

Rhyl Dolphins Swimming Club

NEWSLETTER FEBRUARY 2019

HEAD COACH REPORT

I would like to begin by thanking the Executive Committee for their continuing support, their hard work and at times difficult decisions that have to be made to benefit the club for many years to come.

In the past 12 months there have been many challenges particularly with the departure of many of the senior swimmers which has taken experience and success from the pool.

The head coach is only as strong as the team behind him and I wish to extend my thanks to the volunteer coaching team that continue to support me and provide excellent teaching and coaching to all levels of the club.

We started the new year with a change of times to our club night. Early feedback would suggest it is a success, but we will continue to monitor the situation and keep you updated.

It has been a great start to the new season with an excellent team effort in the Swim Wales Regionals held in Llandudno (see gala success for full report) and the Menai AA & B Meet also held in Llandudno. Many thanks to all the parents for their support and to the swimmers - a big well done.

To our Friday club night swimmers, thank you for your continued support. Continue to improve both your swimming technique and fitness levels. Club night is also a chance for swimmers to meet old and new friends.

Happy swimming

Bob

Gala Success

Regionals, Llandudno

We had 21 of our swimmers compete in the Swim Wales North Regional Championships over the last two weekends and they had some fantastic swims. Kathryn Bell, Sian Casilao, Alicia Clark, Tegan Derbyshire, George Eldredge, Ella and Jacob Evans, Lewis Hall, Ellie Hughes, Jasmine and Lydia Hughes, Jess and Matty Jones, Lewis Jones, Cerys and James Park, Jason Stockin, Cerys and Erin Thomas, Rebecca Williams and Alex Young swam 118 races between them and came away with a fantastic 95 pbs, 32 finals, many heat declared winners, 25 gold medals, 9 silvers and 2 bronze. We also had 16 confirmed records. These swimmers have all been amazing over the last two weekends and have done the club proud. Well done everyone. Thank you to all our officials and Marshalls, our swimmers would not be able to take part without you volunteering your time.

Spring Long Course Meet, Swansea

Well done to Matty Jones and James Park who have been down to Swansea Spring Long Course Meet recently and returned home with three gold medals and one bronze.

Menai AA & B Meet, Llandudno

What a great day our swimmers had at Llandudno at the Menai AA & B Meet.

Kathryn Bell, Victoria Colquitt, Keisa Dodgson, Luke Graham, Lewis Hall, Katie Hooper, Ellie Hughes, Leo & Lewis Jones, Grace Kane, Emily Prendergast, Cerys & Erin Thomas, Oliver Thomas, Ellie-May Underwood, Sarah Whitham, Gregory & Nikita Williams and Amelia Woodbine swam a massive 36 pbs, 8 gold medals, 7 silver, 11 bronze and 7 speeding tickets between them. Of the 19 swimmers that took part, 6 of these were young swimmers who competed at a licensed gala for the very first time and have set new times in 27 races. You should all be very proud of yourselves, you have overcome fears of the unknown and have definitely done your club/parents proud. Thank you once again to Cheryl, Dawn and Val for being our officials to allow these children to swim.

Is your child interested in competitive swimming?

If your child is interested in becoming a competitive swimmer, please speak to one of the coaches or committee members/parents of current competitive swimmers who will be happy to explain the process of the galas with you.

For all gala dates please keep an eye on the notice board on the balcony, club website www.rhyldolphins.co.uk or our Facebook page.



Long Course Training

Stockport Metro Pool 4.30pm-6.30pm

2019 training dates

02.03.19

13.04.19

01.06.19 (may change)

07.09.19

09.11.19

The Fun Bus we will be booked on a gala by gala basis at a cost of £10.00 per date on top of the £5.00 session training fee. Those who have been chosen to take part in the 50m training have already been notified and a list has been posted on the notice board.

KEEP THE DATE FREE



We are proud to invite you to join us for our

**Denbighshire Development Team
Chris Clements Memorial Meet 2019**

(Under FINA rules and Swim Wales Laws)

MEET INFORMATION PACK

Llandudno Swimming Centre
Regional 8 lane 25m pool with Daktronics electronic timing

Sunday 28th April 2019

Level 3 Meet

License No: TBC

CLOSING DATE: 23rd March 2019



This will be our 4th Denbighshire Development Team Gala. (Meet pack is on the notice board.) We would like to have as many of our swimmers as possible take part in this gala. Closing date to club members is 1st March.

We are looking for sponsors for the event if you know any local businesses or individuals who may be interested. Below is a list of what sponsors we need. Our sponsors will appear in the programme which targets around 1000 people on the day, the companies will be announced during the gala by our commentators and they will also get free publicity through our social media on the run up to the gala.

Medals (in the region of £500)

Trophies (£150)

Skins (£180 x 4)

Race sponsors (£30 per race) (Each Denbighshire Club has been asked to get 5 of these each, we have 3 so far)

We also require any donations of raffle prizes and spot prizes both for the swimmers and balcony area. These can be brought to club on a Friday evening and given to Fiona or Anita.



We are asking for help please from our officials and marshalls, we also need volunteers to help on the entry desk/raffle and the cake stall. If you are able to help out, please let Fiona know.

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.



OFFICIALS COURSES

All the courses will be held at Llandudno

Sunday 6th April – J1, Workshop 2

Saturday 18th May – J2, Workshop 2

Saturday 1st June – J1, Workshop 3

Sunday 2nd June – J2, Workshop 3

Sunday 7th July – J2S, Workshop 1

Saturday 28th Sept – J1, Workshop 1

Sunday 29th Sept – J2, Workshop 1

Saturday 19th Oct – J1, Workshop 2

Sunday 20th Oct – J2, Workshop 2

Saturday 23rd Nov – J1, Workshop 3

Sunday 24th Nov – J2, Workshop 3

If you are interested, please let us know and we can get you booked on one of the courses.

CLUB T-SHIRTS, HOODIES AND HATS

If anybody would like to order a club t-shirt, hoodie, blue hat or a gold hat please see Fiona.

T-shirts from £16.00-£18.50

Hoodies from £18.50-£23.50

Blue Hats - £6.00

Gold hats with names on - £8.50
(can only order the gold caps once I have 25 names)



Please keep an eye on the notice board at club or the website/Facebook for information relating to the club and upcoming galas.

Club website: www.rhyldolphins.co.uk

Facebook: Rhyd Dolphins SC

