

DENBIGH DRAGONS SWIM CLUB

NEWSLETTER AUGUST/SUMMER 2006

Welcome back to the swimmers & families of D.D.S.C. 1st September heralds the start of a new swimming year. Major Regional, National & International competitions are focused in August each year. To reflect this our swim year will commence each September and aim to build our focus and training over a full 12 months for a peak performance each summer.

Due to problems at Denbigh Swimming Pool, we have been informed we may be not returning to Denbigh until the end of September/beginning of October. This is not a definite date. We will keep you informed as soon as we know more.

Excitingly we are also able to confirm the new training times for the whole club on our return to Denbigh. A big thank you to Steve Owen & Denbighshire Leisure Services for fitting us in. The extra hours per week will give every swimmer the chance to take their sport onto the next level. Please note the new swim times and squads for Friday night.

Finally in my introduction a big thank you to Hayden & all the staff at Ruthin for looking after us over the summer & putting up with a very noisy bunch.

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1. Four Towns Gala – Chirk 29/07/2006

Despite recent difficulties Chirk swim club staged a very enjoyable Gala on Saturday. This was the third of this years Four Towns Gala, with the final leg to be held at Denbigh in November.

All teams were affected by holidays and unfortunately Abergele were unable to raise a squad. None the less competition was fierce with Chirk & Ruthin choosing to swim their older/stronger swimmers as often as they possibly could.

A Denbigh/Corwen team was by far the best prepared and all swimmers were given the chance to swim in at least 2 events. A record points total 9 1st places, 13 2nd places and 28 personal bests tells the story of a fantastic effort from the whole squad.

The improvement in the team and individual performance was commented upon by other clubs. Denbigh Dragons Swim Club have developed a blue print for success that looks set to produce more great results in the future. Somehow every member of the club and parents seemed to be having loads of fun.

Perhaps that is Denbigh's secret?

2. Manchester 50m Training

Denbighshire have secured a monthly training session at the fantastic 50m pool, Manchester.

The training squad picked from Denbigh, Rhyl & Ruthin swim clubs will be given the opportunity to significantly improve strokes & times.

The dates are listed below. Coach transport will be provided between Denbigh Leisure Centre & Manchester. Picking up @ 12 noon & dropping off around 6.15pm.

The eight swimmers from Denbigh will be invited to attend by the club coaches. Selection will be considered by regular attendance at the club training sessions, amongst other criteria.

Ask any of the swimmers that attended the last Manchester session and they will tell you it is a fantastic experience. So work hard and everybody will be given a chance to take part.

Dates are:

2/9/06

11/11/06

25/11/06

2/12/06

16/12/06

3. Fees

When swim club first started we agreed an annual training membership fee of £100 per annum. This included WASA membership (£25) and we trained on a Friday night for 1 hour.

As the club developed we increased training to Monday & Friday nights and Tuesday & Thursday mornings, a total of four hours per week. Fees stayed the same and this represented a charge of 37 ½p per hour. The club committee believes this represents excellent value for money.

From September 2006 the club will be training 7 ½ hours every week. WASA & North Wales WASA membership, subsidised t-shirts and more qualified coaches are all included.

Because of the excellent volunteer support and our generous sponsors the committee propose to keep fees at the same level for the next swim year. That equates to 18.6p per hour.

We will not be cutting back on the quality of training offered. We hope and believe this represents the very best value for money.

4. Membership Packs

New and existing club members will be issued with the new membership pack. This has been updated to reflect changes within the club and new guidelines from WASA.

Parents and swimmers please read and sign the packs.

5. Annual Training Plan

We have now published the annual training plan for the swimming year September 2006 – September 2007. This plan identifies the stroke of the week and aims to build strength, fitness and skill peaking in summer 2007.

The annual plan is split into phases that include goal setting, endurance base and pre competition. This plan also identifies important dates of galas, championships, Manchester training etc.

Make sure you are familiar with the plan and a copy is put in your folders.

6. Goal Setting

September will be the month that we all look at what we want to achieve in the next year. Over the next few weeks Coach Chris will speak to every member of the club. Please give some thought to what you want to achieve.

Your target should challenge you and be achievable. It should be fun and will help with your motivation. Your individual training plan will help you to achieve your goals.

Whether you think you can do it or whether you think you can't do it, You'll be right.

7. Club Training Sessions & Friday Night Squads

Club membership is now over fifty. The club is moving to the next level of training starting on our return to Denbigh

Club training will be:

| | |
|----------|-----------------|
| Monday | 5.30pm – 6.30pm |
| Tuesday | 6.45am – 7.45am |
| Thursday | 6.45am – 7.45am |
| Friday | 4.30pm – 7.00pm |
| Sunday | 4.00pm – 6.00pm |

All swimmers are invited to all sessions. Due to constraints of space on the main Friday night club session, this 2 ½ hr session will be split into the squads listed below. You will still train in your normal squads, red, yellow, green and blue, but at the times listed.

| | |
|-------------|-----------------|
| Early Group | 4.30pm – 5.40pm |
| Late Group | 5.50pm – 7.00pm |
| Blue Group | 5.15pm – 7.00pm |

The groups have been split to accommodate siblings etc. Please bear with us and don't be late. Be prepared.

Early Group

Steffan Griffiths
Ethan Armstrong
Glyn Jones
Jay Ringer
Ianto Adey-Jones
Annie Hinchcliffe
Micha MacDonald

Anona Davies-Smith
Abbey Ringer
Grace Wynne-Williams
Ceri Jones
Matthew Williams
Joss Smith
Naomi Adey-Jones
Lois Hinchcliffe
Sydney Hinchcliffe
Alys Hinchcliffe

Late Group

Jake Jones
Brooke Humphreys
Elin Brady
Osian Warren
Beth Heaton
Elen Baugh
Olivia Musgrave
Natasha Green
Alys Matthews
William Foulkes

Jack Wakeman
Joseph Turner
Sarah Giles
Laura Humphreys
Alaw Davies-Smith
Alex Heaton
Daniel Latham
Ffion Montgomery

Blue Group

Arran Ringer
Cassy Grandidge
Molly Grandidge
Lauren Oldbury
Oliver Kay
Jamie Dreiling
Tomos Warren
Yasmin Adey-Jones
Abigail Gardner
Anya Dreiling
Bonnie Kay

8. Water Dragons

The club is delighted to welcome Water Dragons to the Friday night training sessions.

WASA have developed the Water Dragons to form a natural link between the ASA National Teaching Plan and swim clubs.

Water Dragons will be the former level 9 swimmers and will train alongside the club.

Can I ask that all club members welcome the new Water Dragons. They will be the club swimmers of the future, so you old timers best watch out.

9. Equipment

I hope you all agree Denbigh Dragons Swim Club look fantastic at galas in Club T-shirts & hats.

As Head Coach Chris would like to say a very big thank you to all those swimmers and parents that have purchased floats, fins and buoys. This speeds up training tremendously.

You will notice in the next few weeks that those members of the Denbighshire Mini Polo team have been provided with kit bags. We propose to adopt this as the Club kit bag and these will be available for purchase.

The Club Committee has now chosen a team kit. Costumes, trunks etc will be available to purchase through the club account. Orders will be placed at the end of September, please liase with Ailsa for orders. The kit is black with red trim and will be embroidered with the club logo.

Finally we have noticed that kids have an annoying habit of growing. Any fins still in good order will be bought by the club for £3.00 to be added to the clubs 'spare kit' stock. Hopefully this will help with growing feet.

10. Weekly Distances

Make sure all of your swim folders include a weekly meterage sheet. After each session you should be noting the distance you have swam. As part of training every swimmer should be aiming to increase distances and endurance.

We also recommend a small diary kept with your swim kit. In this you can note down distances and how you felt after each session. This will be a big help with your training and you will be able to look back and see what works for you.

11. Diet Sheets

Several swimmers have been given weekly diet diaries to keep. These will be study and nutritional advice given. If you want any help with diet, nutrition and best fuelling practice, speak to Chris.

12. Coach Training

October will see 5 of our lane coaches undertaking and hopefully passing further coach qualifications.

Any parent or senior swimmers will be supported and funded by the club if they would like to undertake training.

See Martyn for details for future courses.

13. Water Polo

On the 23rd August Denbigh Dragons swimmers will represent Denbighshire at the North Wales Annual Mini Water Polo Festival. This is a real feather in the cap for Denbigh Dragons Swim Club.

Denbigh have been chosen following excellent performances over the last 2 years at the Aquatic Festivals in Swansea.

Best wishes to both the squads.

The teams are: -

7 – 11's

Osian

Jake

Ethan

Daniel

Joseph

Anya

Laura

Bonnie

Elin

Brooke

12 – 16's

Jamie

Tomos

Ollie

Arran

Lois

Cassy

Molly

Abigail

Alys

Sydney

14. Nick Gillingham Stroke Clinic

We are pleased to welcome British Olympic Medallist Nick Gillingham, who will be teaching all aspects of breast stroke to all members of Denbigh Dragons Swimming Club. It will take place on Sunday 10th September 2006 4-6 pm at Ruthin Swimming Pool. The Club strongly recommends that all swimmers attend to take advantage of his knowledge and fantastic experience, which can only benefit any swimmers that attend.