



# DENBIGH DRAGONS SWIM CLUB

Newsletter December 2005

## Seasons Greetings, Happy Holidays & Best Wishes for the New Year

Denbigh Dragons Swim Club has now been a club for 12 months. The club now bears little resemblance to that of a year ago. Membership has increased & changed. We are swimming four times as much and competing on a regular basis. Let us ensure we continue to grow from strength to strength.

The contents of this news letter include:-

- Some Thank You's
- Swimmer of the Year Award
- Membership Fees
- Review of Goals & Club Record Holders
- Club Captains

Personally can I say a heartfelt thank you to all of the swimmers that turn up and listen (sometimes) to me going on.

Last Sunday I bumped into one of our swimmers in the supermarket. At first I didn't recognise her because I don't often see you in the "real world". She looked so little. It is easy to forget that you are still "bairns". I see you on the pool side, tell you to get on with a 900m warm up, before a hard fly session and don't think twice about it. Let us never forget that every time you turn up you are demonstrating determination, commitment, discipline & skill. Not many young people can say that. You're all special. However, I won't be taking it any easier. Well Done!

**Coach Chris**



## **SOME THANK YOU'S**

Firstly, a very big THANK YOU to Steve Owen and all of his team at Denbigh Leisure Centre. (If Steve reads this he'll know I'm after some extra swim time!) Their help and coaching advice has been invaluable.

Next, I must thank Lucy Jones & Paul Harrison at Denbighshire. We couldn't have done anything without their support.

A few very special people have very kindly given their time and effort at training sessions and galas. As a parent myself I know what the taxi business is like, so getting the kids there and then rolling up your sleeves is brilliant.

Martyn – Thank You

Parents – Keep getting them out of bed, making sure the swim bag is packed and making a show of yourselves at galas. They can make you so proud sometimes.

Obviously there are many people I have not named or forgotten altogether, but finally Swimmers, you are the club, you make it worthwhile.

Thank You

## **SWIMMERS OF THE YEAR**

Congratulations to all of the swimmers. Each and everyone of you have improved significantly. You have all also had the chance to test yourself against other clubs in competition. Nobody has let me down. You have all given your best, but I expect you to get better.

The coaches and committee would like to reward special achievement by a few swimmers with the following awards.

**Club Boy of the Year:                      Jack Wakeman**

**Club Girl of the Year:**

**Performance of the Year:                Sarah Giles**

**Improvers of the Year:                    Abigail Gardener**

**Denbigh Dragon Award:                 Anya Dreiling/Tomos Warren**

Each swimmer receives trophy and pair of speedo goggles.

## **MEMBERSHIP FEES**

Please see Octobers newsletter. Annual club membership for 2006 will be £120. This includes WASA & North Wales ASA Membership.

Fees equate to 55p per session!

New standing order forms are now available.

**\* MEMBERS – MEMBERS – MEMBERS – MEMBERS – MEMBERS \***

From a starting membership of 24 the club now stands at 40 plus swimmers, plus coaches and committee.

At competition we have seen that we particularly lack older boy swimmers. SO the club are looking to boost competition in this age range. Can all members challenge or invite their friends and school mates to come along and have a go at swim club.

The overall fitness benefits are tremendous. How many good footballers or netballers out there would benefit from the conditioning and discipline that swim club offers.

Lets make the club strong.

## **GOALS & CLUB RECORD HOLDERS**

Please check out the website,

[www.swimclub.info](http://www.swimclub.info)

Review the swim club level one & two. Where would you put yourself? Are you achieving your potential? What extra/specific training do you require?

All swimmers will continue to swim all 4 strokes and develop skills. This will prevent injury and maximise your potential.

## **CLUB RECORD HOLDERS**

During the week Mon 23<sup>rd</sup> Jan – Fri 28<sup>th</sup> Jan 2006, time swims/races will take place. This will your chance to set the club record for your age group. All the events below need to be won. So look at what you want to go for in your age group. Take your marks.....

## **CLUB CAPTAINS**

We are pleased to announce the club captains for 2006.

Boys:           Aaran Ringer

Girls:           Cassy Grandridge

Well Done & Thank You for your efforts.