

Denbigh Dragons Swim Club Newsletter May 06

Dear Swimmers and Parents

WELCOME to our most important Newsletter to date. The Swim Club is at a crossroads and has the opportunity to choose how it develops in the future.

Over the last 18 months or so I have had the pleasure of reporting success, growth and development of the swim Club. The club today trains four times per week and regularly competes in galas with great credit. Several of our swimmers are now achieving 'A' grade swim times and impressive personal best times. Membership stands at fifty plus swimmers ranging from 7yrs to 15yrs. More new members are coming along all the time through the swimming lessons program at the Leisure Centre. Swim Club 2006 bears little resemblance to the club when we started.

Our success has forced the Club management team to consider afresh what it is that the swim Club should provide and what expectations we have for our swimmers and parents. This was mentioned by me at the Presentation evening. **Can I say at this point "No matter how the Club moves forward, we will always focus on having fun 1st and last."**

The numbers and range of ability of the swimmers means that a detailed annual training plan and specific training sessions are planned and coached at the poolside. This structure is necessary and a degree of discipline from all involved is needed to give every member the best chance of achieving their goals.

Pool Time

We have put forward our wishes to the Leisure centre, outlining the regular session times we would like to have when we return to Denbigh in September. At the time of writing we are waiting for a response.

Equipment

The floats and fins at the pool are of a poor quality and deteriorating. Ideally each swimmer should have their own **Mesh Swim Bag**, containing;

Kick Board

Fins

Pull Buoy

Goggles

& Drink bottle.

These can be purchased at decent larger sports shops or alternatively on line at **www.swimshop.co.uk** for example.

This is the minimum basic equipment required for training.

Time Keeping

Please note carefully the new swim times for Ruthin pool and when we return to Denbigh. Swimmers need to be on the poolside ready to stretch and swim at this time. Late arrivals will miss out on stretching and a proper warm up swim. In this instance swimmers may not be allowed in the water, risking injury, due to lack of the correct preparation.

Because of our limited pool time session plans are very full and time can not be wasted with stragglers.

This stricter policy may seem harsh and we appreciate parent's busy schedules, but if we continue as we have been, the swimmers will not develop to their potential and we risk further injury.

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- **The last training session at Denbigh will be Friday 26th of May 2006.**

Training at Ruthin pool starts.
Monday 5th of June 2006.

At Ruthin the training times will be:

- **Mondays 5:30pm to 7:00pm**
- **Friday 5:45pm to 7:00pm**

These training times are for the whole Club. Check the web site for any changes.

Four Towns Gala at Ruthin pool

25th June 2006

Full Squad. Check Start times and events on the hand outs and web site.

Press Release

Denbigh Swimming Club 1st of many Presentation Evenings

The Mayor of Denbigh and County Councillor Raymond Bartley congratulated everyone associated with Denbigh Swimming Club For their achievements during the last 12months, they have not only brought honour to themselves, but have also put Denbigh and Denbighshire on the map. "Well Done" and continue the good work.

Over 100 parents, swimmers and friends gathered at Denbigh Town Hall with Denbigh Dragons and Corwen Kingfishers Swim Club for a celebration and presentation evening.

Denbigh Town Major presented medals and awards for achievements and success at the recent championships, Sponsored by Pro paint and Denbighshire's Leisure Services.

Gold, Silver and Bronze medals not only represent victory over a five event pentathlon, but also continued progress with all swimmers achieving personal best in at least one distance or stroke.

All Swimmers and parents would like to say a big thank you to Chris Armstrong their No 1 Coach and to the Denbigh Leisure centre Manager Stephen Owen and Staff for all their support that they have given during the last 12months to make this possible.

Special thanks go to Ailsa, Nia and Heather, plus many others for their help in organising an excellent evening.

Press Release
Denbigh Dragons Swim Club
Flint Gala 20th May 2006

Flint Amateur swimming Club welcomed teams from Flintshire, Conwy, Manchester and Denbighshire to their junior Gala on Saturday last. Denbigh Dragons Swim Club brought by far the largest team, taking the opportunity to give all of their younger swimmers a chance to compete in what is always a competitive and friendly gala.

Thirty two young Denbigh Dragons aged between 7 and 12 years old competed with enthusiasm and distinction. Generally competing against older and more experienced swimmers, the coaches and management team at Denbigh believe the chance for all Club members to take part is vitally important.

The enthusiasm from every swimmer and parent was unmatched. So was the noise from the supporters. Thanks go to the staff at Flint Pavilion, and organisers from Flint A. S. C. for a great gala.

Denbigh Dragons Swim Club looks forward to their next gala, to be held in Ruthin in June. This gala will be held in familiar surroundings for Denbigh, as the Swim Club will be decamping to the Ruthin pool from June to September as refurbishment is carried out at Denbigh Leisure Centre.

The time has come for the team to step up performances at competition level. You have all put in an awful lot of effort. Fitness and technique are so much better, but now I want every swimmer to focus on Starts and Turns. This needs to be practiced in your spare time. Speak to any of the coaches for help and practices.

Lane Coaches

A course will be run in September to train lane coaches for the club. We need to make a few arrangements before hand such as CRB police check forms and WASA registration.

Can anybody that is prepared to help on the pool side let Chris, Martyn or Ailsa know their names as soon as possible. The Club and Denbighshire swimming development will give full support to all of those taking the course.

Personal Bests

Congratulations to all swimmers that have put in good performances at galas and at the Club Championships. You need to keep a record of your times. These should be entered into your personal training folders as soon as the times are published on the web site or on the notice board.

It is also an excellent idea to keep the monthly training plans in the folders and keep a record of how far you swim in each session to check your weekly and monthly distances.

All swimmers need to take responsibility for their training. From time to time Chris will be calling in your folders to review your training and discuss your swimming goals.

***SEE YOU ALL IN RUTHIN. BE PREPARED
AND MAKE EVERYBODY AT THE CLUB
PROUD BY YOUR EFFORT AND
BEHAVIOUR.***