



Glenalbyn
Swimming Club

Glenalbyn Gazette

Issue 23

February-March 2005

Cormorants Age Groups Gala

Calendar of Events

Dolphin Minnows, Cork	9-10 April
Champions Clinic—Glenalbyn	17 April
Leinster Age groups Div 2	16-17 April
Long Course Nationals—Limerick	30 April-1 May
Junior Inter-Club Gala vs Trojan	30 April
Leinster Age Groups Div 1	7-8 May

Glenalbyn was well-represented at the very competitive Cormorant age group gala in March, with 47 swimmers competing. We had a lot of podium finishes, across the age groups, and lots of personal bests. Glenalbyn finalists were as follows:

Boys U9:

Rory O' Carroll	Fly	1st
	Free	3rd
	Back	3rd
	Brst	5th

Boys U10:

Mark O' Loughlin	Free	5th
Peter McDonnell	Back	5th

Boys U11:

Peter Fletcher	Fly	1st
Harry O' Callaghan	Brst	5th

Boys U13:

Fintan Meagher	Free	2nd
	Back	2nd
	Brst	3rd
	IM	3rd
	Fly	3rd

Girls U12:

Aoife Murray	Fly	4th
	IM	4th
	Brst	5th

Girls U13:

Niamh Duggan	Free	1st
	Back	2nd
	Brst	5th
Meabh MacConville	Fly	3rd

Rosanna Cooney

	Back	1st
	Free	5th

Girls U14:

Doireann O' Connor	Free	3rd
	Fly	4th
Lisa McDonnell	Back	1st

Ciara Murray IM 3rd

Freestyle Relays:
Boys U10 (Peter McDonnell, Mark O' Loughlin, Rory O' Carroll, Diarmuid O' Connor) 4th
Girls U12 (Aoife Murray, Niamh O' Brien, Aisling O' Brien, Ciara Duffy) 3rd

Girls U14 A (Doireann O' Connor, Niamh Duggan, Meabh MacConville, Roslyn O' Carroll) 1st
Girls U14 B (Ciara Murray, Lisa McDonnell, Helen Fletcher, Eimear McGovern) 5th

A special mention for Ciara Murray, who showed great consistency in placing as a reserve (6th or 7th) in all four strokes, before taking 3rd place in the IM, the last event of the gala.

Congratulations to Philip Meagher Irish Senior Schools Champion 2005

Intermediate Breaststroke (1:10)



Philip represented Ireland in the WISE (Wales, Ireland, Scotland, England) Schools International in Swansea in March, and did himself, his school and Glenalbyn proud.

Sprint legends come to Glenalbyn!

There is a great treat in store for our swimmers on Sunday evening, April 17, when two of the greatest sprinters ever will come to Glenalbyn to conduct a clinic exclusively for our club swimmers:

Gary Hall Junior (USA) - ten times Olympic medallist and current Olympic 50m Free champion - also a real role model as a type 1 diabetes sufferer.

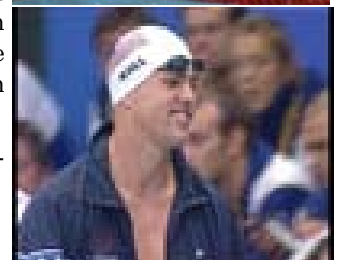
Mark Foster (UK) - current European Short-course 50m Free and 50m Fly Champion,

and World Short-course 50m Free Champion.

Gary and Mark will conduct a two-hour pool session followed by a talk/questions and answers session.

Unfortunately, we have not been able to avoid a clash with the Leinster Age Groups Division 2 gala in New Ross on this date.

Watch notice board and e-mail for details.



Gear for Irish Age Group and Nationals qualifiers—the price of success

Each season over the past three or four years, the club has increased its representation at the major national end-of-season galas. In 2004, 19 club swimmers achieved Irish Age Group Division 1 qualifying standards (second highest Leinster club representation) and 7 achieved Irish Open (nationals) standards. These numbers have already been exceeded for 2005, even before the Leinster Age Groups—traditionally the time when many swimmers make their times. We are likely to have in the order of 24-25 IAG Division 1 swimmers and 18-20 Irish Open swimmers (with overlap be-

tween these groups). In addition, 15-20 swimmers are likely to qualify for the Irish Age Group Division 2 championships.

Against this background, the committee has revised the club gear policy. Traditionally, recognising the considerable achievement involved, the club has provided qualifying participating swimmers at its cost:

- IAG Division 1, Division 2 and nationals — hat (personalised) and shirt
- Division 1 and nationals—hoodie/jacket (in addition to the above)

For 2005, all qualifying swimmers (Division 1, Division 2 and nationals) will receive a hat and shirt (both personalised)

The decision not to provide a hoodie this year has been made in light of the expense involved, but also with a view to ensuring greater standardisation of the gear worn by our swimmers at galas throughout the season. Swimmers will be asked to wear the normal grey club hoodie at the end-of-season galas (we will make sure the shop is well-stocked!).

New Squad Coordinators

Many thanks to the following parents who have agreed to take on the new (somewhat re-defined) role of squad coordinator:

- Minnows **Edwin Davison** (father of Zara and Ashley)
- Dolphins **Kathy McDonnell** (mother of Mark, Lisa and Peter)
- Torpedoes **Karin Manning** (mother of Daniel and Kevin)

- Piranhas **Eileen Robinson** (mother of Connor)
- Seniors **Clare Meighan** (mother of Mark, Kevin and Brendan)

The coordinators will work closely with the coach of their squad, and with the committee, for example in relation to timetable changes and gala arrangements.

Birthdays



HAPPY BIRTHDAY

February

- Owen Campbell
- Daniel Cochrane
- Colum Crowe
- Ruth O' Hare
- Kevin Smyth

March

- Paul Campbell
- Michael Carroll



- Niamh Duggan
- Aidan Maguire
- Julie Murray
- James Phelan



Saturday Lengths Gala

The annual club-sponsored lengths class gala will be held on Saturday morning, 16 April. This is always a very enjoyable experience for these swimmers who don't compete regularly. Any members or parents who wish to assist on the day please contact any committee member (will be over by 10:30).

Team Leinster trip to Rotherham (26-27 March)

Stephen McBride

(Stephen was selected to coach the Team Leinster squad on their trip to Rotherham, an honour for the club—he put this brief report together)

Rotherham SC hosted their club gala over the Easter weekend. Team Leinster were there in force to compete, and win, 23 swimmers from all the top clubs were selected to travel. All swimmers entered 4 or more events.

The pool itself is called Ponds Forge—in the past, it has hosted some of the UK’s biggest events. In addition to hosting this competition, they were also filming “The Games” there.

11-year-old girl posting a time of 5:09 in her 400IM, long-course. Leinster held their own, though, coming 2nd overall. There were plenty of medals for the squad, 49 in total.

Meabh MacConville represented Glenalbyn on the team (Niamh Duggan was unable to travel), and she swam extremely well, doing all long-course PBs. Well done, Meabh.

The team performed very well, never letting their concentration go, always warmed up, lined up on time, swam hard, swam down, ate properly, went to bed on time and helped their team-mates, and all without being asked. They were a credit to themselves and their clubs.



The competition was tough, with an

Club Records Board

After many years of neglect, we are finally tackling the club records board (having been nagged by various members who think they may have broken a record!).

A sub-committee has been formed with a brief to develop full updated club records. This might for example involve:

- including a new long-course category
- deleting the 25m records (a

distance rarely now swum)

Whilst we have comprehensive records (in electronic format) of club swimmer times recorded over the last five or six years, there was a period prior to that when the records were not maintained. There will therefore need to be some research carried out to ensure that this period is accounted for.

We will also need to agree the physical format of the new board.

The sub-committee members are Kathy MacDonnell, Barbara O’Loughlin and Noel Murray (with a technical input from Linda).

We expect the work to take some time. All suggestions would be welcome.



Dolphins Squad—Swimmers of the month

Dolphins Gala

January



Peter MacDonnell

February



Rory O’Carroll

Good luck to coach Janet and all of the Dolphins and Minnows swimmers who are heading off to the Dolphins SC Under 12 gala in Cork on April 9-10. This will be the first “away gala” for many of these young swimmers, and represents a great opportunity to get to know other swimmers in the club (and likewise for the parents!).

Best of luck to all.

Glenalbyn Swimming Club

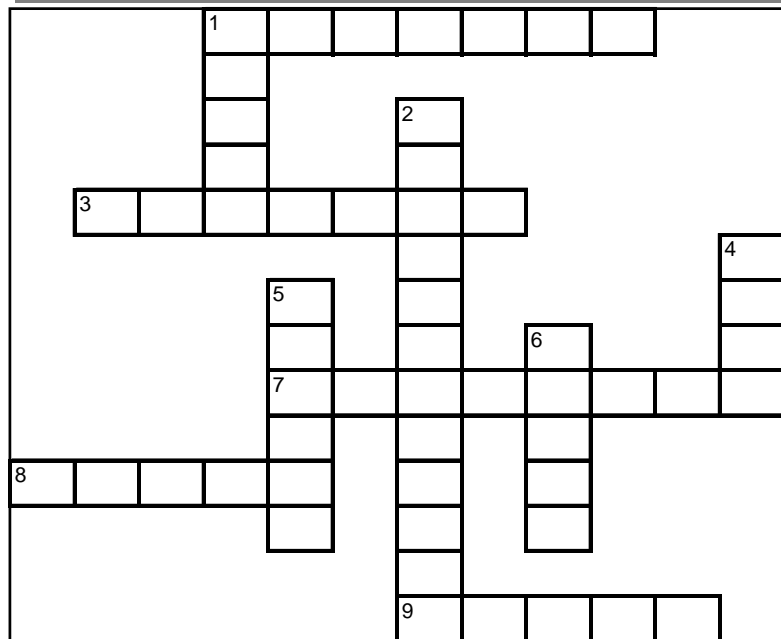
So how well do you know Glenalbyn?

Across:

1. Who was Torpedoes swimmer of the month for February?
3. Which coach holds an Irish national record?
7. Where IAG Division 1 and 2 are held every year?
8. Club captain—boys
9. She coaches the Piranhas (and mother of three swimmers)

Down:

1. She coaches the Minnows
2. Who does 100m free in 52.79
4. Where Janet brings the younger members to the Dolphins Minnows gala every April?
5. Club Captain- girls
6. She also competes in Athletics at the highest level



For results of most galas, see Swim-leinster.com website

Torpedoes Squad— Swimmers of the month

Are you getting the club e-mails?



The club has e-mail addresses for some 80%-90% of families (either through home or work) —we find this a very useful (and immediate) means of communication, particularly as regards upcoming galas, where very often we don't obtain details from the host clubs on a timely basis. If you would like to get onto the mailing list, please contact Gerry_Duggan@aon.ie

Gala Entry fees

Lynn MacConville

Anyone who has outstanding "brown envelopes" can hand them to any squad coordinators or to any committee member. If you have any queries regarding gala or coaching fees, please contact Lynn on 087 2942312. The names of the new squad coordinators are now posted on the

notice board. Keep in mind that once your child has been entered for a gala, you are responsible for reimbursing the club for the entry cost, regardless of whether the child actually swims, so be sure to check the notice board and your e-mails for gala information.



January



Paul Campbell

February



Aisling O'Brien