

Denbigh Dragons Swim Club Season Finale

Friday 11th July 2008 saw the final events of the **2007-08 Club Championships and Presentation Evening**.

Over the last 12 months our swimmers have all worked extremely hard and this was demonstrated in the level of performance by all. Many, many P.B.'s were achieved and we also saw some very close races, demonstrating the depth of talent at several age groups. Full results will be posted on the web in the next few days.

Over 130 members and family attended the presentation evening at the Oriel House, St Asaph. The Club also welcomed Denbigh Town Mayor and party, together with representatives from Denbighshire Leisure Services.

Many thanks to Carnet and others for organising the evening. Other special mentions go to Marie and Jill for organising the raffle and Tracey for collecting Swimmers Swimmer votes. Of course there are lots of others working behind the scenes to make the season and presentation evening a success.

Denbigh Dragons have had an unprecedented year. Training and competition have moved on several levels. Hopefully we can continue to develop, maintain our core values and strengths and be a big part of the leisure centre, Denbigh, North Wales and national swimming.

Photos are available from the presentation evening and can be downloaded, with password protection, very soon.

Congratulations and thanks.

#STOP PRESS#

Denbighshire Development Team reach all Wales finals of the National Swimming League.

After 3 strong performances at the regional heats. Denbighshire Development Team, have reached the national final to be held at Llandudno 19th July 2008.

Swimmers from Denbigh and Ruthin have out performed all expectations. Please come along and support your club mates.

Congratulations.

Please look out for notice of the AGM, to be held in August 2008.

Denbigh Dragons Swim Club

Season 2008-2009

Introduction

Over the last 6 weeks I have been carrying out a review of Swim Club and the 2007-08 season. Thank you to all of you that have helped in this process. Your honesty and enthusiasm are appreciated. Based on this review I have begun to form the training calendar for next season and beyond.

Since 1st January 2005 when Swim Club was formed the club has grown and developed at a fantastic rate, largely down to the swimmers and volunteers efforts. There are many good things about our Club, but we can't rest on our laurels. We have to be SMARTER. That means a constant cycle of setting targets, measuring performance and reviewing.

I don't believe our 'mission statement' has changed, but the quality and range of our members has, and this has raised several challenges that we must rise to.

Whilst striving for excellence it still has to be fun. Fun to swim, fun to coach, fun to compete and fun to socialise.

We have a huge responsibility to our members and we won't let them down.

Chris
Head Coach

Performance

Both as a team and individually the Club has moved up several levels. 2007-08 saw our swimmers achieve several 1st's.

- North Wales Championships
- Welsh Age Groups
- Development Gala team wins (undefeated in last 4)
- Denbighshire Development Team ranked 5th in N. Wales
- National Disability records and representation
- And so much more.

In order to continue this performance we will continue to develop the performance squad. I would look to Andrew Roberts to take the lead with this group. Initially working with the Disability, Blue and Green squads. As our younger swimmers start to achieve national standards, they will also be integrated into a Performance squad.

I am also very conscious that we don't leave behind our newer swimmers and more social swimmers. At this young age stroke technique always comes 1st.

To accommodate all I am proposing the following developments for the coming season. These changes to take effect in **September**.

- Club Night will change from **Friday to Thursday**. Running from **5:15 to 9:00 pm**. This will include the former Friday night session and the Thursday night Performance/Masters sessions.
- **Friday** night **7 to 8:00 pm** will be **land training**. Swim specific working on core strength and flexibility.
- Morning training will continue on **Tuesday and Wednesday's 6:30 to 7:45 am**.
- **Monday nights** and **Sundays** to continue.
- The annual training plan will become two annual training plans. This will allow the older/stronger blue and green groups to train and taper for gala's with 100m and 200m events. The Red and Yellow groups will focus toward galas that include some shorter distances.

- Groups will have their own coaches:
 - **Blue**; Andrew
 - **Green**; Nia & Tracy
 - **Yellow**; Catrin
 - **Red**; Martyn & Emma
 - Chris overseeing training as head coach

Fun

To help forge a strong Club identity I propose placing all the swimmers in equally matched 'houses'. At regular intervals in the training calendar swimmers would compete in inter-house events, such as super sprints, earning house points for an end of year trophy.

This will help with team spirit, competitive edge and regular testing of performance.

Swimmers breaking our Club discipline rules or code of conduct will also potentially lose house points. This could be a very effective discipline tool, now that we can't give them a good smack!

Hydration and Nutrition

We are all keen to promote good practice. Latest information will be provided on nutrition and correct diet. We have arranged for new drinks bottles for all club members. Swimmers will be encouraged to consume sufficient fluids during training. Spare bottles and water will be made available at a charge, until such time as nobody forgets!

Denbighshire Development Squad/Team.

At the end of 2007 I raised the question of Denbigh and Ruthin members swimming jointly in the relays at the North Wales and Age Group Championships. This coincided with the announcement of the new National Swim League. We were able to form the Denbighshire Development Team, despite objection and obstacles from the swim Wales office, Swansea. Special thanks have to go to Chris Clements and Lucy Jones.

The relay teams did well in the North Wales and I was delighted that Tom and Jamie were able to compete at the national finals.

The Development Team has been on a steep learning curve. Training, selection and competing have all raised new challenges for both Clubs. Notwithstanding all of these obstacles, ask anybody that was at Bangor for the 2nd round, and they will tell you how worth while this has been.

The future for Denbighshire Development Team:

- I have held informal discussions with the head coaches of Rhyl and Ruthin Clubs, with the proposal of forming a Denbighshire County Squad. Initial response has been positive.
- Swimmers from all three clubs would have the opportunity to represent their county in next years Swim League and possibly other events, such as the Nationals.
- Regular training would be organized and hopefully funded by the county.
- Using the examples of the England football and cricket teams, I would be keen for the Squad to follow the football example, thus Clubs retaining their identity.
- I propose another meeting in the next week to take this further.