



NEWSLETTER – November 2008

An eventful start to the new swimming season has seen a number of FDSC swimmers compete in the last round of Junior League and the first round of the National Swimming (formerly Speedo) League, as well as attending 4 Open Meets to date. We now look forward to all our swimmers taking part in a successful Club Championships this month.

100 Club

FDSC has recently introduced a 100 Club to raise funds for the Club - £1 per month for one number. Please contact Catherine Abbott if you'd like to participate.

Fees

It would be appreciated if all parents would remember to update their standing order from December to reflect the increase in fees (or at any other time if, for example, a swimmer changes squads). This helps enormously towards the smooth running of the club and we would respectfully remind you that it is the parent's responsibility to pay and not the Club's to collect. Thank you for your co-operation in this matter.

Junior League

Our younger swimmers put in a sterling performance at the final round of Junior League back in September, earning the Club an excellent 4th place in Division Two. Well done to all who competed.

Need Kit?

Please see Steve Trott for items such as hoodies, t-bags, polo shirts etc.

Long Course Training Camp 2009

Flitwick Dolphins will be holding their biggest-ever overseas training camp next February. 34 swimmers and 8 staff will be jetting off to (hopefully) a sunny and warm Cyprus to work hard in a 50m pool for the week. There will be 2 x 2 hour pool sessions per day, plus land training. We have already started our fundraising and on Saturday 18th October swimmers and parents worked hard to raise over £400 at our car wash clinic at Flitwick Leisure Centre. Coming up on Tuesday 23rd December we are bagpacking at Waitrose in Ampthill and then doing the same again at Tesco in Flitwick on Saturday 3rd January. Further details will follow to swimmers and parents shortly.

If anyone has any further ideas for fundraising or you know of any local business who would be able to make a donation in return for advertising on our website etc, please contact Sue Warne.

Mid Beds Talent Development Day

A number of our younger swimmers attended a Talent Development session at Flitwick during half term. They spent time both in the water and at a presentation, picking up invaluable tips from senior Mid Beds coaches and swimmers. The session was very successful and a similar event is planned for next year.

Club Championships

All entries should now have been submitted. Please note that we need as much help as possible from parents to ensure the championships run smoothly – please let us know via the Club desk or by speaking direct to Sharon Neary whether you can help in some capacity, whether on poolside or “behind the scenes”.

Officials Success

Congratulations to Paresh Aatkar, Philip Abbott, Cliff Barber, Bruce Chamberlain-Clark, Loren Chamberlain-Clark, Jayne Francis, Andy Gilks, Richard Martin, Paul Neary and Steve Trott on successfully completing their ASA Timekeeper course in July. We currently have a further 6 timekeepers, 9 Judges and 4 Starters undergoing training. Please speak to either Phil Winder or Sharon Neary if you would be interested in training to become an ASA Official.

Help needed

Our coaches welcome offers of help from parents (particularly timekeepers or trainee timekeepers) to assist during training sessions. Help particularly needed on Wednesdays at BHS.

Disability Sport Events Short Course National Championships, Sheffield, 1/2 November 2008

The club's swimmers with a disability, Claire and Sean, competed at the above, swimming as part of the East Region Team. Diane was also there as Assistant Coach. The GB Beijing Paralympic Squad were at the event and a parade of the medallists from Beijing took place on Saturday morning.

Sean had a fantastic championships, swimming PB after PB, and was also delighted to be part of the medal-winning East Region Team in the 400m freestyle relay. He was encouraged in his swimming by chatting to Matt Walker, multi-medallist from the Beijing games and in the same classification as Sean.

Claire had spent the week prior to the competition training with one of the British Swimming coaches in Swansea. Her hard work paid off and she gained a 2009 National Talent Programme qualification time in her new classification in the 100m backstroke. She came away with 1 gold medal in the 400m freestyle and two bronze medals in the 50m fly and 100m backstroke.

Very well done to both swimmers.

Congratulations ...

To Loren Chamberlain-Clark and Simon Liddle who earned their County Colours representing Bedfordshire at the County Team Championships in Sheffield last month.

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