



Newsletter September 2016

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A Word from the President



Welcome back to the new swim season!

I hope you have all had a well-deserved relaxing time over the summer, with your families, and you are now ready to begin again starting with our Club Championships.

Our congratulations to all our swimmers who have competed so successfully over the summer months and especially to our Olympians and Paralympian! We are very proud of their achievements and I hope you will all be inspired by their hard work, dedication and sheer determination to succeed. Well done to **Keri-anne Payne**, a 7th place in the 10k Open swim, **Dan Wallace** 8th place in the 200m IM and a Silver medal in the 4x200m freestyle relay and then an amazingly exciting swim from **Scott Quin** winning Silver in the SB14 100m breaststroke.

I would also like to congratulate **Craig Benson**, who we all feel to be a Warrender swimmer, on his 15th place, in the 200m breaststroke. We hope our Olympians and Paralympian will be able to join us at our forthcoming annual Dinner Dance and our Awards night so we can celebrate their achievements in style. (More info in our reports later).

Our Water Polo teams and players have also had a very successful summer and start to the new season. In addition, Warrender Masters and our Open Water swimmers continue to achieve great PBs and success in their events, too. (More info available in our Water Polo and Masters sections of this newsletter).

With so many events planned for this season, our volunteers are absolutely key to the smooth running

of our swim events. A big thank you to those who continue to volunteer and I would like to encourage any parents who would like to have a go, to contact me, as there are many way, small and large, where you can become part of our friendly volunteering team.

By now you will all be settling into your new swim schedule and squads so we hope the newly restructured operating model is working and meets the changing needs, development and funding priorities of Scottish Swimming. Please feel free to ask any member of the management committee about any questions you may have. In addition, Laurel will be holding parents meetings for each squad at which she will discuss the new structure.

Many of you will be aware that we now have access to a lovely new pool and facilities at Gillespies High School. Warrender works closely with the school and Edinburgh Leisure within the new operating model to ensure we maximise pool time for our swimmers, our thanks to **Jenn Macleod** for all her hard work in managing this for the club.

I hope you have all found the newly refreshed Warrender website and are using it to keep up to date with all our news. I would like to thank **Ita Corrigan** for all her hard work pulling the new website into place and ready for the new swim season. Please note we also have a new Facebook page for the Warrender Association which has seen some amazing photos and memories shared over the summer. If you would like more information, have a look at the WA page on our club website.

There are a few key social events coming up so please come along, support and enjoy!

Warrender Olympic Carnival Dinner and Disco - Saturday 8th October at the Waldorf Caledonian Hotel (see advert in this newsletter). This is always a great opportunity to meet new people tickets and tables are selling fast so let us know asap if you would like to come along.

Warrender Gents Dinner – Friday 18th November at Apex Hotel, Grassmarket, again see advert in this newsletter.

I very much look forward to seeing you all swim over the various weekends of Club Champs and I wish you all a successful start to the 2016-17 season.

Many thanks,
Marjory Verth
President

2016 Rio Paralympic Games

Scott Quin won a silver medal in a thrilling race at the 2016 Paralympic Games. Swimming in the SB14 100m breaststroke, he set a new games record in his heat.



UK School Games

Five Warrender swimmers (and coach Craig Mitchell) represented Scotland South & East at the 2016 UK School Games and all came back with medals! Read all about it on page 6.



Double Scottish Cup Success for Water Polo Teams!

Both Warrender's under 16 mixed team and our under 19 girls team won their respective Scottish Cup Water Polo Finals at the start of the summer. Read all about it on page 10.



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EH10 7DS
0131 466 0764

Warrender Baths Club - Sponsorship Opportunity

Warrender Baths Club would like to encourage new corporate sponsors to support the Club and its ongoing activities. This is an opportunity for companies or employers to become more closely associated with the Club and our swimmers, to our mutual gain. This is a key opportunity to further develop your corporate responsibility by increasing your involvement in local community sport.

As a not-for-profit organisation operating through a voluntary management committee and Head Coach Laurel Bailey, who oversees 14 coaches, the Club's development is constrained by the high cost of pool hire within Edinburgh. The Club currently has around 340 swimmers, with a Water Polo division of 60 players and over 45 in Masters. Training at nine pools across Edinburgh with over 70 sessions running each week, we also have two squads for those swimmers who have completed the competitive element of their training but wish to continue swimming for fitness and social benefits.

Our coaching team is committed to helping every swimmer in the programme reach his or her maximum potential by offering an unrivalled and comprehensive training programme that adheres to the principles of long-term athlete development and provides each swimmer with the opportunities they need to progress within the sport. Warrender have had success at the highest level: in the 2016 Rio Olympic Games, **Keri-anne Payne** got 7th place in the 10k Open swim, **Dan Wallace** 8th place in the 200m IM and a Silver medal in the 4x200m freestyle relay and then in the 2016 Rio Paralympic Games **Scott Quin** won Silver in the SB14 100m breaststroke.

The Club is looking for corporate sponsorship, ideally over the next 2-3 years. Sponsors will have access to our membership (currently over 600) via swim meets, events, newsletters, website and many other interesting opportunities throughout the year. This is an excellent opportunity for the club to work with a range of sponsors to raise their profile within Warrender.

Our Club Sponsorship Packages – **Gold**, **Silver** and **Bronze** – can start this September. They are flexible and specifically put together to accommodate varying levels of sponsorship. If you would like more information or would like to discuss becoming a corporate sponsor, please contact Marjory Verth and Jackie Lawrie who are more than happy to help

Marjory Verth (President)
marjory.verth@gmail.com
Mobile 07715 - 704400

Jackie Lawrie (Vice President)
jackie@lawriethomson.com
Mobile 07710 341502

Sponsor level - Gold - £1,500

Benefits

- Advert in our JAGs, Club Champs, Dinner Dance programmes
- Banner/signage at JAGs, Club Champs, Awards night, Dinner Dance
- Logo on T-shirt for SNAGs - worn by around 60 swimmers
- Logo in our newsletters (at least 8 per year)
- Logo on WBC Website with direct link to your business site and listed as a Gold sponsor
- Named on our twitter account as key sponsor and tweets about your company, when relevant
- Certificate and welcome letter from the Club, which could be displayed in your office
- Develop your corporate responsibility by increasing your involvement in local community sport



Sponsor level - Silver - £750

Benefits

- Advert in our JAGs, Club Champs, Dinner Dance programmes
- Logo in the newsletter for 1 year (at least 8 per year)
- Logo on WBC Website with direct link to your business site and listed as a Silver sponsor
- Named on our twitter account as a sponsor and tweets about your company, when relevant
- Certificate and welcome letter from the Club, which could be displayed in your office
- Develop your corporate responsibility by increasing your involvement in local community sport



Sponsor level - Bronze - £500

- Advert in our JAGs programme
- Logo in newsletter for 1 year (at least 8 per year)
- Logo on WBC Website with direct link to your business site and listed as a Bronze sponsor
- Named on our twitter account as a sponsor and tweets about your company, when relevant
- Certificate and welcome letter from the Club, which could be displayed in your office
- Develop your corporate responsibility by increasing your involvement in local community sport



Warrender Baths Club Annual General Meeting 2016

Warrender Baths Club Annual General Meeting will be held on **Tuesday 8 November 2016** in the Sir Peter Heatly room (meeting room 1) at the Royal Commonwealth Pool at 7.30pm. All members are welcome

Does your employer support your volunteering outside work?

An increasing number of companies, as part of their corporate social responsibility and involvement in the local community, offer Volunteer Award Schemes. The scheme allows employees to apply annually for a monetary award to the club or charity where they volunteer in their free time. In some cases, employers are only looking for around 10 hours of volunteering per year, which we know as a club, many of our volunteers are contributing way more. It's important to stress these schemes are not just for registered charities. As a non-profit community swim club, we also qualify. We are very grateful to the parents who are already helping the club in this way.

Please can you check with your employer, to see if you can qualify for this support? Some schemes award as much as £250 per volunteer, per year.

If you need any help or specific information to complete your employers' application form - Please contact **Marjory Verth** (marjory.verth@gmail.com) or **Maggie Robb** (maggie.robb@uk.pwc.com) who are more than happy to help you.

Warrender Olympic Carnival Dinner and Disco

It is nearly time for our annual dinner dance and tickets are on sale now!

This year following on from the success of Team GB in Rio we are having an Olympic Carnival themed dinner dance. It promises to be an exciting evening with a chance to relax, enjoy delicious food, party and dance the night away!

Tickets are sold individually or as a table for 10. It is a great opportunity to get squad parents together, meet new parents or even host your business clients and colleagues.

For further details, to book a table or reserve individual places contact **Alison Payne** (alison.payne123@hotmail.co.uk).

Waldorf Astoria Edinburgh – The Caledonian Princes Street, Edinburgh

Saturday 8th October 2016

7pm till late

£45.00 per person
(glass of fizz, 3 course dinner, carnival novelties and dancing)

(dress smart casual and colourful)



Head Coach Update

I am thoroughly enjoying seeing so many of the swimmers at training in the new season! My new role allows me to schedule in visits to the squads week to week, getting to know the swimmers and spending time with each coach as part of the Club's mentoring programme. As the season progresses, this will extend to running coach's meetings and workshops so that the team has a co-ordinated approach and the coaches are all able to develop in a supportive environment.

I will also be continuing the squad parent meetings, having met the Smith squad parents already. These meetings were put on hold as Scottish Swimming are this week delivering important guidance on social media which our Child Protection Officers have been long awaiting! We will roll this information out to the swimmers from Wilkie level up and the CPOs will attend the parent meetings so that we are up-to-date with current policies and procedures.

Final preparations for the 2016 Club Championships are now underway and I am really looking forward to watching all of the swimmers race over the next three weekends. As ever, I would like to thank everyone that has helped to pull the event together. It is a big task and it would not take place without our army of helpers!

Laurel Bailey

Head Coach

2016 Rio Paralympic Games

Scott Quin won a silver medal in a thrilling race at the 2016 Paralympic Games. Swimming in the SB14 100m breaststroke, Scott set a new Paralympic Games record in the heat with his (personal best) time of 1:06.65. His main rival was British team mate and world record holder Aaron Moores. Scott swam the race of his life to finish with a silver medal, 0.03 behind Aaron!

It was fantastic to watch Scott enjoy his success during his medal ceremony and it was wonderful for him to have his Mum and Dad in the stands watching, and coach Kris Gilchrist on poolside coaching him at the meet. We are so proud of Scott's achievement!



2016 Rio Olympic Games

The Olympic Games now seems like slightly old news, but we are very proud of our athletes who represented their club and country as part of Team GB, so please see a recap below:

Dan Wallace – silver medal in the Men's 4x200 Freestyle relay and 7th in the 200m individual medley

Keri-anne Payne – 7th in the 10km Marathon Open Water event

Craig Benson (former Warrender swimmer) – 15th in the Men's 200m breaststroke

UK School Games

Warrender had five swimmers (and coach Craig Mitchell) represent Scotland South & East at the 2016 UK School Games! They all came back with medals after a fantastic weekend of racing. Well done guys! You can read Craig Mitchell's report below.

British Youth Camp

Congratulations to **George Clough** and **Archie Goodburn** who attended the inaugural British Youth Camp in Aberdeen from 15th-18th September. This camp brought together the best 15-18 year olds from right across Britain.

2016 ASA County Championships

Congratulations to the following swimmers who have been selected to the East District squad which will travel to the ASA County Championships in October!

Katie Goodburn
Roisin Ramsay
Mhairi Swanson
Jess Damen
Jonah Walsh

Archie Goodburn
George Clough
Calum Rose
Calum Chittleburgh

2016-2017 Scottish Squads

Congratulations to the following swimmers who have been selected to the Scottish Squad programme for the 2016-2017 season:

Gold: **Scott Quin**

Silver: **George Clough**

Bronze: **Calum Chittleburgh, Taylor Finlayson, Jamie Macdonald**

Youth: **Roisin Ramsay, Archie Goodburn**

YDS: **Katy Smith, Niamh Ritchie, Katie Goodburn, Natalie Jones, Joe Ewing, Daniel Saunders, Fraser Allison**

DRP: **Freddie Fuller, Sam Glass, Sophie Hoole, Emily McEwen, Keira Rennie, Calum Rose, Rachel Saunders, Abbi Sinclair, Lucy Trotter, Faye Williamson, Joshua Aspinall, Eve Corrigan, Jenny Galloway, Lewis MacKenzie, Liam McLoughlin, Alexandra Murray, Daniel Parker, Iain Rose, Finlay Scott, Libby Simpson**

Fond Farewells!

A number of our senior athletes are heading for pastures new this season, and we wish them all the very best of luck in their new programmes. We are very proud of what they have achieved in their time at Warrender and hope that they remain members of the Club in the future:

Craig McNally	City of Glasgow Swim Team & University of West Scotland
Megan Briggs	University of Stirling
Kimberley Mackay	Loughborough University
Katie Stark	University of Aberdeen
India Dodd	University of Aberdeen
Emma Chittleburgh	University of Aberdeen
Fraser Meadows	University of Edinburgh
Daniel Lim	University of Edinburgh
Hana Duheric	Coaching with Warrender
Thomas Harrison	Coaching with Warrender

Club Championships 2017 – Dates released!

We are delighted to confirm dates for the main weekend for the WBC Club Championships for 2017 as being 7-8 October, at Glenrothes.

Dates for the remainder of the 2017 Club Championships, including the Novice Championships for Benson and Smith squads will follow.

Performance Squad

Here we are again already four weeks into the new season! We had some great success last year and I am looking forward to building on that even further this season.

The Performance Squad has a lot of new faces with only 6 swimmers remaining from last year's Elite Squad. As we move through a period of transition, the youth squad will benefit from the maturity and experience of a few remaining senior swimmers.

September has been very busy with swimmers participating in national squad camps (Youth squad; Youth Development squad; British youth) along with racing at Club Championships and Scottish National Team Championships. With regard to training, the swimmers are already in a full training programme (9 sessions per week).

Everyone in the Performance Squad is looking forward to an exciting new season and we wish everyone in the club a successful season!

Kostas



Performance Squad's Jess Damen, Katy Smith, Niamh Ritchie and Roisin Ramsay at the British Summer Championships

2016 UK School Games

Five swimmers were selected to represent the Scotland South and East team at the 2016 UK School Games. Archie Goodburn, Fraser Allison, Jonah Walsh, Katy Smith, Roisin Ramsay and coach Craig Mitchell made up a strong part of the team of 26 swimmers and staff. The UK School Games were held at Loughborough University from 1-4 September, although the swimming competition itself was run out of Ponds Forge International in Sheffield, a pool which all the swimmers were familiar with as they had been competing there at the British Summer Championships at the end of July.



The UK School Games is a multi-sport event for elite young athletes of school age from around the United Kingdom. The event seeks to create an inspirational and motivational setting that provides young sports people with the opportunity to thrive and perform at the highest levels, against some of the best competitors in the country. The competition re-enforces the experience of Olympic and Paralympic Games complete with Opening and Closing Ceremonies.

Every Warrender swimmer brought home a medal which was a fantastic achievement! The breakdown of the medals can be seen below and the girls combined to break three Scottish Junior Records in all three of their relay events.

Roisin Ramsay	200m freestyle Bronze, 4x100m freestyle Gold, 4x100m medley Gold, 4x200m freestyle Gold
Katy Smith	100m freestyle Silver, 4x100m freestyle Gold, 4x200m freestyle Gold
Archie Goodburn	200m IM Silver, 4x200m freestyle Bronze
Jonah Walsh	4x200m freestyle Bronze
Fraser Alison	4x200m freestyle Bronze



UK School Games Scotland South and East Team



UK School Games relay medallists!

National Girls

Welcome everyone to this new season! I hope everyone managed to have a break and had a great summer holiday! This summer was full of international swimming events and a great Olympic/ Paralympic Games. I think everyone is really motivated to start this season off with a bang and it really does show in your training application. Welcome back to all those who I coached last year and welcome to Faye Williamson, Grace Robertson, Kiera Rennie, Kitty Ashmore, Rachel Saunders, Lucy Trotter, Nicole McFarlane and Sophie Hamilton who have moved into the National Girls programme, I really do look forward to working with all of you over the next season.

Congratulations to the following swimmers who have been selected for DRP.

Eve Corrigan	Libby Simpson
Jenny Galloway	Abbi Sinclair
Alexandra Murray	Lucy Trotter
Kiera Rennie	Faye Williamson
Rachel Saunders	

Also congratulations to Katie Goodburn and Natalie Jones who have been selected for YDS. They have been invited to Stirling for a number of training weekends/camps which will be a great experience for them. I wish everyone the best with this season and look forward to the journey ahead with you all. Once again, thank you, parents, for all the support you've given the girls in the first month of training!



National Girls' Alex Sibbald and Sarah Fyfe were delighted to meet Olympian Jazz Carlin at Glasgow's British Olympic Swimming Trials. An extra special picture following Jazz's silver medals in Rio!

Try Open Water!

National Girls' **Abbi Sinclair** represented Warrender Baths Club in the Scottish Open Water Championship including the Scottish Championship at Loch Venachar and at East Districts at Lochre Meadows in Fife. All swims were non suited with water temperatures as low as 13 degrees and as high as 21 degrees at the ASA Nationals in Sheffield. Next season the Championships will be swim mainly suited and offers a fantastic opportunity for swimmers to try an alternative to the pool. Why not give it a go!

Abbi in action!



National Boys

Welcome back for season 2016/17! Some swimmers are starting their second year in National Boys and some are just settling in and discovering life for the first time in an all-boys squad. All the boys seem to have settled in and are impressing with their work ethic.

All the swimmers are tired but seem to be managing to maintain their enthusiasm and sense of humour! We have Club Champs coming up where they will learn about racing tired. Club Champs for us is not about swimming personal best times but a chance to focus on the skills that will be needed during the later competition phase of the season.

I must congratulate the swimmers who have made it onto a National Programme.

Daniel Saunders and **Joe Ewing** are in the Scottish Youth Development Squad and begin their year with a weekend training camp in Stirling. National Boys swimmers making the District Regional Programme this year are **Joshua Aspinall**, **Lewis Mackenzie**, **Liam McLaughlin**, **Daniel Parker**, **Iain Rose** and **Finlay Scott**. Finally, a big thank you to the parents. Four early morning starts a week (including a Saturday). I've no doubt your friends with non-swimming children look at you with utter disbelief...



National Boys and Girls in Darmstadt, Germany – July 2016

Development Squads

Welcome to new members into the entry level Benson squads since the start of the season on 21st August all of whom seem to have settled in well.

Development Meets will be on Sundays 23rd October and 11th December, dates chosen to fit well with other events taking place.

Open Meets this term which you might be invited to enter based on your age and Club Championship swims are:

Sat 5th Nov – Fauldhouse Meet at Whitburn this year or

Sat 12th Nov – Lothian Graded Meet at Prestonpans

and there may be other events too!

Edinburgh Schools Championships take place on Sun 20th November at Ainslie Park with Primary School events in the morning (allowed to enter 2 x 50m events) and Secondary Schools in the afternoon (allowed 1 x 100 plus 1 x 200 OR 400). Hopefully your school knows you are a swimmer and you will be entered for this annual event.

We have a busy time ahead of us and really consistent training is the key to progress.

Frances

Junior Age Group

After having a fantastic summer in the States, I am very glad to be back at Warrender for another year of coaching.

I'd like to welcome our new members to the squad (**Rebecca, Emily, Lia, Jamie, Nicole, Jessica, Sebastian, Brodie** and **Milly**).

It's a new mix of swimmers however everyone has seemed to fit in well. I have just moved up myself however I've coached you all before so I'm looking forward to a very enjoyable and positive season.

We had a great first few weeks of the season, focusing on basic skills and aerobic to get everyone back into shape leading us into the first round of the Club Championships. Some fantastic swims, each and every swimmer gained themselves some excellent pbs. An excellent competition to kick off the season.

JAG will be going through 3 training cycles this season, the first leading us up into the second and third round of East Districts (where we'll hopefully gain some valuable SNAGs times) - with the Carnegie Winter Open Meet, Cumbernauld Xmas sprints and the First Open meet beforehand. So let's get ready for some tough training over the next few months.

Dale

Wilkie White

After Dale having Wilkie White for two years, I am excited to take over the squad! First welcome to new swimmers **Owen, Robyn, Emily, Alistair, Jamie, Lauren, Sean, Finlay, Katrina** and **Patrick** who come from Smith White and good luck to the swimmers who have moved up to JAGS.

Wilkie White squad starts the season 2016/2017 with great motivation for the Club Championships as well as the first round of the East District. I am sure that this year will be very successful for all the swimmers and I wish them all good luck!

Laura



Smith Red

When we returned to full training as a new squad on Sunday 21st August we welcomed the following 11 swimmers from Benson squads - Ruby Allan, Sophia Barron, Katherine Donn, Evie Drummond-MacLean, Holly Greenwood, Aquene Lark, Abbi Lessels, Luke Bordessa, Erica McGlone, Bridget Samson and Douglas Wright. We also welcomed two brand new swimmers to the club namely Eilidh Kearsley and Nina Jones. Rosie Proctor also joined the squad on Sunday the 4th September from Benson Red after showing good form recently after a 6 month lay off.

May I also thank the "Senior" swimmers in the squad who have had the responsibility of demonstrating to the new members of the team how to do many of our drills and skills and also show that a 'can do' attitude in Smith Red is essential. The majority of the "Senior" swimmers consistently attended the summer holiday training and should reap the benefits come the Club Champs Novices at Ainslie Park on Sunday 25th September. I would like to encourage them all in their bid to gain promotion to Wilkie Red.

So may I encourage the senior swimmers to get the very best out of themselves this term using one of the club's mottos C-A-P (Commitment - Application - Performance) and thus demonstrate to the new swimmers that this is the way to progress through Smith Red and further up the club. Always remembering that 'Technique is King'.

Thus to the remaining swimmers in the squad (the "Senior" swimmers) - Findlay Cornish, Louis Greig, Finlay James, Niamh Kirkland, Angus MacKay, Matthew Marshall, Luke Sibson and Anna Simpson - please remember that in any group sport we all learn from one another so that your attitude and example is vital to how well the squad develops.

Lastly, may we wish Nicky Moir-Barnetson, who only joined us in November from outside the club, a speedy recovery as he fractured his right arm in July and is not expected to train again with us until October.

Andy

Smith White

Welcome back! I'm Jenn and I'll be coach for Smith White this season. Some of you may already know me from coaching Benson Red/Blue last year and assisting with other squads over the summer.

I'm not the only new one though. We have had 10 swimmers move up from the Benson squads. Congratulations and welcome to Ewan, Ben, Alex, Archie, Sidar, James, Sarah, Alice, Rebecca, Ellie and Natalie!

We may only have been back a few weeks but the squad got straight down to business. Attendance and application in training has been excellent. We have been focusing more on our skills and technique to start with but still making sure we're sharp and ready for the Club Championship.

Let's keep up the fantastic efforts Smith White!

Jenn

Snap of the month

Two Hallidays diving as one in Cornwall! Katrina and brother Alex, Benson Blue



Benson Blue

Firstly, a big welcome to all the new swimmers (who joined us in August) to Benson Blue!

Our new additions **Alexander, Joel, Anna, Georgia, Jess** and **Corinn** have settled into the group and are working hard already! Everyone in the squad has impressed me with their attitude and effort in training and I think this will show in the upcoming meets. We have also just moved our Monday session to James Gillespie's High School, which is proving to be a fantastic venue!

Thank you again for all your effort and hard work. I hope we're all as excited as I am for the new season!

Jenn

Wilkie Red and Age Group Squad

To all the Age Group Squad and Wilkie Red swimmers: WELCOME back! An exciting 2016-2017 swimming season has started, and we are all ready for our first meet of the year at Club Champs.

I wanted to welcome all the new swimmers at Wilkie Red. Also we send our best wishes to the five members of Age Group who have moved up to National Squads. Congratulations to all and enjoy the challenge.

Cati

Benson Red

My first month of coaching with Warrender has been a fantastic experience for me and we are now all settling into our training routines! Now that I am getting to know everyone better, we are able to work hard during the session and have some fun at the end. I hope the children have been enjoying the first few weeks of term! I am really looking forward to seeing how everyone improves over the coming months.

Tim

Water Polo

Double Scottish Cup Success!

Both our under 16 mixed team and our under 19 girls team won their respective Scottish Cup Finals at the start of the summer. The under 16 mixed team won their final against Dunfermline 14-9. Then our under 19 girls won their final 12-11 v Dunfermline in a very tight match.

Congratulations to **Rhuari Stuart** who was voted Most Valuable Player in the mixed final and to **Holly Stanton** who was voted most valuable player in the girls' match. Well done to all players and coaches who made this a very proud day for Warrender.



MVPs **Rhuari Stuart** and **Holly Stanton**

New Water Polo t-shirts now available

Any players wishing to order one please contact [Duncan MacGregor](mailto:dwmacgregor@googlemail.com) at dwmacgregor@googlemail.com



Sponsorship deal for Warrender members

Many thanks to **Instyle Sofas** who have sponsored our new Water Polo t-shirts. They are also offering a 10% discount on all sofas to Warrender members. Anyone interested in taking up this kind offer should contact [Duncan MacGregor](mailto:dwmacgregor@googlemail.com) and he will put you in touch with them.



Scotland caps

Congratulations to [Cameron McRobbie](#), [Luca D'Adderio Pollock](#), [Eva Sigurdardottir](#), [Gerri Stanley](#), [Eve Meadows](#), [Caitlin McRobbie](#), [Fraser Richardson](#), [Adam Heywood](#), [Jamie Heywood](#), [Hugh Rodseth](#), [Holly Stanton](#) and [Emma Hamilton](#) who have all been selected recently for various Scotland teams.

Masters tournament

A few old faces came out of retirement for the recent Masters tournament that took place in Edinburgh. Teams from Warrender, Portobello, West of Scotland and a Dunfermline / Menzieshill mixed team battled it out on the day. Warrender came a credible 3rd.



Masters

Things have been fairly quiet for our Masters since their big competition at the Europeans in London, with training tapering down over the summer period. There was one madman who decided he wanted one more race, and **Jonny Borland** competed in the Scottish National Open Championships at Tollcross - with all the whippersnappers from the National/Elite squads, in the 50m breaststroke. He finished 3rd in his heat with a narrow PB over his London time.

Whilst we have a number of competition-focused swimmers in our midst, it is not compulsory to race at WBC Masters which remains supportive for all ability of swimmers keen to swim or to keep in touch with swimming. This includes those who race on occasion through the year and many who are simply keen to stay fit and enjoy swimming with support. Our coach **Kostas Kalitsis** is on hand to help with stroke improvement and can guide on swimming efficiency, the benefits of swimming for other sports and supports our racing swimmers too.

To complement our existing 3 sessions we have recently added a new session on Thursday evenings from 19:00-20:30 at James Gillespie High School. The 25m deck level pool greatly adds to the appeal of Masters and gives more flexibility through the week for all our swimmers. Please go to the Masters section on the WBC website for details of all the Masters sessions or contact Masters Convenor **Stewart Imrie** at s_imrie@sky.com for more information.

Scottish Masters Competitions on the Horizon

28 October 2016 - ASA Masters Nationals (25M) - Sheffield
5 November 2016 - Scottish Masters 1500m Championships (25m) - Tollcross, Glasgow
19 November 2016 - SASA East District Masters (25m) - Prestonpans, Edinburgh
20 January 2017 - Carlisle Masters (25m) - Carlisle
21 April 2017 - World Masters Games (50m) - Auckland, New Zealand
21/22 April 2017 - Scottish National Short Course (25m) - Inverness, Scotland
16th - 18th June 2017 - British Swimming Masters Championships (50m) - Aberdeen, Scotland
July/August 2017 - FINA World Masters Championships (50m) - Budapest, Hungary
3rd September 2018 - LEN European Masters Championships (50m) - Kranj, Slovenia

Gentlemen's Annual Dinner

Apex International Hotel, Grassmarket, Edinburgh
Friday 18th November 2016 - 6:30 pm for 7:30 pm

This year's Dinner is being held in the Apex International Hotel, Grassmarket, Edinburgh and the Chairman for the evening will be the Honorary Vice President and Life Member, **Melvin Mackie**. The Toast to Warrender Baths Club will be given by **John O'Neill**, who recently retired from the position of Area Sales Manager of a well-known Builders Merchant. His sporting interests include golf in the summer and curling in the winter, where he is Past President of Duddingston Curling Club. John's philosophy in life is 'Live and Let Laugh'. We can look forward to his 'dry wit' and style of delivery which has become his trademark, with Chic Murray being his comedy idol.

The cost remains at £45 per head. The discounted cost for younger members (18-22 year olds) is £30 and I would encourage many more to attend in the knowledge that you will be seated together. Many of our senior members first attended as young swimmers, then as coaches, administrators and parents. Other regular attendees are members of other swim and polo clubs in Scotland. It would be lovely to see even more parents attend this year.

With much to look forward to, I hope that you will be able to join the Club's many friends, members and guests, to renew old friendships, make new ones and to enjoy, not least, The Warrender Quartet! Should you wish to arrange accommodation with the Hotel, please contact them directly at 0131-300-3456 and tell them that you are attending this function.

Please complete the attached proforma and return to Dugald McIntyre as soon as possible but certainly before **Friday 4th November**, with a cheque for the requisite amount or make a direct electronic payment to the Club's account: Royal Bank of Scotland, Sort Code 83-06-08, Account Number 21826807 with reference WBCGD and your name.

Yours sincerely
Grant Cook
Dinner Convenor

Please return to:
Dugald McIntyre 29, Burleigh Road, Milnathort, KY13 9SS. Or email: dugaldmci@aol.com

Name wishes/is unable to attend the 2016 WBC Dinner.

I wish to be seated with:

Names of any guests:

I enclose a cheque, @ £45 pp (£30 for 18-22 yrs), made payable to Warrender Baths Club, OR I have made electronic payment to the Club's account, in the sum of £.....

My e mail address is.....

Please indicate special dietary requirements

Signature.....

Date.....



The Warrender Quartet



Warrender Gentlemen's Dinner

Dinner for the Pianist!

Those members, parents and swimmers (18+) who have attended the Annual Gentlemen's Dinner will have enjoyed the renowned Warrender Quartet. Providing the musical accompaniment on the piano over many years has been **Dennis Seatter**, playing for the final time this year (Friday 18th November).

We need an 'understudy' to attend an evening rehearsal, the Dinner, then next year to succeed Dennis. There are two familiar tunes, one to 'play in' the humorous 'Presidential Oath' and the second, to support the Quartet.

We provide the keyboard AND this year we offer a complimentary ticket to Dennis' successor. As Dinner Convenor, I should be delighted to hear from gentlemen pianists in or associated with the Club, perhaps to attend the Dinner for the first time. Full details above.

Grant Cook
0131 664 1581
granttcook@aol.com