



Dates for your diary 2017: August Update

Club Galas (there will be no training on these dates)

27th August: 120 years celebration: Sponsored Swim 9am-12pm

25th and 28th September and 1st October St Thomas ASC Open Champs

Galas- Remember to check the weekly plan and Entries Secretary emails for detailed information. More information can also be found on the club website, noticeboard and www.swimscotland.org.uk

31st August-3rd September UK School Games at Loughborough University

3rd September Midland District Sprint Championships at Olympia, Dundee

27th September Midland District Schools Championships at Olympia, Dundee

28-29th October DCA Autumn Meet at Olympia, Dundee for selected Performance Squad swimmers

4-5th November North District Open Championships at Inverness Aquadome, Inverness for selected Performance Squad swimmers

4-5th November Midland District Graded Meet at Olympia, Dundee for Intermediate Squad swimmers

3rd December Stonehaven Santa Elves Mini Meet at Montrose Sports Centre for Development Squad

8-10th December Scottish National Short Course Championships at RCP, Edinburgh

Training Updates-

Long Course Training for Performance Squad (all 10-12pm) at NSA Stirling:

9th, 23rd and 30th September

7th, 14th, 21st and 28th October

11th and 25th November

2nd December

Please note if there is no long course training Performance Squad swimmers will train at Arbroath on the Sunday morning instead 8-11am.

Youth Development Squad Days: 16-17th September at NSA Stirling

Senior Bronze Squad Training Day: 28th October at NSA Stirling

Youth Squad Training Days: 9-10th September and 29-30th December at NSA Stirling

DRP Training Days (please note there is no St Thomas training on these dates)

24th September, 19th November and 3rd December all at Arbroath