



NEWSLETTER - July 2008

The end of another very successful swimming year which has seen excellent results at the County and Regional Championships, superb performances by our Chilterns and Junior League teams and the Club once again bringing home the Gareth Jeans Trophy after it temporarily left us last year!

Regional Championships

Despite tougher qualifying times this year, 11 FDSC swimmers competed at the Regionals in Norwich. The Championships saw Tom Winder, Chris Murphy and David Allen all reaching finals, Claire Warne winning a number of medals and several Club Records being broken. Very well done to all and we look forward to even more swimmers qualifying next year.

Back where it belongs!

FDSC sent a strong team to the Gareth Jeans Gala at Dunstable back in May, where we won 24 out of the 49 events, including the Squadron Relay, and brought home the Trophy. Well done to all who competed.

Coventry Graded Open Meet

Thirteen FDSC swimmers went to City of Coventry on 12th July to gain some long course experience - for some of them this was their first time in a 50m pool. They produced some excellent swims and returned laden with trophies, having amassed 13 first places, 7 second places and 9 third places, with George Borthwick winning the "Top Boy" award.

Junior League

Our junior team is performing excellently so far, winning the first leg and coming a creditable third place in the second leg against very strong competition. We are now looking forward to the final leg in September which will hopefully win us a place near to the top of the Division.

Intercounties

Well done to Izzy Martin, Colin Weighell, Simon Weighell and Tom Winder who represented Bedfordshire at the East Region Intercounties competition last week. All four swimmers performed excellently, helping Bedfordshire to achieve 4th place.

Session Changes for the summer period

Please see the noticeboard/website for the various changes to training sessions which will take place over the summer holiday period.

End of Season Ball - 18th July

Last minute reminder about this year's Ball at Millbrook Village Hall - theme is James Bond - tickets still available and all are welcome.

County Championships

Qualifying times for the 2009 Championships are posted on our website and they are comparable with last year's. Swimmers should familiarise themselves with the times needed and start working towards them - it's never too early!

Open Water Swim

Four of our more hardy (and slightly mad?!) swimmers are competing for the first time in the East Region Open Water Championships at Whitlingham Lakes in Norwich later this month. Carl Halford's braving the 5k, Toby Willson's taking on the 3k, Izzy Martin's going for the 1500 whilst Leah Neary is settling for the 800! They've been practising in a lake in Kempston with Georgina Halford's help - she's already an old hand at open water swimming given her preparation for the Channel Swim later this year ...

Talking of which, Georgie was interviewed on Chiltern Radio and you can read an article about her swim at

<http://www.bedfordtoday.co.uk/bed-news/Young-diabetic-to-swim-Channel.4169562.jp>

She has raised over £2000 and is now hoping to reach £3000.

ASA Membership

It will shortly be a requirement that ALL volunteers who help out on poolside in any capacity must hold ASA Membership. For this reason we will be asking anyone who falls into this category to complete a pink ASA membership form if they haven't already done so. We'd like to implement this in time for this year's Club Championships so if you know this will affect you, please see Ann Wren or Phil Winder for a form.

and finally

Our Chairman would like to say a big thank you to all swimmers, parents, coaches, committee members and everyone who has helped to make it an excellent year for Flitwick Dolphins.

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