from the Senior and Piranha squads, and their parents, recently participated in an excellent workshop on nutrition for athletes, which was provided by a specialist with the National Coaching and Training Centre (based at University of Limerick). There were a few guidelines given about hydration:

- Learn to recognise good opportunities to drink
- Consider weighing yourself before and after training—1.5 litres need to be replaced for every 1Kg lost
- Pre-exercise drinking should be a routine habit
- Practice your post-exercise re-hydration strategy

Dolphins Squad— Swimmers of the month

September



Lucy Gaynor

October



Eilis Carton

Birthdays

September

Cara Collins
Helen Fletcher
Kiera Hedderman
Lisa McDonnell
Philip Meagher
Emma Murray
Karen O' Carroll
Roslyn O' Carroll
Eilish Smyth



October

Eilis Carton
Saoirse Collins
Shane Hudson
Daniel Manning
Peter McDonnell
Chloe Meehan
Ciara Murray
Harry O' Callaghan
James Tate