



NEWSLETTER - April 2008

A very eventful first quarter. FDSC swimmers achieved excellent results in the County Championships despite the much tougher qualifying times; two highly successful swimming camps took place (see reports overleaf) and we're now looking forward to this quarter's busy schedule of Open Meets, Regional Championships and team competitions.

County Championships - well done!

- 184 Personal Best Times were swum
- 27 Club Records were broken
- 75 Medals were won, including 26 Gold medals
- 29 Regional Qualifying Times were achieved
- 1 Age Group BAGCAT Champion, 2 second and 2 third place
- U15 Boys won the Freestyle Relay and came second in the Medley Relay
- Simon Weighell won the Junior Skins

ASA Membership Numbers

We often find that ASA Membership Numbers are omitted from swimmers' Open Meet entry forms and we then have to spend time looking them up individually, which is obviously time-consuming. **Please** ensure when submitting entry forms that you always include you/your child's ASA Membership Number - if you either don't know it or have forgotten it, please use the following link:

<http://swimmingresults.org/events/biogs/membersindex.php>

British Championships Success

Sam Tilbury and Claire Warne competed at the British Championships 2008 (50m) in April. Coming straight out of her long-course training in Spain, Claire competed in 4 events, swam 3 PB's including breaking a 12-year-old British Record in the S5 50m backstroke and taking the multi-disability Bronze medal in that event. Because of her injured shoulder Sam was only able to compete in two events. She swam very well in the 100 freestyle, taking 3 seconds off her personal best, placing 13th in that event.

Both girls will be back up in Sheffield at the end of April for the final Paralympic Trials.

Seeking new swimmers

We are always keen to recruit more swimmers. We particularly need younger swimmers who can represent the Club in the relay teams at Junior and Chilterns League galas where we are often unable to field a team. Tell your friends!

Congratulations

Well done to Chris Murphy & Aran Chamberlain-Clark who have been selected to represent Beds ASA at Stantonbury on 11 May in the Kingerlee Trophy Gala. Becky will be team coach for this event.

New hats

Club swimming hats with the new FDSC lettering are available to purchase for £3.50 - ask at the desk.

End of Season Ball

Note for your diary - our End of Season Ball will take place on Friday 18th July at Millbrook Village Hall. Raffle donations would be greatly appreciated - please pass to either Claire Warne, Claire Allen or Andrew Young. All swimmers/parents welcome; watch noticeboard for further details.

Annual General Meeting - Sunday 11th May 08

The Club's AGM will be held at 7pm on 11th May in the dance studio at Flitwick Leisure Centre. All members and parents are invited. The meeting will include a question and answer session.

The main purpose of the AGM is to elect officers and committee members for the following year. The Club is run by volunteers and it is vital that sufficient people come forward. If you would like to discover more about how the Club works and where help is needed, please drop into the bar at Flitwick Leisure Centre from 7:30pm on Wednesday 7th May for an informal chat.

Immediately preceding the meeting, Team captains/swimmers reps will be elected by the swimmers, so we encourage all to attend.

Photoshoot!

All swimmers who have competed in the Counties or any team events (Speedo, Junior League, Chilterns etc) should be at the photoshoot (with their County medals) immediately before the AGM.

Channel Swim

Georgina Halford will be taking part in a sponsored relay swim across the Channel in August 2008 in aid of Diabetes UK.

Georgina will be just 13 years old when she takes part. She was 9 years old when she was diagnosed with Type 1 diabetes, but she has not let it affect what she does.

From May onwards she will have to train at an open water site every week. There are two teams of six people who will swim the 22 miles across to France and she will also attend training camps with all the other swimmers in Dover. The actual swim will take about 15 hours, each person doing at least two 1 hour swims.

The charity Diabetes UK is a very good cause, as it helps people to cope with diabetes and also funds research which could one day lead to a cure.

To sponsor Georgina please go to her web page

www.justgiving.com/georginahalford

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

Bedford Camp 2008

From 24th – 28th March a swimming camp took place for 22 Flitwick Dolphins BAGCAT swimmers. The camp was a huge success and every single swimmer thoroughly enjoyed it and felt they had benefited from it. Every day involved four hard hours training in the pool, a land training session and an educational talk. Becky Gilbertson was the camp coach and had help from six senior swimmers.

At the beginning of the week the swimmers were sorted into four teams, Platypuses, Dolphins, Sharks and Penguins, each led by senior swimmers. The swimmers scored points for their teams based on effort in training and general behaviour. Individual scores were also recorded.

Becky said "The Bedford camp in my opinion went very well, the swimmers seemed very happy and seem to have been motivated by the week's training. I was extremely pleased with most aspects of camp, particularly the attitude towards learning from the swimmers and the outstanding leadership qualities and maturity shown by the senior swimmers who were a real asset."



The camp had its funny moments, especially when Becky lost her voice within two hours of the camp beginning! However the senior swimmers did the talking for her and confidently took charge of the swimmers. It was also rather amusing when Toby Willson, senior swimmer, was pushed into the pool – fully clothed, including trainers – by Leah Neary, in revenge for a "water bottle incident" the previous day!

A special thank you to Becky for all her hard work, and to Kevin Willson who organised the camp, and hopefully another will be planned for next year. Also a thank you to all the parents who helped throughout the week, and to senior swimmers Toby Willson, Leah Neary, Samantha Tilbury, Claire Allen, Carl Halford and Louise Simmons who were team leaders and good representatives of the club for the whole week.

Prizes were awarded for most points won by a boy and a girl, the team with the most points, the team with second most points and to hardest working girl and boy of the week:



Top boy – Michael Jamieson (31 pts)

Top girl – Clara Neary (15 pts)

Hardest working boy – Chris Murphy

Hardest working girl – Victoria Abbott

Team Results:

1st	Penguins - 53 points
2nd	Platypuses - 46 points
3rd	Dolphins - 33 points
4th	Sharks - 27 points

Every single swimmer worked extremely hard throughout the week and we hope they continue their very good attitude towards training in the future - a very well done everyone!

Leah Neary and Toby Willson

Spain Camp 2008

A small group of Flitwick swimmers spent a week at the Crol Centre in Calella, Spain over Easter for some outdoor long course training. Simon Weighell, Tom Winder, Drew Young, Claire Warne and Sarah Young all trained well over the course of the week and Diane was very happy with how the week progressed. The weather was very variable - the day we arrived we had snow on the way to the hotel! - but overall it wasn't too bad; there were some nice sunny warm days, although the early morning sessions (7-9am) were sometimes a bit cold. However, the pool was heated and all the swimmers didn't complain (too much!).

On our afternoon off we all went to a go-kart track just outside Calella and everyone had a great time. Drew was proclaimed the winner of the go-karting and he was also on the winning team for the ten-pin bowling. However, the other team got their own back that evening when they won the quiz night.

Sarah won the star of the camp award - this was the first time she had swam in a 50m pool and outdoors and she trained without complaint throughout the camp. Hopefully all the swimmers will see the results of their training at upcoming competitions.

Everyone behaved really well and when we checked out of the hotel the reception manager commented that as a group we had been a pleasure to have. Thanks to Diane for her coaching and to Jan, George and Peter for acting as chaperones.

Sue Warne - Team Manager