

DENBIGH DRAGONS SWIM CLUB

NEWSLETTER JANUARY 2007

Happy New Year to all our members, friends and family. A special warm welcome to our newest members, **Emily, Vyvyan & Lois**. I am confident you will enjoy yourselves and make a positive contribution to the club.

The **new training programme** is very full and will be focused on peaking for major events. Initially this will be the **North Wales Championships** in February & March. We want as many members as possible competing. We have arranged formal **time trials on Sunday 14 January 2007** during our normal club session. Can everybody please be there. The entry information for the Championships is attached with this newsletter. Please don't be put off that this is over 3 weekends. Most swimmers will only need to attend 1 or 2 days.

Even before the North Wales Championships we have members competing at the **Valentine Meet and the Urdd** in Swansea. **Best Wishes to you all.**

The club runs only with the help of **volunteers**. More **help is needed**. For only a few minutes per week we need help with Admin & Water Dragons. We will also shortly be running a Time keepers course. Anybody interested please let Ailsa know so we can sort out CRB checks & WASA registration.

We will regularly be placing **Swim Shop orders**, possibly once a month. If you need any equipment let us know as savings can be made with a bulk order.

Finally, **tracksuits** with club logo have been sourced. This will now cost circa £25 (excellent value). Please speak to Jane Giles for **orders & sizes**.

Happy Swimming

Chris