



## 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 1<sup>st</sup> 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 31<sup>st</sup> October. This would have led to aerobics swims in November and December this year not count towards the 2013 Club Aerobics Trophy.

To overcome this abnormally the committee has set a fixed period to gain points for the Club Aerobic Trophy. The period will be 12 months, commencing on 1<sup>st</sup> November and continuing until 31<sup>st</sup> 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 1<sup>st</sup> 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 so close to a PB in his 400m freestyle.

Happy swimming,  
Graham.