



Dolphin News

the newsletter of Witham Dolphins Swimming Club

Issue 15

October 2008

TEAM CAPTAINS FOR 2008-2009 ANNOUNCED

As you know, we held a ballot during September for all our swimmers to vote for their Team Captains for the coming year. On Sunday 28 September we had great pleasure in congratulating **Lauren Flight** and **Casey Reed** who were voted Team Captains for 2008—2009, with **Hannah Flight** & **Sam Mitchell** being voted joint Vice Captains for the Girls and **Matthew Stoker** as Boys Vice Captain.

This year the Team Captains will have additional responsibilities including liaison between Swimmers and Coaches/Committee, assisting Poolside at Galas and Opens and ensuring the behaviour & appearance of our teams at all events is appropriate.

WINTER CLUB CHAMPIONSHIPS

Due to the enormous number of events between now and the end of the year we will be holding the Club Winter Championships on 3 consecutive nights; Sat 13th, Sun 14th and Mon 15th December. Whilst we appreciate that this is also a busy weekend for parents we do not have any other viable options to run this major event.

The events will be as follows:

Sat 13th December Fly/Backstroke (warm up from 5.30pm)

Sun 14th December Breaststroke/Freestyle (Warm up from 5pm)

Mon 15th December 200mtr IM (Warm Up from 7pm)

Lanes will be available for usual Monday Session for those not competing.

We anticipate being finished on Saturday night by 8.30pm, if anyone needs assistance with getting their child to/from Bramston, please let Colin or Fiona know and we will endeavour to arrange lifts.

Forthcoming Events

Mini League Gala

SOUTH WOODHAM FERRERS CM3 5JU

SATURDAY 11th OCTOBER 2008

WARM UP 18.30 START 19.00

November 2nd

Sprint League—Backstroke

ESL Gala

Sat 15th November

East Ham Warm up 6pm

James Gibson Trophy Gala

Sat 22nd November

Bramston warm up 6pm

Winter Club Champs

Sat 13, Sun 14 & Mon 15 Dec

(see above)

Ric Oram Gala

Sun 21st December

Bramston

(Details to follow)

Annual Ball & Presentation Evening

Sat 17th January

Maldon Golf Club

FOR OPEN EVENTS SEE OPPOSITE

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 Essex County Championships or 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)

9 November—Epping Forrest

15-16 November—Bury St. Edmunds

23 November—Romford Town

6 December Jingle Bells at Runnymede

7 December—Waltham Forest

WEBSITE

Just a reminder that our website is the best place to find up to date information around what is happening or has happened in the club.

Visit www.witham-dolphins.org.uk

VOLUNTEERS

A BIG THANK YOU TO ALL THOSE WHO HAVE OFFERED TO HELP WITH THE RUNNING OF THE CLUB.

WE STILL HAVE A FEW VACANCIES SO IF YOU ARE INTERESTED IN MAKING THE CLUB BETTER FOR EVERYONE PLEASE SEE COLIN OR FIONA

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

AS AGREED AT THE AGM IN JUNE, THE FEES WERE INCREASED FROM SEPTEMBER 1ST—AS DETAILED BELOW. AS FEES ARE ON STANDING ORDER AND NOT DIRECT DEBIT WE WOULD BE GRATEFUL IF YOU WOULD ARRANGE TO AMEND YOUR STANDING ORDER TO TAKE THIS INTO ACCOUNT *WITH IMMEDIATE EFFECT*. AS AT 30 SEPTEMBER, 50 SWIMMERS WERE PAYING THE WRONG FEES. PLEASE 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 (secreary@witham-dolphins.org.uk) or FIONA (treasurer@witham-dolphins.org.uk).

SQUAD	NO. SESSIONS AVAILABLE	MONTHLY FEE
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.

WEEKEND AT UEA NORWICH

23 of our swimmers recently attended a weekend training session at the 50 mtr pool in Norwich. Training for 4 hours in the pool on Saturday plus a 3 hour dry side session. Another 2 hours on Sunday morning, followed by an afternoon and evening at the Ipswich Open. A fantastic time was had by all the swimmers and our thanks go to Jenny, Paul and Annabelle for all their hard work.

Due to the success of this event we are trying to arrange for a similar session for the Junior Squad, either at Norwich or Crystal Palace. We are also planning to start 4-6 weekly visits to one of the 50 mtr pools on a Saturday for the A squad. If you have any comments or ideas please contact Fiona at treasurer@witham-dolphins.org.uk