

Dates for your diary 2011/12

Premier League-2012

18th Feb Kinross-Kinross
3rd March Arbroath St Thomas-Arbroath
12th May DCA - Dundee
1st September Perth - Perth
10th Nov Forfar-Arbroath

Club Galas 2011

3rd December Arbroath St Thomas Age Group Championships

Galas - More information can be found on the swiscotland site or club NB/website

14th/15th Jan Grand Prix- East Kilbride National Squad Swimmers only
21st/22nd Jan Carnegie Graded Meet-8+
21st/22nd Jan Stirling Junior Open 11-14 years olds to fast for Carnegie meet
3rd March Olympic Trials
11th March DCA Mini Gala
31st March-4th April SNAGS-Sunderland-due to location we will be traveling as a team.
16th June Menzieshill 200/400 Dundee
27th/28th Oct DCA 100/200 Dundee

District Events 2012

4th/5th Feb District Open and Age Group Championships
19th Feb District Open and Age Group Championships
25th -27th May District Distance Meet Dundee
8th Sept District Sprints Dundee
2nd/3rd/4th November District Graded Meet and Distance Championships. Dundee
1st /2nd Dec District 200's Dundee

Schools Events please contact your schools for more information

28th Jan Scottish Schools Finals East Kilbride

Squad Training

28th Jan/11th Feb District Squad Training

Courses CPD-See Scottish Swimming Website

Scottish Swimming AGM 25th Feb

Other dates to follow: please keep checking for amendments! Remember that there is a limit on the amount of meets that you should do. While it may appear that there are a lot in the calendar, not all meets are for all swimmers-speak to your coach before you enter.



Always use a growth mindset when training. **Believe** that talent is a process of learning and is not set in stone. You can then believe that anything is possible and see **effort** as the path to mastery. The key to endeavour is to understand the development process and where to focus the effort. You have to learn how to work hard, to develop great technique with a winners attitude and to train effectively through maximum attendance. Embrace **challenges** as learning opportunities to help you on the journey whether you can do them yet or not. Persist following **setbacks** and view them as part of the development process and not as an indication of your ability. Learn from criticism use it as constructive **feedback** and see it as an important part of understanding how to improve. Take **ownership** of your development and understand that you need to drive the process. Do all of this to **maximise LTAD potential**. Think of the 4 **D**'s

To be successful in both life and swimming we must be disciplined. **Discipline** allows us to use our time to the best advantage. It helps us maximise our skill development and controls our emotions. We must remain dedicated to values, to success in the pool, at school, university, work and life. **Dedication** provides us with the commitment for all of our goals, to work hard and to be patient. **Determination** puts us on the path to success. It teaches us to handle times when things are not going well and to continue striving towards the ultimate result within our capabilities. **Detail** is essential; by doing the little things right in swimming and life we are able to achieve the broader goals. Continue to work hard throughout the season, make time for yourself, your family and friends, your swimming and study.