



## NEWSLETTER – July 2010

Committee Members: Chairman - Martin McGeever, Secretary – Melanie Roberts, Treasurer - Catherine Abbott, Beds ASA – Phil Winder, Team Manager - Nigel Halford, Webmaster & Competition Secretary – Philip Abbott, Welfare Office – Claire Case, Asst Welfare – Sandra Grant, Swim21 Liaison – Jenny Trott, Records - Melanie Doyle, Fundraising - Martin White & Julie McGeever, Workforce Co-Coordinator- Sue Gilbertson, Membership Secretary – Ian Murray, Disability Liaison – Julie McGeever, Social Secretary/Parent Liaison – Joanne Hird

We have had a very busy season and we are all looking forward to a restful summer break. To try and make it easier we have listed the sessions that the pools are closed for over the holidays.

We wish the senior swimmers: Louise Simmons, Rhianydd Jones, Simon Liddle, Harry Archer and Assistant Coach Loren Chamberlain-Clark, who are off to University in September, all the best of luck and hope to see them when they return in the holidays.

We also said a sad good-bye to Charlotte Mace who has moved to Canada, and we wish her the best of luck.

A good night was had by all who attended the End Of Season Ball, there were some very good fancy dress costumes. Well done to the senior swimmers for organising a good night and all the proceeds will go to the Swim Camp fundraising fund.

### Treasurers Report

We have been informed by the management at the BHS pool that we are no longer allowed to borrow kit (fins/floats/pull buoys) therefore those swimmers who do not bring their kit to sessions will have to participate without the use any missing items, subsequently effecting their training.

We have also been informed by BHS, as mentioned at the AGM, that they have increased their pool hire fees considerably, between 20 & 49%. We are looking at the impact of these increases, but most likely there will have to be an increase of fees in January to balance the books. In the meantime we will need to do some serious fundraising so we can try and keep any increase in fees as low as possible, so if anyone can come up with some ideas please let Julie McGeever or Martin White know.

### Head Coach Report

Long course training Camp 2011 - I am looking into destinations for a long course training camp abroad in February half term 2011. There will be information coming out in September asking for participants and deposits etc. The cost will be around £500+. The camp will be open to any swimmer that is capable of doing a full weeks intensive training (2 x 2 hours pool training per day plus land training) and is happy to have a week away from home!! I will also be looking for parents, both male and female, to act as chaperones.

SwimClub Manager website - The club are go to be using this website tool, that will hopefully streamline a lot of the clubs paperwork. It will also enable all club members to have their own login username and password so they, and their parents, can view their PB's, any gala's they have been selected for, any awards they have gained and payments outstanding, to name just a view of the features. It is hoped that the bulk of the initial data can be added ready to launch the tool in September.

Goals for 2010 / 11 Season - Before we break up for summer I will be giving each swimmer an "update" sheet that will include updating personal / medical information, session attendance information, along with their aims / goals for the coming season. This will need to be completed in full and returned during the first week in September.

### Congratulations to ...

... the following who have recently qualified

Noreen Weighell as a Starter

Paresh Aatkar as a Judge Level 2

Bethany Francis, Georgina Halford & Emily Human as

Timekeepers

### Club Captains

Congratulations to Lauren Murphy and Carl Halford who were elected as club captains at the AGM in June.

### Gala's competed at:

EOS MK

Coventry

**Biggleswade Summer Gala** - A strong Flitwick team stormed the Biggleswade Summer Trophy gala at the end of June and comfortably retained the trophy ahead of Biggleswade, Modernians and Cheshunt. There were too many winning swims and PBs to list, but there was a great atmosphere on poolside and swimmers and parents alike all enjoyed another gala-winning performance, following victory in the Gareth Jeans Trophy Gala in May. Confidence should be high for the National Arena Swimming League which opens in October.

### Chilterns League

The Chiltern League team completed a fabulous season with a highly competitive final gala in Leighton Buzzard. It was nip and tuck all the way with positions changing throughout, but we eventually finished 4<sup>th</sup>, behind Linslade, Witney and Aylesbury but ahead of Leighton Buzzard and Team Luton. There were winning performances from Faye Ashton-Rigby, Colin Weighell, Lilly Freeman, Cameron White, Ollie Peacock and the boys' 11/u and open relay teams. Flitwick finished third overall in Division 1, behind Linslade and Witney, so well done to all the swimmers who contributed to such a successful season.

### Junior League

The Junior League team is in the middle of a tough season in the Milton Keynes and District Junior Swimming League Division 2. This league covers a huge area, from North London to Oxfordshire and Northamptonshire, as well as Herts, Beds and Bucks, and there are some very strong teams in it. The second division is currently very hard because several North London teams have amalgamated, resulting in some strong B teams.

In the first gala at Amersham in June, the team managed a very creditable 4<sup>th</sup> place behind Wantage, Milton Keynes and Amersham 'B' but ahead of Windsor 'B' and Thame. There were winning performances from Ella Cotton, Spencer and Stanley Willis and Kit Aatkar, and the boys 9 year and 11/u relay teams, as well as a stack of PBs. This strong performance landed the team in a very tough second round at Leighton Buzzard. A weakened team came 6<sup>th</sup>, behind Linslade Crusaders, Ealing 'B', Leighton Buzzard, Staines 'B' and Chesham, but there were winning performances from Ella Cotton, again, Ollie Winder and the 9 year boys relay team. Let's get a full team out for the 3<sup>rd</sup> and final round in September!

### Open Water

Flitwick swimmers have had a successful open water season. The season opened with a very chilly (12° C) swim at Colwick Park, Nottingham in May, where a relay team of Georgie Halford, Isabelle Martin, Bethany Francis & Carl Halford took bronze in the 4 x 1k. Ian Murray was impressive in the 4k & Nigel Halford managed not to come last.

Georgie Halford, Ian Murray & Nigel Halford then took on a marathon 9-mile (5 + 3 + 1) swim in Dover Harbour in June. Georgie & Ian completed the gruelling swim, spending more than 4 hours in the extremely cold water in difficult, blustery conditions, & Georgie took silver in the Junior Girls' event. Nigel completed 5 miles before calling it a day. Carl Halford & Bethany Francis joined in for the final 1-mile swim, with Carl finishing first.

Carl, Nigel & Ian swam in a 3.8k race at Box End at the beginning of July & Carl came home 8<sup>th</sup>, the fastest swimmer not wearing a wet-suit in a triathlon-style event, in which wet-suits were allowed.

The season reached its highpoint with the East Region Championships at Whittingham Lake, Norwich, earlier this month. These championships incorporated the Beds County Championships & the National Masters 3k event. Ian Murray won gold in the National Masters, so congratulations to Ian for becoming National Champion. Carl Halford stormed home 3<sup>rd</sup> in the 17-19 year 5k event in a very fast time of 65 minutes. Georgie Halford took silver in the girls 14-16 year 5k & Nigel Halford again managed not to come last overall & took silver in the 40-49 year age group. Bethany Francis took bronze in the girls 14-16 year 1.5k, her first regional medal, and Simon Weighell & Simon Liddle took gold & silver, respectively, in the 17-19 year 800m event.

***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)***



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Beds county medals were won by the following: Gold medals were won by Georgie Halford (Junior 5k), Ian Murray (Senior 3k), Will Hawkes (Junior 1.5k) & Simon Weighell (Senior 800m). Silver medals went to Carl Halford (Senior 5k), Toby Willson (Junior 3k) & Simon Liddle (Senior 800m). Bethany Francis took bronze (Junior 1.5k) & Victoria Abbott just missed out on a medal with 4<sup>th</sup> place (Junior 1.5k). It was a great team effort and Flitwick came 4<sup>th</sup> in the regional club competition behind Hitchin, Mid-Beds & St Felix School, a fantastic result in a regional event.



### Club Kit

We have polo shirts £11, Swim hats £3.50 and draw string bags £3.50 in stock. We will place an order for the Tracksuit Tops, in September at £25 each, please keep an eye on the notice board and the website (payment needs to be made at time of placing order). Any queries please see Steve Trott.

Just a reminder that club kit must be worn to, from and during galas.

If you need to purchase any Swimming Kit please use the SwimShop link on the website as the club receive a commission for all purchases made through the link.

### Fundraising

We have booked 2 "Bag Packing" events that will take place at Waitrose in Ampthill, so please keep these dates free. You will only be required for about 2 hours, it is not just for the older swimmers but the younger ones as well. It is good fun and a great team builder. The dates booked are 4<sup>th</sup> September and 22<sup>nd</sup> December. Martin & Julie will be around with the list for volunteers for the September bag packing so please try and do at least an hour.

Some events that we are hoping to hold in the near future:

- Car Washing
- Poplars Nursery - Santa Grotto in December

If you can suggest some fun fundraising events then please speak to Julie McGeever or Martin White with your ideas.

And there is also our '100 Club' that we run each month.

### 100 Club

In September we will be renewing the memberships, so if you would like to join it please let Catherine Abbott ASAP. Remember that 50% of the money raised goes towards prize money and the other 50% to club funds, it is a great little fund raiser, so please consider it, even if you only have 1 number.

All you do is pick a number between 1 and 100, as long as no-one already has it, for £1 a month. 3 numbers are drawn by the committee every monthly with the winners being notified on the notice board at Flitwick. See Catherine Abbott for your number.

Previous winners were:

- May: Janet Murphy, Sharon Neary & Sue Gilbertson.
- June: Philip Abbott, Julie McGeever & Kelly Brinkler.

### Welfare Office

Claire Case is the club's Welfare Officer and Sandra Grant is the assistant welfare officer. If you have any issues please see Claire, who is usually at Flitwick for the Monday and Wednesday training sessions or Sandra.

We would like to remind ALL swimmers that the club does have an anti-bullying policy and swimmers who are caught bullying will be reprimanded. If any swimmer has had a problem with bullying at the club then they need to contact Claire, who will deal with it in the strictest confidence.

### Volunteers Required

To run the club successfully we require volunteers, either helping run the club or on poolside. If you can volunteer to help at any poolside session please contact Jo Aatkar on [jo.aatkar@ntlworld.com](mailto:jo.aatkar@ntlworld.com) or if you can help with the running of the club, (even just an hour a week), please contact any committee member (names above), it does not have to be much and any help is greatly appreciated.

We would like to thank all those that do help on poolside as we couldn't run the sessions successfully without them.

For those on poolside there is a new job description, so please make sure you are aware of it and have read the purple folders (1 at each pool)

### Seeking New Swimmers

We are always keen to recruit more swimmers, in particular 7 – 9 year olds. Once swimmers are 9 they can represent the club and it is very important that we have enough swimmers to field relay teams. The earlier swimmers join the club the better prepared they will be for competitive swimming and learn the required skills e.g. competitive starts. So tell your friends about us, they can contact Becky on [coach@flitwickdolphins.com](mailto:coach@flitwickdolphins.com)

### Training to be a Swimming Teacher or Coach

If you are interested in taking any swimming training courses for example Teaching/Coaching Level 1, or would like to find out more information, then please contact Sue Gilbertson ([Suegilbertson1@yahoo.com](mailto:Suegilbertson1@yahoo.com)) Level 1 courses would suit any session managers or senior swimmers that want to further their skills, the only pre-requisite is that candidates are 16 years and over at the start of the course. Funding may be able to assist with the cost of the courses, but does need to be planned and applied for.

### AGM

At the recent AGM we saw some old faces leave and some new ones appear. For a complete list of all the committee see the top of the page

### Club Open Meet

As part of the Club's development in 2010 and to raise much needed funds we are running our first Open Meet on 16<sup>th</sup> and 17<sup>th</sup> October. In order to do this we are looking for more volunteers to help organise and run the meet. If you can help in any way please get in contact with Philip Abbott – [philip.abbott@bp.com](mailto:philip.abbott@bp.com) (07786 522455) or Roger Allen - [roger.d.allen@tesco.net](mailto:roger.d.allen@tesco.net) (01525 840144)

### ASA Courses for Officials

Beds ASA will be running a Judge Level 1 course over three evenings in Flitwick during September/October. Level 1 judges observe the start, turns and relay takeovers in addition to timekeeping duties, and are eligible for ASA licensing. Qualification is by poolside mentoring and practical assessment, it is open for all but, Young Officials who are interested must be at least 15 years old by 21 September 2010. For further details please contact Phil Winder.

### Dates for the Diaries

Club Championships are over the 2 weekends 19<sup>th</sup> - 21<sup>st</sup> and 26<sup>th</sup> – 28<sup>th</sup> November 2010. All swimmers are expected to enter all events.

Presentation evening will be held on Saturday 15<sup>th</sup> January 2011, all swimmers and parents are expected at this event as it is the chance to socialise and to see how well the swimmers are doing.

Further details about these events will be published later in the year.

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### Log Books

Could any swimmer who keeps a log book, please contact Jenny Trott as she needs a copy of some for our Swim21 Accreditation.

### Flitwick Pool

Can parents of the younger swimmers please supervise their children whilst in the changing rooms, as there have been a few problems in the past few weeks.

### Lane Ropes

All swimmers are reminded that they are not to lean/hang on the lane ropes, as it is a Health & Safety risk, as they can break and could cause an injury.

### Bedford Pool

We have been asked by BHS management to re-iterate that swimmers are to be out of the changing rooms within 20 minutes. If they are not then swimmers will be asked to pay any additional costs levied by BHS i.e. cost of keeping staff late to supervise/lock-up. Also please be reminded that the BHS pool is used by the general public and everyone must be considerate.

### Cancelled Sessions over the Summer

**All** training sessions are cancelled from 14<sup>th</sup> to 30<sup>th</sup> August. Sessions are back to normal on Tuesday 31<sup>st</sup> August. Have a lovely summer break.

The following sessions are also cancelled (dates are from & including)

#### Flitwick Pool

Monday – 26<sup>th</sup> July, 2<sup>nd</sup> & 9<sup>th</sup> August – all swimmers welcome at Bedford (session 7pm till 9pm)

Friday – 30<sup>th</sup> July, 6<sup>th</sup> & 13<sup>th</sup> August

#### Bedford Pool

Wednesday – 28<sup>th</sup> July, 4<sup>th</sup> & 11<sup>th</sup> August – all swimmers welcome at Flitwick (session 8pm till 10pm)

Please note that training sessions at Bedford on Fridays will be from 6pm as off 23<sup>rd</sup> July until 13 August. There will be no land training.

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