

## Update on recent successes and upcoming events

As we welcome in the New Year, please find detailed below some of the successes in and out of the pool over the last couple of months:

Well done to all swimmers who qualified and made the journey for the Irish Minor Schools Finals in Galway and special mention to Anna Hill for her 50m Breast stroke bronze medal.

To all swimmers who took part in their first development gala, congratulations, there were some excellent PBs and good finishes across the board.

Outside the pool Rosie-Anne Berryman and Mark Beattie were both successful in achieving their Level 1 Teaching Aquatics qualifications. Mark has also been accepted on to the Board of Swim Ulster.

Thanks to all who took part in the Club Quiz at Windsor and raised much needed funds that night and enjoyed the craic as well.

At the Ulster Open Short Course Championship event in December special mention for Morgan's overall performance culminating in a Junior Championship winning 1500m Freestyle time of 16mins and 14 secs. He followed that up two weeks later with more super swims at the Irish SC Championships at Lisburn. Morgan has also been selected to swim with the Ulster Team at a senior meet in Luxembourg at the end of January 2012- a well earned reward for all the hard hours he has put in at training.

Hannah Beattie has also been selected to take part in the Ulster Development Squad, starting with long course training sessions at the NAC in January.

Aquasprint season starts on the 7<sup>th</sup> January with a home gala against Mid Ulster and the excitement is building, good luck to all involved and we all will be involved!! There are both Development galas and Qualifying galas in January so please respond quickly to Peter when availability is requested.

To those of you just starting out remember you get out what you put in, success needs to be worked at. So set those swimming goals for 2012 and COB will be there to support you.



A HAPPY  
NEW YEAR

Best wishes to all members for 2012

Chris Ross and the COB Committee