



A word from the President

In this issue



As I say, the last few months have been busy and as part of the governance of the Club we had our Annual General Meeting (AGM). It was lovely to see so many members present. It is a good opportunity for the Management Committee to report back to members and also for members to ask questions. The feedback on the venue was very positive and we plan to hold our next AGM at the same place. The new Management Committee was appointed at the AGM and I would encourage any member who has queries to please speak to any of us.

The Club prides itself on working together and supporting each other. Sadly, this support was shown recently at a memorial service for a mother of one of our swimmers who passed away just after Christmas. Many members of the Club were present; our thoughts are very much with the family at this time and the swimmer continues to have the support of the Club and his squad.

The annual membership is about to be undertaken and this forms an important part of the annual cycle to ensure all members are paid up so they can be entered into meets. I would stress that part of the membership fee goes to Scottish Swimming to allow that registration to happen. I appreciate you get many emails from various people, but please do action the membership renewal request.

Over the next few months I am looking forward to the final East District weekend where we will find out who has won the Telfer Cup and Solripe Cup. We then see two squads head off to Cyprus, this is followed by the hard work leading up to the Scottish National Age Group at the end of March.

Jeremy Chittleburgh, President

The last few months have been very busy for the Club with local district and national meets across all aquatic activities. I am very fortunate to be able to attend many of these in my technical official role. Talking about technical officials, I must thank the many volunteers who are progressing through the different levels. The hard work that Richard Saunders, as STO convenor, puts in cannot be underestimated and we, as a club, are very fortunate to be able to have enough officials to run our own licensed meets. Licensed meets enable times to be recorded and used for entering other meets. We have, therefore, run our licensed Club Championships with some superb swimming.

We have seen success at the National Short Course Championships and we are making good progress in the East District Championships again this year. Water Polo continues to develop and it was a pleasure to be at the East District Masters where Warrender was top club.

December was a busy month, culminating in the Warrender Graded Meet held in Glenrothes. This was the second year running this meet and was another tremendous success. My thanks to everyone who helped out and, in particular, to Laurel Bailey and Mandy Galloway for ensuring everything ran smoothly. I was also delighted to present Life Associate Membership to Susan Liddle, the President's Award to Ralph Payne and the Warrender Baths Club Award to Duncan McKinnell, all of whom support us so much behind the scenes.

National Performance

Read what Kostas has to say this month on page 3

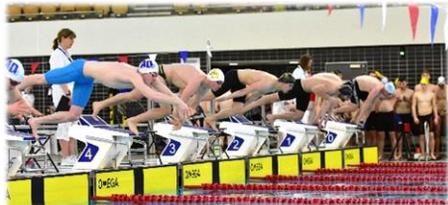


Head Coach Report

Find out Laurel's tips for performing at a big meet on page 2!

Masters

Results from the Christmas Handicap and Silver City Blues meet on page 9.



Water Polo

Read about Warrender's win against Glasgow, despite fielding ex-pro players on page 9.

A note from the Head Coach...

Welcome back to everyone after the Christmas break and an especially warm welcome to those swimmers who have started with us for the first time this January. We hope you are settling in to your new squads well and enjoying your swimming with Warrender.

At the end of December we said our farewells to Smith Red Coach, Andrew Young. Andrew has been a consistent presence around the pools over the last 6 years, always delivering his sessions with high levels of energy and enthusiasm. I would like to thank Andrew for the contribution he has made over the years and wish him all the best going forward. In his place, we welcome David Kerr. David joins us from Falkirk Otters and is studying 'Coaching and Development in Sport' at Glasgow College. Welcome to the team David!

We had an exciting few months of racing leading up to Christmas and the Spring term looks just as busy, with lots of swimmers at all levels of the Club entered in competitions throughout January and February. A few highlights include Scott Quin breaking numerous world records in the S14 100 and 200 Breaststroke throughout November and December 2018 – he was really on a roll! Archie Goodburn representing Scotland at the Ontario Junior International in Canada where he broke the 1:00 barrier on 100 Breaststroke for the first time! Last weekend Katie Goodburn represented Scotland at the Geneva International Challenge Meet, picking up a bronze medal in the senior 50m breaststroke.

Closer to home, we had fantastic results at the Scottish National Short Course Championships, the East District Age Group Championships and also our own Warrender Winter Meet. This weekend 67 of our youngest swimmers raced at the Lothian Junior Graded Meet in Prestonpans!

Here are a few tips to remember when you are going to a swim meet over the next few months:

- Your coach will enter you in the events he/she thinks you are ready to take on. Try not to compare these to your team mates as they will often be different
- Your entry time will be your personal best time, and this is what you are trying to improve each time that you compete
- Remember to take with you warm clothes for the poolside as often it can get cold when you are getting in and out of the pool numerous times over the course of the day
- Also take flip flops, or even better socks and (indoor) shoes, to keep your feet dry and warm when you are on poolside and to stop you from slipping on any wet tiles
- Pack some snacks to keep your energy up. Some good ones are banana, cereal bars, rice cakes, sandwiches with honey or jam. Try to stay away from sweets and chocolate.
- Keep yourself hydrated, the poolside is often very warm, but you may not notice as you get in and out of the pool so often. Keep your drink bottle full and close by and try to take small sips throughout the day.
- Remember to go to your coach before and after your race so that you can get some race instructions and then talk about what went well and what things you can improve afterwards.
- Results can usually be found at www.swimscotland.co.uk – keep a note of your times in order to try to improve them next time!

Laurel Bailey, Head Coach

Farewell!

We say farewell to Andrew Young, photographed here at Awards Night with Jonathan Guthrie:



Coach Development

A number of Warrender coaches were very fortunate to be able to spend two days in December with world-renowned physiologist Jan Olbrecht. In conjunction with SwimEdinburgh, a two-day programme was put together to benefit coaches from Warrender, Hearts, Inverleith and the University of Edinburgh.

This involved poolside testing, a six hour workshop discussing physiology and periodisation in age group and senior swimmers, an evening meal to allow for more networking and discussion and 1:1 discussions with the Performance coaches to discuss individual athletes. Jan is the author of the book "The Science of Winning" and is an expert in the planning and periodisation of swimming.

Five Warrender coaches were able to make use of this fantastic opportunity and we will now work to build more of the general training principles explored into our programme going forward.

National Performance

After the well-needed Christmas break the swimmers had had a fresh start to the long course season. There has been a lot to build on in the long course season based on the training and racing foundations that were established in the short course season. Scottish schools and the final round of East District Age Groups are coming up soon for the performance squad swimmers. Those meets will serve as preparation meets ahead of the target meets of the first cycle of the long course season, namely Scottish National Age Group championships at the end of March and British championships mid-April, with both events taking place in Glasgow.

A couple of swimmers of the squad have already tested their long course racing skills early in the season. Katie Goodburn and Angus Allison represented Scotland in the 52nd Challenge International Geneva meet as part of Scottish swimming's crew. Both swimmers displayed strong early season performances achieving Personal Best times, medals and finals, showing a smooth transition from short course to long course racing. Katie won 2 medals - a bronze in 50 breaststroke open final and a silver in 100 breaststroke junior final while she swam in the open final in 50 freestyle and in the junior final in 200 IM. Angus, racing against many older swimmers than him, qualified for the 200 freestyle junior final where he set a Personal Best time while he set strong early season performances in 200 IM, 400 IM, 200 breast, 200 butterfly and 400 free. Katie and Angus learnt a lot from this international racing opportunity while they displayed excellent professionalism and application over the course of the 4-day trip. Scott Quin, after his impressive record-breaking form in December, travelled to Singapore with the British Para-swimming team on the 1st of January to take part in a 16-day training camp. Scott had a great time in Singapore where he reunited with his former coach Kris Gilchrist. Under Kris' tutelage, Scott had great successes with the highlight being the silver medal in Rio. Scott is now back training in Edinburgh preparing for the World championships trials at the end of April.

Kostas

Katie Goodburn competing in Geneva at the Challenge International de Geneve. Katie returned with a bronze medal from the 50 breaststroke Open and a silver from the 100 breaststroke Junior Final.



National Girls

I have really enjoyed working with the National Girls squad over the last three months. They are a group of dedicated and committed individuals who are always looking for ways to improve themselves. The girls have set themselves up well over the first cycle of the season with some excellent performances at the last two rounds of East District Age Groups. We are now entering an important phase of training and racing which will take us through to Scottish National Age Groups at the end of March. The girls are very much looking forward to heading to Cyprus on training camp in February and we will utilise this opportunity to get some good quality long course training in before we come back and race in March.

Through our regular early morning pre-pool routine and Friday night yoga, the girls have made a positive improvement to their flexibility and mobility, which is having an obvious impact on their diving skills in particular. Keep up the great work girls!

Laurel

National Boys

Over the past couple of months the squad of boys have had some truly excellent results. We have all had our ups and downs, however, have pulled together and prevailed magnificently into the New Year.

The end of 2018 brought on some fantastic results. We have all been predominantly focussing on the boys' mindset and approach towards a race, and not just targeting a fast time. This approach has not only helped the boys learn the dynamics of how a race should be swum, however, it has also helped them to understand the importance of the smaller skills and how they can be applied.

Some swim of the meets;
Warrender Winter-
Gabriel Quinn (100Fly)
Alistair Sherriff (200Fc)

EDAG Sprints-
Alex Thomson (50Fly,Bk&Fc)
Jason English (50Fly)
Ewan Batey (50Bk)

EDAG R3-
Owen Ray (200Fly)
Samuel Chittleburgh (200Bk)
Alasdair Peterson (200Brst)
Finn Bremner (200Fc)

We are now in another main bulk of training with our minds focussed on SNAGs. Within this cycle of training we will be working on fine-tuning the boys' main events in the hope for some top class racing.

Dale

Age Group Squad

At Christmas the squad said farewell and good luck to Lia, Simon & Tameem who moved to Junior Masters - hopefully see you on a poolside soon!

The squad have settled in well after Christmas, returning focused and determined for the upcoming season. We quickly started back with some strong performances at the EDAG 200s from Guy, Jenny, Holly G, Holly T, Ivana & Calum.

It wasn't long before most of the squad were back at Glenrothes at the Carnegie Graded meet, looking technically better in the water. Louis, Alice, Bridget & Calum all managed to swim at least 6 pb's over a very busy weekend. Well done!
Keep up the efforts in training!

Jenn

Junior Age Group

JAG have been through quite a lot of meets lately and have been strongly improving mainly due to their hard work! In particular, there were very good swims at EDAGS for those who made finals and medalled - Ellie (400IM, 400FC, 50FC, 50Breast), James Burnett (400s, 200s, 50s), Rory (400FC, 200FC), Megan (200Breast), Darcy (50 Breast), Eilidh (50Breast), Sarah Mc (200Breast and 50Breast), Sarah G (1500), James E (50 FC). Very well done to all of you! I have to say that I am very impressed by the attitude and hard work of the whole squad, it is a pleasure to work with you!

JAG had a fun event before Christmas as well as a Christmas dinner at Nando's, as you can see below!



Now JAG has a busy schedule and needs to keep up their strong training up to the next meets: EDAGS R4, Hearts Last Chance Meet and Midlothian Spring Meet.

Keep it up!

Wilkie Red

Welcome back! I hope everyone had a good break and you are all ready to swim fast this term. Congratulations to everyone who has moved up to Age Group, and welcome to everyone who has moved into Wilkie Red. The transition has been pretty smooth so far, with everyone stepping up and working hard in training.

We had a busy end to last term, with several swimmers racing at the Warrender Winter meet and the 50s round of East Districts with excellent results across the board - special congratulations to Holly for making her first SNAGs time! So far this term, some swimmers raced at the Carnegie Graded meet, equalling or bettering pbs that were only made a month ago. The rest of the squad raced at the development meet and gained some good pbs even though I couldn't be there.

This term we are focusing on maintaining good technique and skills over longer distances, and will continue to build stamina for longer races. We will also be working on practicing skills at race pace so that swimmers aren't caught out by differing stroke counts when it comes to meets.

Hana

Wilkie White

Hi all, I hope everyone had a very Merry Christmas and New Year!

Firstly, I'd like to welcome all of the new swimmers - Ethan George, Mae Bailey, Maia Ota, Phoebe Arbuckle and Rosie Forster. I look forward to working with you all over the coming block leading up to summer. Also, well done and good luck to the swimmers moving on from Wilkie White - Alasdair Wallace and Innes Tomlinson moving to AGE and Murray Lamb moving to JAG.

Wilkie White have all been working hard in training over the past blocks. Building up the distance in sessions but keeping the same technical focus all the way through, I hope this continues through to the summer. It has been a busy couple of months in November and December with a large group competing in East District Age Group Championships Round 1 and 2 in Glenrothes. There were a number of standout swims, very good skills and big PB's throughout so well done everyone! Special mention to Eilidh Noronha for winning bronze in a closely contested 50 backstroke and Arianna Coli for breaking the East District Age Group record for the medley relay, swimming butterfly, as part of the team with James Burnett, Ellie Craik-Collins and Rory Stobie. Well done!

Thomas

Smith Red

I am excited to join Warrender to coach Smith Red Squad and look forward to working with all of the swimmers. I swam with Falkirk Otter for several years and returned to coach various squads ranging from development to performance. Currently I am studying Coaching and Developing Sport at City of Glasgow College. I've been enjoying being on deck with Laurel and getting to know the squad.

David

Smith White

Welcome back after Christmas to all the swimmers and a warm welcome to all the new swimmers joining Smith White this term. We have had a very strong start to the term with a very positive development and Lothian Graded meet. Our training this term will continue to be focussed primarily on technique while building up the swimmers' aerobic capacity and intensity of the sets. I look forward to working with all the swimmers in the following weeks.

Benjo

Benson Red

Benson Red have been progressing well through the year. We have seen constant personal bests from all the swimmers at the development meets. We were particularly happy with the most recent development meet (20- Jan) where the whole squad showed some very strong swims with big drops on their times. We have recently welcomed 2 new swimmers, Ellie and Helena who are settling into the squad very well. Technique will continue to be our main-focus however, leading up to summer. The volume will increase a small amount, hopefully leading to some more fast times!

We're looking forward to continuing work with the squad in the next few months.

Jess and Calum

Benson White

The swimmers in Benson White have made an excellent start to the New Year in training and have been working hard to improve all their skills. Congratulations to the 5 swimmers that moved up to Smith Red, Oscar, Verity, Jennifer, Trudy and Klara I wish them the best of luck. We also have gained a few swimmers just before Christmas and more at the start of the New Year and I look forward to seeing them at their first competitions soon.

Benson White took part in the Lothian Junior Graded Meet at the end of January and development meets will also give the swimmers a good chance to update all their times and get some new personal bests. Keep up the good work!

Rebecca

Benson Blue

Welcome back! I was very impressed with the squad at the development meet as we had not long been back to training and everyone swam a pb or completed an event for the first time. Well done to Eilah, Iona R, Lorcan, Viola, & Freya for completing their first 50m butterfly and their first competition! Also a big well done to Lilyah for the biggest pb of the squad, knocking 32s off her 100FC time!

The squad welcomed our DoE volunteers Mat, Holly & Patryk to the team just before Christmas. The squad have a fantastic attitude to training, trying their best every session. Keep up the good work!

January Development Meet.

2019 got off to a great start with a very smooth running Meet on Sunday 20th January. We welcomed our new intake of young swimmers all of whom performed really well on their first competitive outing. In addition there were loads of great pb's and a lot of good efforts at longer events including Mia Libby and Kianna at 200m fly – well done!

Please note the next Development Meet is on Sunday 24th February. We don't run one in March because our own Warrender Junior Meet is that month – on the weekend of 23/24 March.

Lothian Junior Graded Meet

By the time you read this, the above event on Sunday 27th January will be over. We have a huge entry from our younger, less experienced swimmers and for many of them this will be their first External Meet. It is at Prestonpans and it was great to see that everyone was accepted. You will find that sometimes, if an event is oversubscribed with entries from dozens of local clubs, not everyone gets in which is always very disappointing. However all is fine on this occasion so we look forward to dozens of good swims, loads of pb's and hopefully a few medals!

STO Convenor Report

With Christmas breathing down our necks there was surprisingly huge turnout from all clubs at the EDAG Sprint weekend. This meant that for the first time in known memory not all STOs were required. The opportunity was taken by some to have a Christmas fry at a local café during the morning session – highly recommended, and well deserved.

Weekend 3 is now over, and again we can be proud that WBC had significant representation on deck. One more EDAG weekend to go before the Judges Night Out on the 1st March.

Thanks to all WBC members and visiting clubs on STO requirements at the Warrender Winter Meet. Positive verbal feedback received from visitors, and in particular on how touching it was that Susan, Ralph and Duncan were recognised in such a public environment.

The majority of STO Poloshirts have now been distributed, and have been appreciated by the fashion conscious STO community. A new order window will be established in the coming weeks. Thanks to David Cockburn and Sue Hoole for managing this process.

Training & Development

The following have been successful in passing the following assessments/exams

Nov	Starter	Mary Kernohan
Dec	Recorder	Andrea Keddie
Dec	Recorder	Peter Jones
Dec	Recorder	Simon Ray
Dec	Recorder	Richard Saunders
Dec	Judge 1	David Cockburn
Dec	Judge 1	Stephanie Kelly

Dates for the next Timekeepers and Judge training courses are being sought from the District and will be shared when available.

East District changes to STO quotas

A change in STO quota requirements was agreed at the recent District AGM. This will have 2 noticeable impacts:

1. General STO quotas for all clubs are being increased. Requirements for WBC will most likely increase to 12 per session based on current participation levels...quotas are calculated based on the number of swimmers in that session.
2. If a District organised event has an evening (finals) session, then the Club STO requirements will be calculated based on the number of swimmers that participated during the qualifying sessions that day (morning and afternoon), NOT the number of swimmers that reached the Finals session. The quota is calculated on a different scale to that used in point 1, and it is expected that directionally WBC would be expected to provide 12 STOs for each finals session.

For example at East District Open

Session 1 – WBC enters 80 swimmers – quota requirements are 10 volunteers for this session
Session 2 – WBC enters 100 swimmers – quota requirements are 12 volunteers for this session
Session 3 (Finals) – WBC had 180 swimmers participating – quota requirement of 12 for Finals

With this in mind I urge parents in Smith and Wilkie squads in particular to join a Judge training course to ensure the Club has cover in the years ahead.

Richard Saunders

Water Polo

WARRENDER MEN EURO TOUR

Our Senior Men will be heading to Malta for a few days at the end of June with a view to getting some high intensity training and some games against excellent local opposition. Watch this space for more information!

HOME WIN AGAINST GLASGOW

Despite fielding an ex professional Hungarian and an ex Australian internationalist, Warrender were too strong for Glasgow in the recent SNL game at the Commonwealth Pool. Final score to Warrender was 21-9.

JUNIORS IN SPAIN

Huge congrats to Ali Shippey, Finlay Kenney, Adam Primrose and Alexander Renz who recently represented Caledonia at the Cadet Cup competition in Spain. This was valuable experience for the boys as they look to push through the ranks in the club.

WARRENDER 5s

This years "prestigious" Warrender 5s tournament will take place at Portobello Baths on Saturday 1st June. Current holders Dunfermline will be looking to retain the trophy. Warrender were last winners in 2017 and stand a good chance this year too!

Masters

Masters Festive Handicap - December 13th 2018

We kept things simple this year and reverted back to the traditional Handicap format for our Festive in-house racing event. 16 swimmers swam some hotly contested heats which culminated in a Medal final won by Ben Sharp (28); a Charlie Raeburn Quaich final won by Thomas Sibson (18) beating Anna Galloway (17), Stewart Imrie (60) and Murray Sheen (21); and a very close Murray Donald Bowl final won by Simon Hindshaw (61) beating Sue Hoole (45), Ally MacGregor (73) and Jason Kenney (48). Great fun, well done all!



Silver City Blues Masters/University Meet – January 2019

4 masters journeyed north to Aberdeen to the annual Silver City Blues short course meet, combined with the Scottish Universities meet. Jenn Davis, Jonny Borland, Joan Figuerola Hurtado were swimming at the event, and Kelly Borland was the official event photographer. In her usual style, Jenn rocked up and swam what seemed like every event going, winning gold in the 100 IM, silver in the 50 back, silver in the 100 free, and silver in the 25m free sprints. Joan won silver in the 50 back, and set several PBs over the course of his 4 events. Jonny Borland won gold in the 50 free and 50 breast, and Kelly Borland took a few thousand photos of the event, and was featured on the Silver City website. A fantastic meet all round, and one everyone should look at!



On the horizon - we have the Scottish Masters National Short Course Championships which this year will be held at the **Royal Commonwealth Pool** on 19th and 20th April. WBC Masters are hoping for a strong appearance from as many of our swimmers as possible (young and older). If you want to be a part of team relays at this event please get in touch with masters swimmer Mark Jones ASAP.