



NEWSLETTER - April 2007

The first Quarter of 2007 has seen a first class performance at this year's County Championships and an unprecedented number of Qualifying Times gained for the Regional Championships in June.

Well done to all swimmers.

County Championships

Dolphins performed brilliantly at this year's County Championships, with a fantastic tally of **323 PB's, 63 Club Records, 121 Medals, 7 National Qualifying Times, 58 Regional Qualifying Times and 4 Age Group Champions**. This is an excellent achievement by any standard but is particularly impressive given the dramatic improvement on last year's results.

Well done to everybody who competed, particularly those who did so for the first time.

Beds ASA Trophy Secretary

Beds ASA are looking for someone to volunteer as Trophy Secretary for next year's Counties, to oversee the collection of trophies by the swimmers. Please let Phil Winder know if you may be interested.

Swim Camps

Our Youth Swimmers travelled to Spain earlier this year to attend a week long Training Camp in a 50m outdoor pool (fortunately the weather was kind to them!). They worked extremely hard and brought back some useful tips from their European counterparts (you may have spotted some of them wearing tights for training ...)

This was followed up by a Camp organised for our Age Group swimmers at UEA in Norwich over the Easter week, with some of them staying on to compete in the Norwich Open.

Plans are already underway for next year. The Camps are aimed primarily at swimmers in Gold and Platinum squads who have achieved or are close to achieving Regional Qualifying Times.

Sponsorship - Help Needed

The Club is urgently seeking someone to spearhead the search for sponsorship for the Club. The Committee is very reluctant to raise fees at the present time and we are conscious that sponsorship is potential source of untapped funding for FDSC. Unfortunately all our Committee members are busy with other tasks and we urgently need somebody to take this on.

Dolphins Record Holder!

Congratulations to Sam Tilbury who broke the British Record in the 200 Free and 800 Free (S13) and 200 Breaststroke (SB13). She set a new British Record in the 400 IM and is awaiting confirmation that her 800 Free result is also a World Record!

Stop Press!

We won Chiltern League - more details in next Newsletter

Regional Championships

The East Region Age Group Championships take place at UEA in Norwich on 2nd/3rd and 9th/10th June and all those who have achieved Qualifying Times must submit their entries to Diane by 25th April. Good luck to everyone competing.

AGM

The FDSC Annual General Meeting will take place on 24th June and all parents are welcome to attend. There will be some Committee positions becoming vacant so please watch the Noticeboard and sign up if you would be interested in joining. The Club cannot function without a Committee and we always have too many jobs for two few people!

Coaching Matters

As you all know by now, Becky Gilbertson has joined us as Assistant Coach. Qualified to ASA Level 3, Becky has extensive experience of teaching and coaching at club level. She assumes responsibility for the younger swimmers in Silver & Gold squads, and will be seen at both Flitwick and Bedford. Steve Davies is working closely with Becky, and has taken over responsibility for the Bridging Squad.

Swim Clinic

Flitwick Dolphins are planning a Swim Clinic with former 100m and 200m Backstroke World Record Holder Sarah Price at BHS on Sunday 20 May, to include a nutrition session. Parents are welcome to attend dry-side sessions. Cost: c. £20 per swimmer. Ask at the desk for more details.

Code of Conduct - A Reminder

All swimmers are reminded once again to familiarise themselves with the FDSC Code of Conduct. Unfortunately there have been some further incidents of unacceptable behaviour which, although isolated and carried out by a very small minority, reflect badly on the Club.

New Club Bags

Drawstring bags with the Club logo are now on sale at the Club Desk for £3.50.

and finally, about time we congratulated some parents too!

Well done to **Roger Allen, Janet Murphy, Jo McDonnell, Jan Scotchford** and **Phil Winder** who recently became ASA Qualified Timekeepers.

Well done also to **Nigel Halford** and **Sharon Neary** who passed their ASA Judges Exam earlier this month, plus a belated congratulations to **Noreen Weighell** who did the same last December!

Don't forget to check the website regularly for up-to-date details on fixtures, results and all other information about the Club - www.flitwickdolphins.com