



## NEWSLETTER – April 2009

*A busy four months have passed since the last Newsletter and we've seen a highly successful Club Championships, completion of the 2008 National League where we remained comfortably in the 2<sup>nd</sup> Division, a great start to the Chilterns League and a record number of medals won by FDSC at the County Championships. And we're only halfway through the season!*

### Cyprus Swim Camp

35 swimmers, 2 coaches, 1 team manager, 5 chaperones and 3 partners of staff all travelled to Paphos on 14<sup>th</sup> February for a week's long course training camp. A full report and photos are available on the website, but suffice to say that the camp was a huge success and the swimmers trained extremely hard (as evidenced by our excellent results at the Counties!). Many thanks to Sue Warne for all the hard work she put into organising the camp.

### Disability Swimming

Claire Warne and Sean McGeever were part of the East Region Team at the Disability Sport Events Junior National Championships at the beginning of March. They both swam well and medalled and contributed to the East Team winning the "Top Team" award. Both swimmers competed in relays and Claire was part of the regional 400m medley team which broke the 34pt British Record.

Fitting in two events at the British Championships around GCSE exams, Claire swam PBs in the heats of both the 200m IM and 100m backstroke, coming 13th in the multi disability 200m IM and making the final of the multi-disability 100m backstroke where she again swam a personal best to take 7th place overall. Finishing off a successful month Claire went on to take 4 S6 short course British Records at the County Championships in 1500 & 800m freestyle, 200m backstroke and 100m butterfly.

### Annual General Meeting

The FDSC AGM will be held on Sunday 21<sup>st</sup> June, 7-8pm in the function room at Flitwick Leisure Centre. The Club is always looking for more parents to join the Committee and there are several jobs which need filling. If you would like more information, please speak to either Roger Allen (Chair – 01525 840144) or Sue Warne (Secretary).

### Tesco Vouchers

The Club will be collecting Tesco vouchers again this year – all donations gratefully received!

### Congratulations

Many congratulations to Becky Gilbertson on becoming President-Elect of Beds ASA.

### Open Water Swimming

Spring is here and the Open Water season is nearly upon us. Several swimmers tried Open Water swimming last year and others may be inspired by the medal haul of British Open Water swimmers in Beijing. The first event we've targeted is the Colwick Park Championship in Nottingham on 17<sup>th</sup> May, which has a 4km Veterans/Senior event, a 2km Junior (u16)/Senior event, a 1km Novice event and a 4x1km relay for Juniors and Seniors. Note that for some of the events you have to be a member of the British Long Distance Swimming Association ([www.blds.org.uk](http://www.blds.org.uk)); this costs £32 for seniors and £10 for juniors. Last year we trained at Box End Park lake near Bedford and hope to do so again this year. Training constitutes a steady swim around the lake, but consult your coach beforehand so that it can be taken into account when planning your pool training. If you are interested in Open Water swimming, Nigel Halford can give you more information.

### 100 Club

FDSC runs a 100 Club to raise funds for all swim camps. Tickets are £1 a month (£5 until August, when we'll start again at £12 for the next year). Please speak to Catherine Abbott if you'd like to join.

### County and Regional Championships

Well done to all swimmers who competed in the Bedfordshire County Championships. We finished 3rd in the medal table with 30 gold, 60 silver and 38 bronze medals, only one gold medal behind Modernians. Last year we were 4th with 23 gold, 28 silver and 19 bronze - what an improvement!

The club had two overall BAGCAT winners – Chris Murphy in the 12-year-old boys and Tom Winder in the 14-year-old boys. Oliver Winder, Iona Chamberlain-Clark, Will Hawkes and Aran Chamberlain-Clark all took second place in their respective age groups, with Izzy Martin finishing 3rd place in the 12-year-old girls. Congratulations to all of you.

Amongst some fantastic swims (far too many to list here), special mention must go to the Boys 11-14 years 200m freestyle team of Aran, David, Will and Tom who were beaten into an agonising second place by 1 100th of a second.

With the good results came many regional times for both Age Group and Youth swimmers. Eleven of our Youth swimmers are off to Regional Championships in Norwich in two weeks' time and there's still time for even more of our younger swimmers to qualify for the Age Group Championships in June.

### Safety Note

Swimmers who use disposable plastic bottles during training MUST dispose of their bottle at the end of the session and MUST remove the clear plastic hygiene cap **before** coming on poolside as these can cause injury to feet if trodden on (indeed, some pools ban them). Ideally, swimmers should purchase their own re-usable sports bottle (and should drink up to a litre per hour of water or squash).

### Officials Success

Congratulations to our newly qualified officials: Level 1 Judges - Jo Aatkar, Philip Abbott and Bruce Chamberlain-Clark; Timekeepers - Claire Allen, Debi Avery, Becky Lovell, Gaynor Willis, Sue Willson and George Young. Please see Phil Winder if you are interested in becoming either a timekeeper or a judge as further courses are planned shortly.

### Dolphins Clothing

We are setting up a discount arrangement with Swimshop.co.uk – a link will shortly be available on the website. Note also that new purple club hats and tracksuit tops are now available to purchase.

### Friday morning training

To enable the Friday morning session to start at 6am, swimmers can now access the centre from 5.45 through the exit door which will be on the latch. Once changed they should wait at the end of the pool nearest the changing rooms until the coach and lifeguard come onto poolside. Please note that parents will not be allowed to access the centre until it officially opens at 6am, however please be assured that centre staff will be on the premises before that time.

### Hardship Policy

The Committee have written and agreed a hardship policy to be implemented as from 1<sup>st</sup> April 2009. This will shortly be available on the Flitwick Dolphins website.

### And finally – Vacancy for Newsletter Editor !

We need someone to take over responsibility for putting together the Newsletter. It's a great way to find out what's going on before everyone else does! Please speak to Sharon Neary if you're interested.

***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](http://www.flitwickdolphins.com)***