



NEWSLETTER

AUGUST 2007

Welcome back from our summer break. In reality, with the various free swimming programmes and poolside holidays the majority of members will have kept up with their aquatic training. So everybody will be refreshed and ready to get stuck into the new Annual Training Plan.

The new plan is published and on the notice board. This takes us right through to the Club Championships 2008. The programme will give every swimmer the opportunity to build upon the excellent progress made to date. Hopefully there will be many new sessions to inspire and motivate.

Swim meets and galas are built into the programme. We will aim for continued improvement both individually and as a club. I believe we have the talent and determination in the club to make a real impact at several galas including the North Wales Championships. I expect Bethan to make a real breakthrough at national level this year and I also have my eye on several very strong relay squads.

To kick off the new swim club year I want all swimmers to focus on 2 areas:

- **Responsibility**
- **Preparation**

In practical terms this means I want every swimmer to start keeping a log book and to follow a programme of stretches.

Log Book & The Million Meter Challenge

Who will be the 1st club member to record 1 million meters in the training pool? At every training session swimmers should at least be recording the distance swam. This will be initialled by the coach and added to your training total.

Awards will be given as "mile stones" are reached. Who will be the 1st to train for 10 miles, 50 miles, 250 miles?

But you must remember to keep that log. As your log book develops you can record other sports/training activities. Your diet, how you felt, times & P.B's achieved.

All sportsmen & women find a training log an invaluable tool for motivation and training smart.

STRETCHES

Your Best Buddies

I cannot emphasise enough the importance of stretching before and after training.

Pre-training stretches should follow a short and simple warm up routine just to get the circulation going. Whenever you can, get onto the poolside 5 minutes early and go through your stretching routine. Guidance on simple stretches and good technique will be given at club sessions in August.

Post training stretches can be done in the showers while the muscles are still warm and will really help with recovery and prevent injury.

To help ensure you get your stretches done I would like to build up a training partner or "buddies" system. This is for you to sort out and should be pairs or groups of 3 to 4 swimmers that do their stretches together.

Buddies encourage each other and literally support each other. Trust me, this is great fun and motivation. As Head Coach, I will be watching and really good buddies will be rewarded.

Finally welcome back, enjoy training because this is the year that Denbigh Dragons will really make their mark. We are an established club now, expectations, standards and competition have all gone up. Make sure you are part of something very exciting and special.

Chris Armstrong

COACHES

The new coaches shirts have arrived. Can you please ensure that you are wearing your coaches shirt whenever you are on poolside. Navy or black tracksuit bottoms/shorts and suitable footwear are also required. Our swimmers look at us to set the standard for them to follow.

I have 100% confidence in all of our lane coaches ability and when I look at other local clubs realise how fortunate we are.

I want the best for our swimmers and I will continue to challenge, support and encourage our coaches whenever I can. I expect the same in return.

The new coaches rota's will be circulated shortly and will take affect from the 1st September training session at Manchester. Please liaise with each other and myself to make the rota's work.

Everybody at the club is a volunteer. I believe that is one of our greatest strengths especially when I hear of what is happening at other clubs. As a lane coach the most important rule is that we should be enjoying it at least as much as the kids, if not more.

Thank you for all your continued efforts.

WATER DRAGONS

Firstly, welcome to all new members. To those swimmers that have progressed to club, Congratulations, you deserve it, work hard and enjoy swim club.

Secondly, to all of our Water Dragons that took part in the recent gala with Ruthin Water Dragons, Congratulations, I hope you all enjoyed it and got an early idea of what swimming galas are like. I was delighted with everybody's effort and with a number of very promising performances. The discipline and enthusiasm were a real credit to both clubs.

Thirdly, good news! I will personally be taking over the Water Dragons teaching. I know all of the Water Dragons were given assessment sheets towards the end of the last lessons. I have seen these and want to build on your strengths, develop all four strokes and improve stamina. I always keep an eye on our Water Dragons. I have noticed many are strong on perhaps two or three strokes but need to improve on one or two other strokes. With effort and determination I am confident we can make some real good progress and open up the opportunity of joining swim club to several more Water Dragons.

Finally, I expect high standards from all of my swimmers. Water Dragons should be prompt and prepared. That means proper swim costumes, correctly fitted goggles and drinks bottles. I also expect to have an awful lot of fun so be ready for some weird games and accidental splashing of parents and coaches!