

## Christmas Newsletter December 2019

### HEAD COACH REPORT

Nearly the end of another year and it has been quite a year.



Performances throughout the age groups continues to improve, many recording personal best times and final placings. These standards must be maintained going into 2020 – this can only be achieved by hard work, dedication and enjoyment of the sport.

Success on the competition front has been at both local and National level with many personal best times, medals and records being broken. Our club championships this year was a great success with many records being broken, some of which had stood for 26 years. Well done to James Park, Lewis Jones and Alex Young on achieving these new records. On the negative side the attendance was quite poor, please remember these are your championships and the more of you who participate the better the atmosphere, so please look to enter next year (parents please encourage your young ones to enter).

Parent/Coach meetings to discuss your son/daughter's development will continue in the New Year, please check the notice board/Facebook page for future dates. There are extra sessions available, please speak to me if you are interested in these for your child.

An absolutely brilliant effort by all concerned regarding the Swimathon (August bank holiday). A huge amount of money was raised for club and three local charities. Thank you to Gerald and Fiona for organising this, everyone who helped on the day and to those who donated raffle prizes or sponsored a lane. Lastly thank you to our swimmers and all their sponsors.

Finally, on behalf of the Executive Committee, myself, coaches and helpers, we would like to wish all of the Rhyl Dolphins family a very Merry Christmas and healthy New Year.

**Bob**



### CHANGES TO SESSION TIMES IN THE NEW YEAR

**Session 1 – 6.45pm-7.30pm**

**Session 2 – 7.30pm-8.15pm**

**Session 3 – 8.15pm-9.00pm**

**Land training 7.00pm – 8.00pm**

**If your child would like to take up any extra sessions, please come and speak to me.**

# Christmas Shutdown 2019

## LAST CLUB NIGHT:

Friday 20th December. **There will only be two sessions.**

If you normally swim at either 6.30pm or 7.15pm your session will be **6.45pm-7.45pm.**

If you normally swim at either 8.00pm session will be **7.45pm-8.45pm.**

There will also be a presentation of the Junior and Senior Boy/Girl trophies so please all be on poolside for **6.30pm**. Can those who are going straight in the water at **6.45pm** please make sure they have their trunks/costumes on but need to wear a t-shirt for presentations.

Sunday 22<sup>nd</sup> December – Normal training session times

Monday 23<sup>rd</sup> December – Normal training session time

## **EXTRA SESSIONS DURING CHRISTMAS ARE OPEN TO ANY SWIMMER THAT SWIMS MORE THAN 2 SESSIONS PER WEEK**

Friday 27th December - 6.15am-8.15am

Sunday 29th December – 8.15am-10.15am

Tuesday 31st December – 6.15am-8.15am

Normal training sessions resume from Thursday 2<sup>nd</sup> January 2020 5.00pm-6.30pm

**First club night back:** Friday 3<sup>rd</sup> January 2020 New session times (as in Bob's report)



## Club Fees 2020

Membership fees are payable by 31st January 2020. Fees can be paid on a Friday evening. For those that can't get to club on a Friday evening we will hold one payment session on Sunday 26th January from 6.30pm-8.00pm. It was agreed at the last Executive Committee Meeting that club fees will remain the same for 2020 as they were in 2019.

**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 Spectators – 50p

## Gala Success



5 of our younger swimmers competed in the Geoff Drew Meet in Holywell and came away with 16 personal best times, new distances swum, 5 gold medals, 2 silver and 7 speeding tickets won. Reggie Park came away with the top boy trophy in his age group and Keira Pennington also in her age group.

Although low in numbers our swimmers had success at the Sub Regional Championships in Llandudno. Many of the swimmers took on new challenges with new distances races they hadn't swum before. They came away with pbs, 3 gold medals and 1 silver. Congratulations go to Alex Young who broke the age 12 years 1500 freestyle meet record. Congratulations also go to Cath Young who has passed her J1.



Lewis Jones and Alex Young were competing recently down at the Winter National Championships in Swansea. Both boys were full of cold and came up against very tough competition. In the 13-14 years age group Lewis swam 8 races and came away with 7 very good pbs. Alex Young swam in the 11-12 years age group, he swam 10 races, made 7 finals, pb'd in all of his races and came away with a gold, silver and two bronze medals. Well done to both of them on a fantastic weekend of swimming. They both did their club proud.

## Competition Dates for your Diary

### Valentine Meet, Holywell

Sat 11<sup>th</sup> & Sun 12<sup>th</sup> January (Entries for this have now closed)

### Swim Wales Regional Championships

Frid 31<sup>st</sup> Jan, Sat 1<sup>st</sup>, Sun 2<sup>nd</sup> Feb, Frid 7<sup>th</sup>, Sat 8<sup>th</sup> & Sun 9<sup>th</sup> – **All entries to be in by Friday 3<sup>rd</sup> January**

### Menai AA & B Grade Meet, Llandudno

Sun 1<sup>st</sup> March – **All entries to be in by Friday 10<sup>th</sup> January** (This gala is a good one for all our younger swimmers whether they have done a gala previously or not must be 9 years or over)

### Denbighshire Development Meet

Sun 26<sup>th</sup> April – Denbighshire Development Gala – **All entries to be by Friday 28<sup>th</sup> February**

**\*\*This is our gala so we would like all swimmers possible to enter\*\***

We will be looking for sponsors for the gala for medals, trophies and races. 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 in due course.



**A new list for long course training at Stockport Metro will be published in the new year**



### Parents Questionnaires

Thank you all for taking time to complete these questionnaires.

They have all been collated and passed onto the Executive Committee and Coaches for them to look at and make decisions on.

For all future gala dates and up to date club information, please keep an eye on the club website

[www.rhyldolphins.co.uk](http://www.rhyldolphins.co.uk), the notice board situated on the balcony or our Facebook page.



### PARENT HELP

We are looking for more parents to get involved with swimming club. A large percentage of our current volunteers no longer have children swimming for the club but continue to volunteer (for which we thank them), without these we would not have a club. We are looking for volunteers who have an interest in teaching swimming to help out on poolside alongside our coaches/swimming teachers, especially on the first session on a Friday evening. If you would be interested in helping out in any way at all, please speak to Bob

