

Rhyl Dolphins Swimming Club



AUGUST 2018 NEWSLETTER

HEAD COACH REPORT

Well school is out, and many of us are looking forward to our summer holidays home and abroad. A well-deserved rest for swimmers, parents, coaches and volunteers.

It has been a very successful half year with many of our swimmers competing at local and National levels with some outstanding results, but as they say don't look back, look forward. I am convinced that with a little encouragement our younger swimmers can take the step forward into competitive swimming.

PARENTS

Please speak to the coaches regarding your son/daughter's progress. They will be able to advise regarding extra training sessions that are available and also local swimming competitions.

Now is an ideal time to trial extra sessions with the prices reduced due to the being over half way through the year.

Swimmers

Whilst there are plenty of positives, sadly we lack some basic fundamental requirements to assist us in achieving better individual results.

- **Timekeeping** – i.e. arriving late to a session (unless already discussed with the coach) or entering the pool late is a major issue. Session plans include warm up, swim and swim down. Arriving late disrupts this flow and needs to be eradicated quickly.

Food for thought swimmers - if it was your day to day job, some of you would not last very long.

- **Commitment** – there are no short cuts to success. To succeed you need some very basic ingredients. Hard work, talent, dedication and not forgetting parental encouragement.

A huge big thank you to all our coaches, teachers, executive committee members and volunteers for all their help and assistance both on the poolside during training and at galas. Long may it continue.

Good luck and best wishes to Lewis Hall, Lewis Howie Jones and Rebecca Williams who will be competing at the Swim Wales Nationals in August.

Have a great Summer break.

Bob

Club Champs 2018

It is that time of year when our club champs is almost upon us.

We still have trophies outstanding, please can these be returned as a matter of urgency. This will allow us to check we have them all back in and order any new ones that are necessary. It would be appreciated if these trophies could be returned **cleaned**.

The forms to enter club champs will be out very shortly and the online registration will be opened. To compete in club champs, you must have joined the club before 29th June 2018. Closing date for entries is Friday 7th September. ***There will no late entries after this date or on the day of the gala.***

If we have anybody who would like to help with club champs either timekeeping or on the door/raffle, please let Fiona or Nancy know. We can't run the gala without the help of volunteers.



Gala Success

As the season comes to an end, the club has competed recently in the DDT gala which was a tremendous success this year, SWN Junior Development Meet, Manchester Open Meet and the Len Thomas Memorial meet in Llandudno with great success gaining many personal best times, medals and top awards. Well done to Jacob Evans, Lewis Jones, James Park, Ellie Williams, Rebecca Williams and Alex Young who finished overall top boys/girls at the various galas. A recent four towns gala in Denbigh saw Rhyl finishing joint first with Denbigh. Well done to all our swimmers who took part, especially those that did so for the very first time. Thank you to Jess and Nadine for helping with the younger ones.



Swimmers at the JDM in May

Club T-shirts and Hoodies

If anybody wants to order club t-shirts or hoodies, please see Fiona on a Friday evening.

T-shirts from £16.00-£18.50
Hoodies from £18.50 - £23.50

Club Hats

We now have the blue club hats in stock at £6.00 each please ask on a Friday evening.



We have started a new list for those that want to order a gold hat with a name on it.

These are £8.50 each and payment is required at the time of ordering. We need to have a minimum of 25 names for the gold hats before we can place the order.

Dates for your diaries

Club Shutdown

Our last club session is Friday 10th August. First club night back is Friday 31st August with weekday sessions returning on Tuesday 28th August.

Club Championships

Friday 21st, Sunday 23rd September (longer distance races)

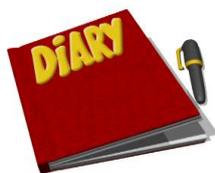
Friday 28th, Saturday 29th and Sunday 30th September

Christmas Shutdown

The last club night will be Friday 21st December. Return date tbc at a later date.

Galas

Please keep an eye on the notice board and club for upcoming recommended galas.



Congratulations

Nia Pepper on passing her level one swimming teacher award.

Good luck to Daniel Meehan and Rebecca Williams on the final weekend of their level two swimming teacher award.

Swim Wales Lane Leaders Course

A lane leaders course has been arranged for Sunday 9th September at Denbigh Leisure Centre at a cost of £10.00 per person.

Thank you to all those who put their names down. Start times will be confirmed nearer the time.



For those that are on the DDT training squad only

Long Course Training

Stockport Metro Pool 4.30pm-6.30pm

NEW DATE 1st September 2018 (this is to replace the cancelled session in June)

8th September 2018

10th November 2018

We will be having a coach between the four DDT clubs to travel to the two September training sessions for the children only as a trial. There will be coaches and team managers on the coach with them. The cost of this will be £10 per child. They normally stop for food on the way home and will arrive home about 9.00-9.30pm. The pick-up point and time will be confirmed nearer the date. (Pick up will probably be St Asaph area.)

If you are interested in your child travelling on the coach, please let Fiona know as soon as possible as numbers are limited and will be on a first come first serve basis. You are still more than welcome to travel to Stockport in your own transport if you would prefer.

Robin Hood Open Meet

All entries have now been accepted. Warm up times will be confirmed nearer the time.

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 now 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.



We would be grateful for any donations of the following items:

Empty shoe boxes, toothbrushes, toothpaste, flannels, microfibre cloths, soap, nail clippers, hairbrushes, combs, hair bobbles/clips/hairgrips, plasters, tennis balls, bubbles, skipping ropes, playing cards, dominoes, small toys, colouring pencils, pencils / sharpeners / rubbers, small pads, calculators (solar powered), tape measures, screwdrivers, wind-up torches, tealights, sewing kits (or needles and cotton), hats, gloves, scarves, head scarves, new socks, tights, hankerchiefs, reading glasses (2.00+), magnifying glasses, old jewellery, old ties/belts, umbrellas, work gloves, small sensory items for the elderly (i.e. lavender bags, bean bags etc), old ties/belts, please bring them into club on a Friday evening and give to Fiona, who will pass them onto Jane Daniels.