

SWIM CLUB NEWSLETTER

December 2007

1. New Members
2. Holiday Opening
3. New lane times - Friday, Sunday, Monday, Tuesday, Thursday
4. Forthcoming galas
5. Results

WELCOME

Seasons greetings to all our new members and their families. We go into the Christmas and New Year break on a real high having served our 1st team gala win at Ruthin last month. As you read this we are celebrating back to back wins as we compete in Rhyl on Saturday 9th December afternoon. (Webmaster edit)

I hope our recent success has encouraged every member of swim club. Squad places are always up for grabs and with training and effort I am sure a lot of you can push for a place. The best way to make a bid for a team place is to post P.B's in competition. The upcoming Valentine meet and North Wales Championships give the chance for every club member to shine.

Despite doubts of pool opening times at Denbigh we have pushed on with the annual training plan. Over the Christmas and New Year break we will be in a general conditioning phase, so please all keep up your fitness levels ready for quality work when we are back in the water come January.

Can I take the opportunity to wish you all a very Merry Christmas and a Happy New Year.

Coach Chris

1. New Members

Our new members since August newsletter are:-

Jonah Armstrong

Robert Thomas

Dominic Green

Phoebe Hobson

Phoebe Paton

Curig Brady

Catrin Rowlands

Elena Brown

Welcome to you all. Can every member of club remember what it was like when you first joined and do everything to help and encourage the clubs future stars.

2. Holiday Pool Closure

The pool closes at 6pm on Sunday 9th December and re-opens for swim club on Friday 4th January 2008. During this time there will be some maintenance work going on at the pool.

3. New Lane Times

As I am sure you are all aware Friday night sessions are becoming very busy. We have addressed this to ensure we can continue with the quality coaching.

With immediate effect, in January 2008 the new swim times will be as follows:

Friday Club Night

4.30pm - 5.00pm Water Dragons Group 1 (those currently at 4.30pm)

5.00pm - 5.30pm Water Dragons Group 2 (those currently at 5.40pm)

4.30pm – 5.30pm Red & Red Star

5.30pm - 7.00pm Blue, Green & Yellow

Sunday

All club members 3.00pm - 5.00 pm

Water Dragons 3.00pm - 4.00 pm

Monday

5.30pm - 6.30pm Red, Yellow, Green & Blue

Tuesday & Thursday Mornings

6.45am - 7.45am All welcome

Thursday Evening

8.00pm - 9.00pm Green & Blue

If anyone is unsure of which group they are in please get in touch or speak to one of the coaching staff.

4. Forthcoming Galas

The Valentine meet and North Wales Championships details are now available.

Notices are on the board or speak to Delyth (Jake's mum) regarding entries. Closing dates for entries are usually a few weeks before the actual competition.

5. Results

We have details of all your P.B's from galas and club presentations. Can everybody make sure they know their own P.B's. This will help in training. Printouts are available from our Swim Club computer system on request.

Below is the press release from the Ruthin Denbighshire Development Gala.

FIRST WIN FOR DENBIGH DRAGONS

Denbigh Dragons Swim Club recorded their first team win on Sunday against countywide opposition. It was Ruthin's turn to host the Denbighshire Development Gala and teams from Chirk, Denbigh, Rhyl and Ruthin took part in 43 individual and relay races.

Denbigh Dragons Swim Club have developed fantastically over the last 12 months and with competition for squad places, were able to find a strong team of 7-16 year olds.

From 1st race to last it was clear that Denbigh meant business. The first places and personal bests just kept on coming. It is not possible to pick out individual performances because every swimmer contributed to the points total.

The other clubs pushed Denbigh all the way, but on the day the Dragons could not be beaten, and ran out clear winners. Special thanks to Ruthin Rays for hosting a friendly gala and providing Denbigh with a splendid 1st trophy. Lets hope it's the first of many.