



## **Kirkintilloch & Kilsyth ASC – ‘much more than just a swimming club’**

Kirkintilloch & Kilsyth ASC is a competitive swimming, synchronised swimming and water polo club based in Kirkintilloch, Kilsyth and Tollcross swimming pools.

The club has attained advanced Scottish Swimming accreditation and has been awarded swiMark plus, synchroMark and poloMark, to certify that Kirkintilloch and Kilsyth ASC has demonstrated a commitment to safe, effective and child friendly environments for the development of our members, coaches and volunteers.

Our commitment to the development of an all inclusive club within East Dunbartonshire was rewarded in 2016 when the club were awarded the East Dunbartonshire Sports Club of the Year.

### **KKASC Water Polo – Fast, Fun, for Everyone.**

KKASC Water Polo is the newest section of Kirkintilloch & Kilsyth ASC. Following a number of ‘Come & Try’ sessions in the summer of 2015, KKASC Water Polo was officially adopted as a section of the club in March 2016.

Our programme is coached by Zsolt Torok, who along with our five fully qualified water polo coaches has developed a fun water polo programme competing in local water polo development tournaments, inter club friendly matches and the West District cup matches. The club provides two water polo training sessions per week, and all players continue to swim in their fitness and competitive swimming squads throughout the week. Water polo has become very popular in the area with water polo training sessions now topping 30 players per week and attracting players from Kirkintilloch & Kilsyth ASC, Milngavie & Bearsden ASC, Cumbernauld ASC and City of Glasgow ASC - with players continuing to swim with their primary clubs.

Each year the club welcome local schools to help them prepare for the Scottish Schools Water Polo Championships and in the last two years have coached over 80 school pupils and entered 11 teams in the Scottish Schools. The initiative has been so successful that the club is planning, along with East Dunbartonshire Active Schools, Lenzie Academy and St. Ninian’s High School, to launch an East Dunbartonshire Water Polo Championships for all eight local schools for 2017.

Always looking for opportunities to cooperate and learn from other clubs, KKASC launched their West United initiative to bring together a number of West of Scotland water polo clubs for weekly training sessions held at Tollcross. The sessions have proven to be very popular and are regularly attended by players from KKASC Water Polo, Ren96, Larkhall and Stirling.

Water polo is a fantastic activity within the club and Kirkintilloch & Kilsyth ASC encourage all of our members to try water polo at least once. We have found water polo to be excellent for recruitment and retention with many of our water polo players also swimming competitively.

If you wish to find out more about water polo, how Kirkintilloch & Kilsyth ASC successfully integrate water polo into the club, or if you wish to join KKASC Water Polo then please see the links below.

web: [www.kandkswim.org.uk](http://www.kandkswim.org.uk)

email: [kkasheadcoach@gmail.com](mailto:kkasheadcoach@gmail.com)

hub: [sportshubkirkintilloch.com](http://sportshubkirkintilloch.com)

### **East Dunbartonshire Sports Club of the Year 2016**

