



## **DENBIGH DRAGONS NEWSLETTER**

**JUNE 2007**

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## **Welcome**

It is only at times such as writing the newsletter, that I get the chance to reflect on what the Club has achieved over the last two years. It is important to occasionally step back from training plans and squad lists to look at what a great bunch of swimmers, coaches and support staff we have at Denbigh. From what I learn from travelling around the region and speaking with other clubs, Denbigh Dragons seem to be doing things right.

We have an excellent relationship working with the Leisure Centre, and just as much attention is paid to our Water Dragons as our senior swimmers. We even sometimes, very occasionally still have some fun.

Well done everyone and keep up the excellent work.

Can I say a very warm welcome to our newest members to full Club. I have had the opportunity of working with the swimmers that have moved up from Water Dragons to Red Star Group. The standard and attitude is excellent. Daniel, Stephen and Rohit have already represented the Club in galas. It won't be long before we have some real selection problems.

I am sure everybody in Club already has made the new members welcome, but can I make it official.

Welcome to:

Hanna Hughes

Dafydd Roberts

Ianthe Baker

Daniel Whitfield

Rohit Basu

Aron Evans

Emily Jones

Matthew Jones

Liam Kelly.

Stephen Brazier

Phillipa Vickers

Hannah Leonard

Stephen Lewis

Tomos Evans

Ela Jones

Raviina Vijayanandam

Rebekah Jones

## **Denbighshire Development Gala Press Release**

Denbigh 10<sup>th</sup> June 2007

Denbigh Dragons Swim Club had the honour of hosting the 1<sup>st</sup> in a new series of galas to be fought for by swimming clubs from Chirk, Denbigh, Rhyl and Ruthin.

On a sweltering hot afternoon teams and supporters crammed into Denbigh Leisure centre to cheer on the swimmers aging from 7 to 15 years. From the very 1<sup>st</sup> event it was clear this was going to be a close competition and noisy affair. All the teams secured good wins and valuable points for their Clubs.

At the halfway stage Denbigh lead Ruthin by just one point, and everything was to swim for. As the gala reached its climax both teams were level on points with the relays and 'double' points up for grabs.

In the end Ruthin Rays just edged out Denbigh Dragons on the last race and deservedly picked up a magnificent new silver Cup to take back to their empty trophy cabinet.

Well done to all the teams and well done to Denbigh Dragons Club officials for an extremely well organised event, with a friendly atmosphere. All clubs are looking forward to the next gala at Chirk on the 15<sup>th</sup> July.

### **New Training Calendar**

Our training cycle has now been planned to take us through Christmas and onto the North Wales Championships in February 2008, and beyond. The calendar is on the Noticeboard. Please take time to study it, together with the training blocks. The calendar also lists major competitions, junior galas, Manchester training and Stroke Clinics. As new information becomes available this will be updated.

After the summer break our next targeted gala will be the Swimfest at Holywell in early October. Several of our swimmers have the chance to make a real impact at this gala, so please stick to the training plan and get in as many hours swimming as you can.

### **Water Dragons**

As ever during our Friday night sessions I always keep one eye on our Water Dragons. Welcome to all new members. I hope these sessions challenge you to take your swimming to the next level. Continue to work on your technique above all else, and the stamina will come.

Working your way up through swimming lessons you will have been encouraged by regular certificates and badges. The jump to Club however is a big step and it may take some of you several weeks to get there. To help with motivation we will continue to produce the detailed stroke appraisals for all Water Dragons. We have recently completed Distance Badges and at the beginning of August there will be a Swimming Gala especially for Water Dragons.

Please keep an eye out for further details of this and other events.

## **Club Championships**

The most important Gala of the season. Please see the poster on the Noticeboard.

The Championships will be spread over three sessions:

Friday 6<sup>th</sup> July 4.30 – 7pm  
Sunday 8<sup>th</sup> July 4.00 – 6pm  
Monday 9<sup>th</sup> July 5.30 - 6.30pm

Every member needs to get to all of the sessions in order to challenge for the main Pentathlon Trophy.

The Presentations will take place immediately after the Monday session in Denbigh Rugby Club. Please see the Noticeboard for contributions for the buffet.

## **Lane Coaches Rota**

The Club is now in the most fortunate position of having several enthusiastic and qualified lane coaches. Coach education and training has always been a Club priority.

I want to make the most of this committed talent and organise a Lane Coaches Rota. This will ensure that we have the best representation on poolside at all times.

Of course the Club relies on the goodwill of it's volunteers and any rota will incorporate flexibility.

On full Club nights I also hope to allocate specific lanes to the coaches so every coach will get the opportunity to improve themselves with varying ability of swimmer.

## **Denbigh Dragons Discipline**

At this Club we are very fortunate to have excellent discipline. The swimmers on the whole are a credit to themselves, their families and the Club at both training and Galas.

I think it is however, worth spelling out a few basic "rules".

Swimmers arriving late on poolside or messing about in the lanes will be asked to leave the session and get changed.

Club only has responsibility for the members on the poolside and in the water. This does not extend to the changing rooms or elsewhere within or outside

the Leisure Centre. Parents must be aware of this and make adequate provision.

### **Forthcoming Events**

Please check the Noticeboard for Galas, Extra Training, Stroke Clinics and social events. Dates for your diary are:

Club Championships	6 <sup>th</sup> -9 <sup>th</sup> July
Presentation Evening	9 <sup>th</sup> July
Chirk Development Gala	15 <sup>th</sup> July
Water Dragons Gala	10 <sup>th</sup> August
Manchester Training	1 <sup>st</sup> September
25m Denbighshire training @ Ruthin	22 <sup>nd</sup> September
Manchester Training	29 <sup>th</sup> September
Swimfest at Holywell	6 <sup>th</sup> /7 <sup>th</sup> October
Steve Parry Stroke Clinic	14 <sup>th</sup> October

### **Summer Break**

Swim Club is having a rest for the first two weeks in August - that doesn't mean you have to! There will be plenty going on at the Leisure Centre, such as Water Polo, Snorkelling and Free swimming. Water Dragons will continue as advised.

(No swimming from Sunday 5<sup>th</sup> until Friday 17<sup>th</sup> inclusive).

### **Flint Junior Gala Press Release**

**Denbigh Dragons Swim Club Just Keep Getting Better.**

Denbigh Dragons Swim Club, junior swimmers really impressed at the Flint Gala on Saturday 12<sup>th</sup> May. Swimmers aged from 7 to 12 years competed in 41 events against longer established teams from the Flintshire area. With senior North Wales swimming officials in attendance, Denbigh were out to impress and as ever have fun. Several performances were note worthy and the Dragons junior swimmers are likely to make a big contribution to North Wales age group squads in the future.

From the very 1<sup>st</sup> event Denbigh Dragons showed they meant business with fantastic individual and team relay swims providing 20 P.B. times and 15 1<sup>st</sup> places. A few members of the team were swimming in their very 1<sup>st</sup> gala's having progressed into the squad via 'Water Dragons' swimming lessons.

At the end of an enjoyable, fun gala, Denbigh were only 2<sup>nd</sup> to hosts Flint and had established a Club record points tally. Well done to all the team and coaches. Thanks to Edna and all of Flint Swimming Club for a warm friendly welcome and superbly organised event.

### **Notice of AGM**

An open meeting will be held, hopefully in early September. The AGM will follow the standard agenda, but it would be useful to also have a general discussion with any Club members or parents. If you have any points you would like to be raised please see Ailsa. Dates to be confirmed on the website and notice board.

### **Tracksuits, T-shirts & Equipment**

For Club merchandise and bulk orders from Swimshop please speak with Jane Giles or Delyth.

A couple of our swimmers are now using "Shami towel". These are excellent towels that can be used to dry you, then ringing out and used again. Excellent for galas, so you won't be sat on the poolside in a wet t-shirt. Andrew has found a cheap website supplier. Please liaise with Ailsa and we might order a few.

We have our own equipment basket on poolside. We will be stocking this up over the next few months. If you have equipment such as old fins or kick boards, put them in the basket and we will always have use for them. Thank you.

### **Triathlon**

Saturday 7<sup>th</sup> July. See the notice board. This is a great sport, lots of fun and a good challenge. If you can take the chance at this introduction to Triathlon.

### **Website**

Always up to date. Thanks to Fred for all his work.  
[www.swimclub.info](http://www.swimclub.info)