



# Dolphin News

*the newsletter of Witham Dolphins Swimming Club*

Issue 17

February 2009

## ESSEX COUNTY CHAMPIONSHIPS BLOCK A

Last weekend saw the first round in this years county championships at Blackshots Leisure Centre in Grays. The Dolphins had 10 swimmers competing over the weekend.

**Abby Colton, Lauren Colton, Meg Vaughan** and **Cameron Crozier** all competing for the first time and **Lauren Baker, Lauren Flight, Hannah Flight, Joe Hellier, Grace Hellier, Mikeala Gore** and **Jen Stott** competing again.

All our swimmers put in a fantastic performance against some extremely tough competition. **Lauren Baker** made the final of the girls 13 year breaststroke with a personal best time and finished 5th. **Abby Colton** made the final of the 9 year Fly and finished 6th.

**Jen Stott** achieved a fantastic 3rd place in the 14 year breaststroke. **Lauren Flight** gained 2 Regional times. **Grace Hellier** competed in 3 events doing fantastic PBs in front crawl and fly moving her more than 8 places up in the rankings.

## Annual Ball 2009

What a fantastic night it was ! More awards were presented than ever before. We were also privileged to have Sarah Carrington and Jo Bright there to present awards in their names and to top it all we had James Gibson on video link from an island off Mauritius. James helped with the presentations by announcing the nominations for our top awards of the year, the Achiever and Endeavour Awards.

*Colin is keen to receive feedback on the event, so please don't be shy...*

## Proposed training camp at 50 metre pool

We propose to hold a training session at a 50 mtr pool for the **JUNIOR SQUAD**. If you are interested please put your name down on the notice on the board in the foyer and tick **all** the dates you are available as we will go with the majority.

The session will probably include a 1 ½ to 2 hr session in the 50mtr pool, 1 hr circuit training session, and a 1 hour session in the pool at 25mtrs with breaks in between. We are looking into Norwich or K2 Crawley. More details to follow once we have an idea of the number of swimmers interested.

The cost of this will be approx. £15 - £20 per swimmer.

## SPONSORED BIKE RIDE

WELL DONE TO EVERYONE WHO TOOK PART IN THIS EVENT WHICH WAS A GREAT SUCCESS DESPITE THE COLD. IF YOU HAVE NOT ALREADY DONE SO PLEASE COULD YOU ENSURE YOUR ENTRY FEE AND SPONSORSHIP MONEY IS HANDED IN TO CASEY REED, MATT STOKER OR FIONA STOKER AS SOON AS POSSIBLE.

AS ANNOUNCED AT THE PRESENTATION EVENING WE WOULD LIKE TO USE THE PROCEEDS TO BUY SOME STARTING EQUIPMENT FOR THE CLUB.

## 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. Everyone is encouraged by the Coaching Staff and the Committee to swim in these events

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)

Southend Good Friday April 10th  
Colchester May 23rd (tbc)  
Sudbury June 13-14 (tbc)  
Bishops Stortford (at Braintree) July 5th (tbc)  
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.*

## **REMINDER**

### **NEW FEE STRUCTURE FROM SEPTEMBER 1ST 2008**

Unfortunately there are still a number of monthly fee payments coming through at the old rates. We appreciate that Banks are not what they were, but... **PEASE ENSURE YOUR STANDING ORDER IS CORRECT AS WE WILL BE CHASING FOR ANY ARREARS!**

IF IN DOUBT AS TO WHICH GROUP YOUR CHILD IS IN PLEASE CONTACT, COLIN ([secretary@witham-dolphins.org.uk](mailto:secretary@witham-dolphins.org.uk)) or FIONA ([treasurer@witham-dolphins.org.uk](mailto:treasurer@witham-dolphins.org.uk)).

<b>SQUAD</b>	<b>NO. SESSIONS AVAILABLE</b>	<b>MONTHLY FEE</b>
A	10	£35
JUNIOR	4	£28
DEVELOPMENT	1	£18
MASTERS	1	£18
	2	£25
CLUB	1 OR 2	£25
A*	12	£38
JUNIOR *	6	£30
SENIOR *	10	£38

**NB:** Juniors that are attending Friday sessions should pay Junior \* fee of £30.

## **Forthcoming Events for your diary**

**Sun 1st Feb**  
Freestyle Sprint Night

**Sun 1st March**  
Fly Sprint Night

**Sat 14th March**  
Mini League round 1  
Bramston  
5.30 warm up 6pm start

**Sat 21st March**  
ESL final round  
East Ham  
5.30 warm up 6 pm start