



Dolphin News

the newsletter of Witham Dolphins Swimming Club

Issue 19

May 2009

EAST REGION YOUTH CHAMPIONSHIPS

Three of our swimmers qualified this year for this event; Lauren Baker, Jennifer Stott and Lauren Flight. All three qualified for 3 events held at the UEA 50 metre pool in Norwich over the Bank Holiday Weekend. This is the most events the club has been represented at for many, many years.

It was the first time these young ladies had made the Regional qualification level and also the first time for competing in a 50m pool.

All three swimmers performed at a very high standard against a very impressive and strong field from all over the Eastern Region.

Jenny Stott swam in 50m, 100m and 200m breaststroke, making the finals in two out of three events, getting a bronze medal and a great PB in the 100m and finishing seventh in the 50m. A fantastic achievement, well done Jenn.

Lauren Baker also competed in the 50m, 100m and 200m breaststroke, moving up the rankings in the 100m as well as getting an impressive PB in the 50m.

In the 15 year age group Lauren Flight swam 50m free, 50m back and 100m free, against some very stiff competition.

Such an impressive feat was this that the girls got a phone call from James Gibson himself offering his congratulations.

WELL DONE LAUREN, JENN & LAUREN

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 (to the public) and time table. This is not likely to be until after the summer break. Apologies for the delay but this is beyond our control.

AGM — 14th June 2008 at 6pm in the Conference Room at Bramston Sports Centre

It is essential that parents attend this meeting to find out about what the Club is doing for the future - please attend if you can.

You will have seen the notices on the board that the club is short of volunteers at the moment. Not everything needs to take up much of your time or effort, so if you feel that you could give a little assistance please take a look at the vacancies on the Noticeboard.

We are only a small club and a few people are doing too many jobs. Please try to help out.

The Club is run for the children who swim and it'd be a shame for them to have to miss out if some non swimming activities are not able to continue.

Any questions or queries please contact Colin or Fiona
(secretary@witham-dolphins.org.uk / treasurer@witham-dolphins.org.uk)

SUMMER CLUB CHAMPIONSHIPS

The events will be as follows:

Sat 20th June

At South Woodham Ferrers

50m Fly/Backstroke/Breaststroke/Freestyle (Warm up from 5.15pm)

“Skins Event”

The 6 fastest swimmers in the 50 freestyle will take part. They will swim 50 meters as fast as they can, then the slowest will be eliminated the remaining 5 will swim again, then the fastest 4 and so on until we have our “Skins Champion”

Sun 21st June

At Bramston

100mtr IM (Warm Up from 6pm)

5pm session will run as normal

Watch the Noticeboard for further details

SUMMER BBQ AND PRESENTATION

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

secretary@witham-dolphins.org.uk

Again keep your eyes on the Noticeboard

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.

Please note that most events have qualifying times, if the swimmer does not have the time they cannot be entered.

In order to qualify to swim at the Regional Championships then your times **must** be on that Database and achieved at a level 1 or 2 event.

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 27-28

Ipswich July 11-12

Ipswich Novice Open Sept 13

Forthcoming Events

Sun May 17th

Breaststroke Sprint Night

Sat 13th June

Mini League round 3
Canvey Island

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

Sat 18th July

Summer BBQ & Presentation (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.