



Dolphin News

the newsletter of Witham Dolphins Swimming Club

Issue 18

April 2009

ESSEX COUNTY CHAMPIONSHIPS BLOCK B,C & D

There were more successes for the club at the Essex Championships this year than ever. Well done to everyone who took part. A fantastic achievement for swimmers, coaches and club.

Block B . Jenny Stott, Lauren Baker, Lauren Flight, and Grace Hellier took part in this event . PB and age group regional time for Grace - 200 free. Lauren Baker - 100 IM Jenn Stott - 100 breast (and a 2nd place and reg time) and 200 breast (and 4th place and reg time) .

Block C Lauren Baker - 200 breast (and a 5th place) * her first 50 split was also a PB and has since been agreed by regional ASA that it counts as a regional qualifying time. Lauren Flight - 200 back Joe Hellier - 100 free.

Block D Abby and Lauren Colton, Lauren Baker, Lauren Flight . They all got PB's for their races - 2 with regional times Lauren Baker - 100 breast, 3rd place and reg time Abby and Lauren C - both got PBs in their 200 IM Lauren Flight - 100 free PB with a regional time.

In total our swimmers achieved 10 top 6 placings; 21 PBs including 11 regional qualifying times. 3 regional times each for Lauren B, Lauren F and Jenn Stott.

WELL DONE TO ALL OUR SWIMMERS

Proposed training camp at 50 metre pool

We have unfortunately had to postpone this event as we were unable to get any 50 metre pool time at any of the pools within a 2 hour drive. We are now waiting to hear back from Crystal Palace with their opening date and time table. This is not likely to be until after the summer break. Apologies for the delay but this is beyond our control.

In the meantime we will try to arrange a 2 hour session at South Woodham Ferrers to concentrate on strokes, dives and turns. Please keep your eye on the noticeboard or website for further information.

Sunday Night Training Course

Parents of swimmers in the early session on Sunday will have noticed that Jenny Slater is running a Level 2 training course alongside this session.. We run these course every so often to help new instructor/coaches, supporting the Sports Centre in their efforts to improve their staff's skills and help promote swimming. There are several benefits to the club from this:

Better ratio of instructors to swimmers provides a more personalised training session

Helps enhance the swimmers' enthusiasm due to new techniques being used and adding a splash of fun

Not everyone will benefit as much from every activity and it might not be obvious to parents what some benefits are but they are all aimed at helping the swimmers develop

-Back to basics at times to remind the swimmers what they've already learned, something we always do, but maybe not so obvious.

If you have any questions regarding this please speak with Colin or Fiona.

Open Galas

You will all have noticed a great number of Open Gala events advertised lately. These events allow our swimmers to compete against swimmers from across the ASA East Region, which is an essential part in the development of a competitive swimmer.

Many of these events are now 'licensed' which means the times swum at these Galas are recorded on the ASA Database.

If you want to Swim at the Regional Championships then your times **must** be on that Database. Open Galas are currently the only way this can be achieved and everyone is encouraged to attend whenever they can.

Please see Chris, Fiona or Colin for more information.

Forthcoming Open Events

(Please put your name up on the sheet on the noticeboard if you wish to enter)

Sudbury June 13-14 (tbc)
Bishops Stortford (at Braintree) July 5th
Epping Forest July 5th
Ipswich July 19th (tbc)

STANDARD OF DRESS

To help promote the Team ethos at the Club, **ALL SWIMMERS MUST wear a BLACK club hat and black/black & white costumes when representing the club in ALL Galas.** Swimmers are also required to wear Dolphin T-Bags, Dolphin Polo shirts or Dolphin track suits (all available from the club shop). *Black hats will also be available from Team Captains on poolside at gala's if you forget, price is £4.75.*

Official Timekeeping Course.

The timekeepers course is currently a self-study project with an exam/ assessment at your home club (date to be confirmed, probably a sprint night)

We are allowed a maximum of 10 people. There are a few places left (Min. age 14years).

If you are interested please contact :
Fiona (treasurer@witham-dolphins.org.uk) or
Colin (secretary@witham-dolphins.org.uk)
We will forward you the relevant course work.

SUMMER BBQ AND PRESENTATION

We are looking for a new venue/format for this event any thoughts or suggestions to: Colin or Fiona

secretary@witham-dolphins.org.uk

Forthcoming Events

Sun 5th April

Backstroke Sprint Night

Sun May 3rd

Breaststroke Sprint Night

Sat 9th May

Mini League round 2
Dunmow LC

Sat 20th June

Summer Club Champs

Fly/Back/Breast/Free/Skins
South Woodham Ferrers
5.15pm warm up 6pm start

Sun 21st June

Summer champs

IM
Bramston
6pm Warm up 6.30 Start