



Armadale Masters Swimming Club



Hi Swimmers,

The committee has changed the rules surrounding the Club Aerobics Trophy. Previously points for the Club Aerobics Trophy were gained from 1st January until the cut-off date (normally in November) prior to the Awards Presentation night. This year due to the 2012 Awards Presentation night moving into November the cut-off date was 31st October. This would have lead to aerobics swims in November and December this year not count towards the 2013 Club Aerobics Trophy.

To overcome this abnormality the committee has set a fixed period to gain points for the Club Aerobic Trophy. The period will be 12 months, commencing on 1st November and continuing until 31st October in the following year. This change overcomes the need to set a cut-off date each year and provided a full 12 month period for members to gain points in the Club Aerobic Trophy.

So with the rule change this Club Aerobics is the first one after 1st November and eight members have gained points towards the 2013 Club Aerobics Trophy. A total of thirteen swims were completed in a variety of strokes and distances including two ½ hour swims. Gillian Caruso produced a PB swim in her 400m backstroke that was also a Club Record. Colin Gibson had a good night with two Club Record swims in 400m and 800m freestyle and Fettes Falconer was so close to a PB in his 400m freestyle.

Happy swimming,
Graham.