

Rhyl Dolphins Swimming Club

CHRISTMAS NEWSLETTER DECEMBER 2018

HEAD COACH REPORT

Nearly the end of another year and it has been quite a year. Some of our senior swimmers left the club to further their careers joining universities in Liverpool and Leeds. Very loyal servants for a long time and we wish them well in their new ventures.

Performances throughout the age groups continues to improve, many recording personal best times and final placings. These standards must be maintained going into 2019 – this can only be achieved by hard work, dedication and enjoyment of the sport.

Congratulations to James Park who has been selected to train with the Welsh National Squad, fully deserved and James did no harm to his promotion winning 2 gold and one silver medal in at the recent Winter National Championships in Swansea in his preferred long-distance events.

James was well supported by his fellow swimmers Dan Meehan, Matty Jones, Lewis Jones and Alex Young.

Our new 'Meet the Coach' went very well with some interesting questions. Great to see so many parents getting involved. These meetings will continue in the New Year, please check the notice board/Facebook page for future dates.

To all parents and swimmers, extra training sessions are available. Please speak to me regarding your son/daughter, I will be delighted to discuss his/her development.

Finally, I would like to wish all of the Rhyl Dolphins family a very Merry Christmas and good health in 2019.

Bob

CHANGES TO SESSION TIMES IN THE NEW YEAR

Due to the wave 7 lessons coming to an end on a Friday evening at 6.30pm, we will be taking this opportunity to restructure our Friday evening sessions commencing on Friday 4th January 2019.

Session 1 – 6.30pm-7.30pm

Session 2 – 7.15pm-8.00pm

Session 3 – 8.00pm-8.45pm

Land training 6.45pm – 7.45pm

If you have not received a letter regarding which session your child will now be in, please ask Fiona

CHRISTMAS SHUTDOWN 2019

LAST CLUB NIGHT: Friday 21st December. **There will only be two sessions.**
If you normally swim at either 6.30pm or 7.15pm your session will be at **6.30pm-7.15pm.**
If you normally swim at either 8.00pm or 8.45pm your session will be at **7.30pm-8.15pm.**
Santa will visit at 7.15pm.

There will also be a presentation of the Junior and Senior Boy/Girl trophies

LAST SUNDAY NIGHT: Sunday 23rd December normal times apply.
FIRST WEEK DAY: Wednesday 2nd January 2019 (6.00am-8.00am, 7.30pm-9.00pm)
FIRST CLUB NIGHT: Friday 4th January 2019

EXTRA SESSIONS DURING CHRISTMAS SHUTDOWN FOR THOSE COMPETITIVE SWIMMERS THAT NORMALLY TRAIN DURING THE WEEK

Thursday 27th December - 6.00am-8.00am
Saturday 29th December - 6.00am-8.00am
Monday 31st December - 6.00am-8.00am

CLUB FEES 2019

Membership fees are payable by 30th January 2019. Fees can be paid on a Friday evening on the balcony. For those that can't get to club on a Friday evening we will hold one payment session on Sunday 30th January from 6.30pm-8.00pm.

Unfortunately, we cannot accept debit/credit cards.

Swimming Membership - £190.00 (Club night)

Extra Sessions - £95.00 (Land training £50.00)

Students (ex-club swimmers living away from home in term time) - £150.00 payable in one payment upfront.

Masters including Keep Fit Masters - £190 which includes 1 morning session instead of Club night. Extra sessions payable at the normal extra session price.

New Members joining fee - £10.00

Admin members £30.00

Gala Success

Sub Regionals, Llandudno

We had a team of 18 swimmers competing at the Sub Regionals in Llandudno. Some excellent swims from our swimmers with 55 personal best times, 11 gold, 7 silver and 12 bronze medals.

Congratulations to Victoria Colquitt who broke the 10 years old 100m breaststroke record, although this was then broken again in the next heat by another of our swimmers Cerys Thomas who now holds the record, well done Cerys. Congratulations also go to Alex Young who broke the boys 11 years old 400m freestyle and 400IM.

Winter Nationals, Swansea

Congratulations to Lewis Jones, Matthew Jones, Daniel Meehan, James Park and Alex Young on a successful Winter Nationals down in Swansea. All the lads came away with personal best times and some swam in finals with more pbs. Many congratulations to James who came away with a silver medal in the 400m freestyle, a gold medal in both the 800m and 1500m freestyle.

DATES FOR YOUR DIARY

Regionals

Friday 1st February
Saturday 2nd February
Sunday 3rd February
Friday 8th February
Saturday 9th February
Sunday 10th February

Keep the date free

Sunday 29th April 2019 is our 3rd Denbighshire Development Team Gala. (Meet pack will be out in the new year.) We will be looking for sponsors for the event for medals, trophies and race sponsors. If you know any local businesses or individuals that can offer any form of sponsorship or donation of raffle prizes please let Fiona or Anita know. We will be looking for timekeepers, marshalls and volunteers for the doors, cake stall and raffle in due course.

For all other gala dates please keep an eye on the club website www.rhyldolphins.co.uk or our Facebook page for future galas.



A new list will be published in the new year

Long Course Training

Stockport Metro Pool 4.30pm-6.30pm

2019 training dates

02.03.19
13.04.19
01.06.19
07.09.19
09.11.19

Following the success of the Fun Bus we will be continuing with this.

The DDT Gala will be held in Llandudno on Sunday 28th April. We will be looking for sponsors this gala for trophies, medals and races. If you know any local companies that would be willing to be a sponsor, please see Fiona or Anita for more information.



VOLUNTEERS REQUIRED

We are required as a club to provide a percentage of both qualified and unqualified helpers at galas, to assist in the smooth running of the event; these could include timekeepers, turn/stroke judges, announcers or marshalls who assist the swimmers in being where they should be at the correct time.

We are still struggling to fulfil this commitment and it is always the same people who help.

If your child is a regular competitor, please have a think about taking up one of these roles. (It does make the day go quicker.) For more information please see Anita or Fiona who will be happy to advise you. It is not necessary to volunteer at every gala or even every session, you can choose which you want to do. The last couple of galas we attended as a club, have been short of officials and have been on the verge of not being run. It would be such a shame for the swimmers if this was to happen.

As a volunteer, you receive free entry and lunch is normally provided.

WITHOUT VOLUNTEERS WE WILL NOT BE PERMITTED TO ENTER SWIMMERS FROM OUR CLUB INTO GALAS.



We also need volunteers to join the club as admin members to help on a Friday club night. It doesn't have to be every Friday and it doesn't need to be all night. The more volunteers we have the less each person needs to do.

If you are interested in helping in any way, please speak to Fiona or Anita. The club takes a lot of running and will not run without the help of volunteers.



Thank you to all the Executive Committee, Coaches and Volunteers who have helped the club to have another successful year.



On behalf of the Executive Committee and Coaching Team we would like to wish you all a Happy Christmas and a healthy New Year.



Please can we have empty shoe boxes if anybody has any. We are also grateful for any donations of toiletry items, small toys/games, screwdrivers, tape measures.

