

DENBIGH DRAGONS SWIM CLUB

Newsletter October 2005

Welcome to the start of our new training year, to all swimmers, old and new. We have all had a lazy summer but now is the time to knuckle down and get back to training.

Our swimming annual calendar has started a new. Over the next few months we will be working on aerobic fitness levels and introducing more skill work. Gradually we will increase the distances and intensity as we work towards competition. The aim will be for us all to peak at the Club Championships in early June 2006.

This seems a long way off, but you will be surprised how soon we will name our Club Champions. Of course before then there will be plenty of opportunity to improve the P.B's at various galas.

Over the next two months there will be the National Aquatic Festival in Swansea, the Schools Urdd and of course the next Four Towns Gala in Ruthin on 20th November.

We have already has a fantastic start to the year. Please read the press release on the Four Towns, Abergele, but do believe me when I say the hard work has only just begun.

COACH CHRIS

SWANSEA AQUATIC FESTIVAL

27 OCTOBER 2005

Once again Denbigh Dragons are delighted to announce that they have been asked to represent the whole of Denbighshire at this prestigious swimming festival. This reward is for the tremendous support the club and leisure centre have given the Free swimming initiative. Many thanks must go to Steve and all the staff at the pool.

Up to 32 swimmers will be invited to travel to the 50m pool in Swansea. Names need to be confirmed ASAP, so please let Chris know your availability.

DENBIGH DRAGONS SWIM CLUB
NATIONAL AQUATIC FESTIVAL

at the WELSH NATIONAL POOL,
SWANSEA

Thursday 27 October 2005

The coach will be leaving Denbigh Leisure Centre at 6:30am and returning around 9:30pm.

This is a fantastic FREE event supported by the National Assembly. Competition includes sponsored relay, water polo and inter area relay competition.

Also your chance to swim in the National 50m pool, Swansea.

Team selection will be by invitation only. Chris will speak to everybody over the next two weeks.

DENBIGH DRAGONS SWIM CLUB

Find Us On Line

www.swimclub.info

The latest and most update swim club website in North Wales is here at the touch of a button.

Read all our news and log on to the clubs and individual swimmers development.

Many thanks to Fred Dreiling. This is completely down to him. Brilliant.

Any articles, photo's or comments are most welcome.

Log on, enjoy it and tell your friends.

www.swimclub.info

Email: denbighdragons@swimclub.info

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CLUB KITS

Everybody looks fantastic in the personalised club t-shirts and new green swim caps. Wear them with pride!

The Swimming Development Officer for Denbighshire and her boss were very impressed. I would even go as far to say a bit jealous of how good we now look.

So it is time to take it to the next level. This is your chance to design the clubs new swimming costumes. What do you want to be wearing at the North Wales Championships?

Let Martyn or Fiona have your designs by 1st December 2005. The winning design will be transformed into the new club kit, available in the New Year. The winning entry will also be the 1st to receive their costume - FREE.

Entries should include:-

- Girls speed suit
- Girls costume
- Boys long trunks
- Boys standard trunks

Get designing & win a costume

COACHES HELP

More support is needed from parents with the club sessions. Training programmes will be fully planned, but with some 40 members in 4 lanes up to 5 times per week. Chris needs support from lane helpers.

In house training and WASA courses are regularly available, so there is no excuse not to get involved.

Speak to Chris, Martyn or Fiona.

Your club needs you.

Water Polo Sessions

Every Tuesday 5:30pm

The attendance at the Tuesday water polo sessions has been very poor. Since the summer holidays these sessions have virtually come to a stop. These will be lost to general public swimming if they are not better supported.

Your feedback is welcome. Denbigh pool has some good polo coaches, so take advantage of them.

Abergele club are keen to kick off a water polo league and want us involved. Believe me, you ALL need the practice.

Monday Night Lane

Please do not forget when it is your turn for the Monday Night Lane. These are intense sessions focussing on specific and important skills. Attendance has been poor. Use it or lose it!

Fees

Since the fees were set in 2004 the club has moved on tremendously. Instead of 1 hour, there is now 4 hours plus of training per week. That is 4 sessions instead of 1. The increased effort has been tremendous, as have been the recent results. This does, however, mean a lot more pool time hire and WASA membership fees will increase to include North Wales competition due in January.

The committee have looked at the projected costs for next year. With pool hire, equipment, memberships and subsidised kit, fees will have to go up.

We are very grateful to our main sponsors, Pro-paint Decorators for their continued support. From the 1st of January 2006, fees will increase from £100 per annum to £120 spread over quarterly payments of £30.00. New standing order forms will be available from December 1st.

£120 per year still represents tremendous value. North Wales ASA membership is £28. Available swim sessions per year. 168 (48 weeks x 3.5) after WASA Membership, that equates to 55 pence per session.

(Normal swimming session is £2.60)