



NEWSLETTER – May 2010

Committee Members: Chairman - Roger Allen, Secretary - Sue Warne, Treasurer - Catherine Abbott, Webmaster & Beds ASA – Phil Winder, Team Manager - Nigel Halford, Competition Secretary – Philip Abbott, Welfare Office – Claire Case, Swim21 Liaison – Jenny Trott, Records - Melanie Doyle, Fundraising - Lee Ashton-Rigby, Workforce Co-Coordinator- Sue Gilbertson

We hope that you have all had a lovely Easter break and have all returned back safely despite airline strikes and volcanic ash!! It is a very busy time for the swimmers with various club galas and open meets in the next few months, we even have our 'mad' swimmers competing in Open Water events (water temp. is usually about 17°C). Becky is doing a fantastic job as the Head Coach bringing new ideas into the club as well as making a few squad changes and we have recently brought in another Assistant Coach – Loren Chamberlain-Clark who is a level 2 qualified teacher and an ex-swimmer. Many of our senior swimmers are going to be sitting their GCSE, AS & A Level exams in the coming weeks and we wish them all the best of luck.

Head Coach Report

It is with great pleasure that the club have secured the services of Loren Chamberlain-Clark to strengthen the coaching team. Loren, a UKCC level 2 Teacher, will primarily be responsible for the junior squads but will also do some coaching to all squads. Loren is with us until he goes off to University at the end of September, but he will be back to help out whenever he can during holidays.

Junior League is about to kick off and I must thank the swimmers again who took part in the ASA Young Aquatic Organisers Course who organised the Junior Time Trials for the younger swimmers very successfully.

The first round on 5th June, seems to be affected very badly by clashing with half term with many swimmers been away. I can't stress how important it is that we are able to field our full strength teams for galas like Junior League and National League. I would urge parents to familiarise themselves with the fixtures list. I am taking steps ready for next season to improve the detail on the fixtures list, in a way that it will hopefully make it easier for parents to identify which meets their child(ren) are likely to be involved in. Every swimmer loves to be selected for the club and it is always great for everyone involved to be in a gala that is closely fought and to come out on top, it is a great buzz and motivation and it is a shame to not be able to achieve this if so many swimmers are not available, particularly in some age groups where we have limited numbers. In other age groups my job in selecting a team is made very difficult by the strength and depth of swimmers and it is great to have competition for places and this pushes everyone on to higher level.

I would like to remind swimmers and parents alike that with the recent squad changes all swimmers and parents signed up to the squad criteria. Part of this criteria is not only that the swimmer attend the minimum number of sessions set out but that they should come to the session prepared and ready to start at the at the correct time, and also commit 100% to the session and complete it to the best of their ability. While many swimmers do this there is a growing number that are regularly late for sessions (for no good reason), that forget equipment and then continue to disrupt sessions by not completing sets they are asked to do. All sessions are set so that each individual swimmer will be able to achieve what they are asked to do. Swimmers that continually sit out of sets are not only disruptive and distracting for the other swimmers, they often take the coach / session managers attention away from those swimmers who are working hard, but above all they are doing themselves no favours at all and will not continue to improve unless their training level is increased and they complete ALL sets as asked. Swimmers with genuine injuries or returning from illness will be dealt with and given adaptations were needed. Those who are ill should not attend sessions unless they are fit to complete the whole session, as training whilst ill could mean that they prolong the illness as the body is not given adequate time to rest and recover, not to mention spreading bugs around the whole club. Swimmers that continue to disobey the clubs rules will start to be given formal warnings regarding their behaviour. I hope that all parents will support me in ensuring that the training sessions are of a high quality for all swimmers and the minority do not spoil it for the majority who continue to train and perform well. Moan over, I hope like me you are looking forward to the last 2 months of the season and some great swimming followed by a well earned short break over August.

Congratulations to ...

... Carl Halford, Simon Liddle, Simon Weighell, William Hawkes, Sean McGeever and Tom Winder who all qualified for The ASA East Region Youth Championships.
... David Allen, Oliver Winder and Chris Murphy who qualified for The ASA East Region Age Group Championships.
... George Borthwick, Iona Chamberlain-Clark, Chris Murphy, Oliver Winder and James Winder who have been picked for County Colours in the Kingerlee Gala.

Galas competed at:

Huge Medal Haul at Counties

Flitwick Dolphins swimmers had a highly successful Beds County Championships, taking 28 Gold, 36 Silver and 38 Bronze medals over three weekends in February and March putting us in 3rd place in the final medals table. The gold medalists were Chris Murphy, Carl Halford, Will Hawkes, Victoria Abbott, Simon Weighell, Spencer Willis, Oliver Winder, James Winder, Louise Simmons, Kelly Brinkler and the 11-14 year boys' Medley relay team of David Allen, Colin Weighell, Will Hawkes and Chris Murphy. The other individual medalists were Ben Ashton-Rigby, Simon Liddle, David Allen, Aran Chamberlain-Clark, George Borthwick, Toby Willson, Gemma Trott, Hayden Davies and Clara Neary, and there were yet more medals for the under 10, 11-14, 15-18 boys and men's relay teams. Chris Murphy was the overall champion in his age group, while Will Hawkes and Spencer Willis were second and third overall in their respective age groups.

East Region Youth Championships

The British Gas East Region Youth Championships took place in Norwich on May 1st-2nd and seven Flitwick swimmers qualified to take on the regions finest. Simon Weighell was outstanding, winning bronze medals in the 50m and 100m breaststroke. Tom Winder also made the 50m breaststroke final, finishing just behind Simon in 4th place, while Will Hawkes joined Simon in the 100m breaststroke final, finishing 8th. Jay Wilson won a Silver medal in 50m breaststroke. Carl Halford put in lifetime best performances in the 400m and 800m freestyle, but just missed out on a medal by finishing 4th in the 800m. Carl, Simon, William and Simon also just missed out in the 4 x 200m freestyle relay, finishing 4th. To top it all, Sean McGeever took gold in the Multi-Disability 100m breaststroke. This superb performance in Becky Gilbertson's first Regional championships as Head Coach set the standard for the younger swimmers who will be competing in next month's age group championships, which are Oliver Winder, David Allen and Chris Murphy, and we wish them good luck.

Chilterns League

The Chilterns League started late this year but it was worth the wait as Flitwick Dolphins hosted a first round gala at the Saxon pool, Biggleswade, on April 17th. The Chilterns League is time banded; in other words if swimmers are faster than a set time for each event they do not score any points and lose the team one of six maximum bonus points (a double whammy that makes team selection extremely important). The opposition in the first gala was tough: Chesham, Aylesbury, Leighton Buzzard, Lewsey (now Team Luton B) and Hemel Hempstead. However, the team put in a storming performance to come second behind Aylesbury. After bonus points were added we were joint top of the league with two rounds to go. In round 2 on 22nd May at Aylesbury Aquavale we were once again swimming against Hemel Hempstead, Leighton Buzzard, Aylesbury and Team Luton B together with Rushden. We came fourth on the night, but just 4 points behind the winners, Hemel Hempstead. The final round is on June 19th at Tiddenfoot Pool in Leighton Buzzard, and any of the teams could win the overall trophy.

Gareth Jeans

The other weekend we were able to win back the Gareth Jeans Trophy at Dunstable in a very close battle we piped Team Luton to the trophy yet again by just 4 points. Extremely well done to all swimmers.

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



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Junior League

The Milton Keynes and District Junior League gets underway on 5th June and we will be swimming at Amersham. The Junior Swimming League is a national competition, with winners of the district leagues competing in semi-finals and finals to decide the national champions later in the year. The club will provide transport for the gala at Amersham. Watch the notice board and e-mail for team selection and travel details.

Open Water

The Open Water season got underway at Colwick Park, Nottingham, on Sunday 16th May. The water was chilly, to say the least, but we had some great results. The 4 x 1km relay team of Georgina Halford, Isabelle Martin, Bethany Francis & Carl Halford were third overall. Ian Murray & Nigel Halford swam in the 4km freestyle event finishing 6th & 15th respectively. Well done!! Hope you have warmed-up by now. On 19th June some swimmers will be taking part in the British Long Distance Swimming Association Champion of Champions event in Dover Harbour. Then, in July, the East Region holds its annual championships in Norwich. This year, this event doubles-up as the Bedfordshire ASA county championships, in both junior and senior categories, so there is even more incentive to enter. Last year the water temperature at that event was quite pleasant (really!).

Open Meet entry times

All licensed Open Meet, County, Regional and National performances are recorded by the ASA and can be viewed in the rankings section of the ASA's web site. Times are kept on the primary list for only 12 months. This is becoming more important because meet entry software now allows meet organisers to draw-down times from the ranking list, saving time and ensuring accuracy, if the time is up to date. You may, therefore, find that the entry time you are given is from the ranking list and not the one you put on the entry form. It is more important than ever, that you enter meets regularly to keep your ranking time up to date. Otherwise you may find it difficult to gain entry into some meets.

Entering Galas and Open Meets

We encourage all swimmers to sign-up for team meets when selected (we do appreciate that everyone has commitments and cannot always be available). In particular we struggle to get enough of our younger swimmers. They are great fun and parents can usually be persuaded to visit McDonalds on the way home.

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, check with your coach if you are unsure of which meets to enter.

Please make sure that when filling out forms for open meet/galas that they are filled in correctly with the swimmers ASA number, all their details and their actual times for the event. All meet forms must be handed in to Philip Abbott, the Competition Secretary. Payment must be made at the time of handing the form in. Forms not correctly completed may miss the gala deadline.

Up & Coming Galas

Junior League Round 1 5th June
Chiltern League 19th June
Biggleswade Summer Gala 26th June
CMK End-of-Season 26th / 27th June
Junior League 3rd July
Coventry End-of-Season 10th July
Duel in the Pool 17th July
East Region Open Water 18th July

Young Aquatics Organisers Course

We recently ran a Young Aquatics Organisers course for the over 14 year olds, where they learnt how to organise a swimming meet. This was then put into practise when they ran the Junior League Time Trials in May.

Those who attended the course are reminded that they need to complete their booklets and hand to Becky ASAP.

Club Kit

We have polo shirts £11, Swim hats £3.50 and draw string bags £3.50 in stock. We may place an order for the Tracksuit Tops, in the near future 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

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

- Car Washing (when the weather is warmer)
- Bag Packing at October and Christmas

If you can suggest some fun fundraising events please speak to Lee Ashton-Rigby with your ideas.

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

100 Club

Pick a number between 1 and 100 at £1 a month, 50% of the money every month goes to club funds and the remainder is split into 3 prizes which are drawn by the committee monthly, winners are notified on the notice board. See Catherine Abbott for your number.

Winners were:

February: Catherine Abbott, Jean Barber, Diane Brinkler
March: Steve Trott, Cliff Barber, Jane Francis
April: Sharon Neary, Steve Trott, Ian Davies

Welfare Office

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

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 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 but 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 years old. Once swimmers are 9 they can represent the club and it is very important that we have enough swimmers to field relay teams, but that they also come to us early enough so that they can be prepared 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

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) 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.

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AGM

The FDSC AGM will take place on Sunday 20th June 2010 at 7pm in the Function Room at Flitwick Leisure Centre and all parents and members are welcome.

Preceding the AGM will be the Club squad photos and the election of the Club Captains. Please would all swimmers come in their Purple Club Tops and/or Tracksuits, and bring their medals/trophies from recent galas with them. We would like to encourage all swimmers not training that night to stay to the AGM and hear the results of the Club Captains election.

After the photos and before the AGM starts we will do the Presentation of ribbons from the Time Trial. All swimmers should turn up in club kit.

There are some committee positions vacant and we are looking for volunteers. The club cannot function without a committee and we always have too many jobs for too few people!!! If you would like to discover more about how the club works and where help is needed please speak to any committee member.

Two 2 major committee members are standing down; Sue Warne, the Secretary, is leaving as her daughter Clare has moved to back to Luton and Roger Allen, the Chairman, has to step down after 3 years in office.

The committee would like to thank Roger and Sue for all their hard work in helping with the smooth running of the club. We wish them the best in whatever they do.

Here is a brief description of the vacancies: (we have a full job description for anyone interested)

Committee Vacancies:

Secretary: Ensures the smooth running of the clubs administrative requirements. Deals with day to day running of the club including, all correspondences, taking of the minutes and booking meetings. As part of the Executive, the Secretary is involved in making decisions on behalf of the club and its members. The secretary is the main point of contact for the County, Regional and National ASA. This job does involve a weekly commitment but can give an immense sense of job satisfaction

Chairperson: Manage committee and chairs monthly meetings, ensures finances are secure and approve payments, manages Coach relationship and coaching strategy and the Clubs direction. Chair sub-committees for hardship, disciplinary items, ensures policies and procedures are in place and up-to date and recruits coaches and deals with their contracts

External relationships include:

- attend the Swimming Development Board and Beds ASA meetings
- attend Customer Forum meetings for Flitwick Leisure centre
- hold regular meeting with manager of Flitwick Leisure centre
- liaise with other club chairman, particularly Biggleswade and Mid-Beds

Some other minor vacancies:

Newsletter Editor – (non-committee position) to put together a club newsletter about 4 times a year. Collating news pieces from the committee/coaches for the parents/swimmers.

Assistant Welfare Officer – (non-committee position) to assist the Welfare Officer in collecting/liasing with parents on welfare issues at poolside.

Disability Liaison - (can be non-committee position) To play a key role in working with athletes with disabilities within aquatics.

Fundraising – (can be non-committee position) Helps to co-ordinate the club's fundraising activities.

“YOUR” CLUB NEEDS YOU!!

Several committee positions will become vacant at the AGM on 20th June and the present committee are holding a very informal get-together at Flitwick Leisure Centre on Wednesday 9th June in the bar between 7pm and 8.30pm. If anyone is considering volunteering to help the club, either on the committee, or otherwise, please come along and meet members of the existing committee. Hopefully we will be able to answer any questions you may have.

Look forward to seeing you there.

Club Captains

The club needs nominations for male and female Club Captains. All swimmers will be able to vote at the AGM on Sunday 20th June. You can nominate yourself or someone else (they must agree). All nominations must be with Catherine Abbott or Sue Warne (either verbally or by email) no later than Wednesday 16th June.

Policies

We have recently updated the club's policies on: Health and Safety, Child Protection and Complaints and Disciplinary, please see the website (under Resources)

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 16th and 17th 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 (07786 522455) or Roger Allen - roger.d.allen@tesco.net (01525 840144)

This meet will be a first come, first served basis and it will be the responsibility of each swimmer to complete the entry form correctly with times and ASA numbers and hand them in with the correct payment, (forms not filled in correctly will be rejected) in plenty of time, the meet will close when the events are full and we will not be able to favour our swimmers at this event, so please keep an eye out for the details on the website.

End of Season Ball

Is on Friday 16th July at Parkside Hall in Ampthill, please keep an eye on the notice board for more details, this event is organised by the senior swimmers. It is an opportunity for the swimmers to have fun and enjoy themselves after a long hard season.

Photography

The ASA are becoming increasingly concerned over the use of photography at swimming events – this includes video, cameras (digital or otherwise), zoom or close range photography and mobile phones with image capturing facility. In line with the ASA Child Protection Policy, any person wishing to engage in any kind of photography must register their details with our official at the entrance before carrying out any such photography. We would also ask EVERYONE to be aware of photographs being taken at events, especially in places such as the changing rooms as the use of any photo imaging device in a changing room is an offence. If anyone has ANY cause for concern they should immediately speak to their coach, an official or report the matter to a member of the pool staff.

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