



# NEWSLETTER - July 2007

**The end of another busy, eventful and very successful season for FDSC. The Committee and Coaches would like to wish all swimmers and parents an enjoyable summer holiday**

## Excellent results all round ...

The last quarter has seen the following:

- An unprecedented number of FDSC swimmers qualified for the East Region Championships in June
- We won Chiltern League
- We were top "visiting Club" at the Biggleswade Summer Trophy Gala
- We only narrowly missed out on retaining the Gareth Jeans Trophy (and intend to regain it next year!)
- Numerous PB's were gained and medals won at various Open Meets

## Keeping you Informed by Email

We would like to start emailing brief information notices/reminders to parents where possible, rather than relying solely on the noticeboard. If you would like to receive information in this way, then please leave your name, name of swimmer and email address at the desk.

## New Committee

The FDSC Annual General Meeting took place on 24th June and a new Committee was elected. A list of Committee Members and other helpers is attached for information.

## Black & White Night

The FDSC "Black and White Night" End of Season Ball for all swimmers and parents will be held at Millbrook Village Hall on Friday 20th July. Tickets available now - see website for details.

## Sarah Price Clinic

A number of swimmers attended a Swim Clinic in May run by former World and European record holder Sarah Price. The day included a talk on nutrition, an opportunity to sample healthy food, tips on land training and, of course, a session in the water. The children had an excellent time and were greatly inspired by Sarah.

## August Swim Camp

FDSC swimmers have been invited to attend a summer Swim Camp with Modernians w/c 20th August and places may still be available - see Diane for details if you are interested.

## Entering Meets

We would encourage swimmers to sign up for team meets when selected (although we fully appreciate that everyone has other commitments and cannot always be available). In particular, we have a continual struggle to raise enough swimmers for our boys relay teams!

With regard to Open Meets, we would again encourage swimmers to enter as many as they are able in order to gain experience in competing at different levels.

They're also great fun and parents can often be persuaded to visit MacDonalds on the way home!

## Club Championships

Early notice that the FDSC Club Championships will take place over two weekends in November (16th-18th and 23rd-25th) - details to follow but put it in your diary! We would strongly encourage ALL swimmers to enter - it's a great opportunity to gain times in events you've never swum before and PB's in those you have.

It's also a perfect opportunity to gain qualifying times for next year's County Championships. We've been made aware that 2008 County Qualifying Times will be tougher than this year's so the earlier you start working towards them, the better!

## Presentation Evening

**Very** early notice that the Club Championships Presentation Evening/Disco will take place on Saturday 12th January 2008 at Flitton & Greenfield Village Hall.

## Swim Camps

Plans are in the early stages for next year's Swim Camps. Details are to be confirmed, but they will probably take place during the Easter holidays with the likely venues being Spain for the older swimmers and UEA Norwich for the younger ones.

## Holiday Training Times

Training times will alter during the school holidays - see website/noticeboard for details. Normal training resumes on 29th August.

## Congratulations ...

to Kevin Willson who passed his ASA Judges exam in June.

**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)**