



## NEWSLETTER – September 2011

Committee Members: Chairman - Nigel Halford, Secretary – Joanne Hird, Treasurer - Catherine Abbott, Beds ASA – Vacant, Team Manager - Helen Curr, Webmaster & Competition Secretary – Philip Abbott, Welfare Office – Jenny Trott, Swim21 Liaison – Sandra Grant, Records - Melanie Doyle, Workforce Co-Coordinator- Steve Davies, Membership Secretary – Ian Murray, Disability Liaison – Julie McGeever, Parent Liaison – Martin McGeever

Big welcomes to our new swimmers that have started with the club recently, if you have any queries then please do not hesitate to ask. Catherine is usually at Flitwick on a Wednesday evening, or you can contact the committee email address and the query will be passed to the correct person who can help.

We also welcome Ian Arnott the new head coach who seems to be settling in rather well. Any queries please try and see him at the end of the session or send an email to [coach@flitwickdolphins.com](mailto:coach@flitwickdolphins.com). We have also now got a club telephone which Ian is available on - 07551 345582 please make sure that if you are unable to turn up to a gala/open you let him know.

We would like to say a belated good luck to our swimmers that have gone off to University this term – Simon Weighell and Carl Halford; we hope to see them soon when they come home in the holidays, hopefully not the worse for wear!!

We also would like to say thank you to Alice Marchant who assisted on poolside with the junior swimmers, who has gone off to University and to Loren Chamberlain-Clark who stepped in as Acting Head Coach until we had secured a replacement for Becky.

Welcome back to a new season, which looks like it is going to be a busy. We have our Open Meet and Club Championships to look forward to.

We would like to emphasise that we are a Competitive swimming club and the objective of attending training sessions is to compete in galas and open meets!

### Treasurers Report

We have decided that it is not viable to run 2 sessions on a Wednesday evening, so from Wednesday 19<sup>th</sup> October all swimmers will be at Flitwick pool. The sessions will be 7-8pm for Bronze and Silver and 8-10pm for Gold, White, Purple, Platinum and Diamond. If you have any problems with these times then please contact Ian the Head Coach.

Please check below for pool closures, we will send emails and post it on the website if we do need to cancel any sessions.

We are looking to restructure the squads to make it simpler, so please keep an eye out for further information.

### Greetings from the new Head Coach

Firstly let me introduce myself as your New Head Coach! As you have gathered from the information I have a very expansive background, not only swimming, but an array of other sports. This, I believe is very useful in developing the swimmers in all areas, not only pool based, but also out, physically and mentally as well. However being a Northerner as Catherine would put it! I promise not to bring my whippets, pigeons and flat cap on to poolside!!!

Now my portfolio, of which I am sure you want to know?? I was the former National Director of Coaching for Triathlon Scotland, so guiding and training the coach's up there as well as supporting high performance coaches developing Olympians, World and European Champions. Of which, I am pleased to say Scotland has a few. I gave that position up (outside of my day job) when I moved to the South. I then took up the position of Head Coach at Chalfont, where I developed and coached swimmers for Regional's. However being new to the South (trying to get used to the tropics!!), I wanted to have a break from coaching, so needless to say until now.

As well as coaching at Chalfont, I have been Assistant Head Coach at Bicester, City of Newcastle Swimming Club and Head Coach to various University swimming and triathlon teams.

The way forward now with the club is to consolidate what the swimmers have achieved and take them to the next level. This means increase the

intensity of their training and focusing on specific areas that need to be worked on so that they can achieve their goals.

The younger ones in a very similar way, however focusing on skill and technique development in general stamina and endurance.

There are some exciting times, such as the development of a swimming academy, so please if you know anyone who wants to learn or be developed further let them know about the academy as this will be starting in the first week of November. Also once a month we will be setting out one specific session for swimmers to come try out for the club, so please tell your friends about this. We will post on the website the dates for this.

That's it for now, so thank you for making me feel very welcome, as I have thoroughly enjoyed my first month at the club. Also I have an open door policy; I will leave poolside to come talk to parents 10 minutes before the end of the session, so please use this to tell any positive or negative things I can help with. Also I like things to be very transparent, so please get in touch so we have an open line and two way communication process

### Congratulations to ...

Aran Chamberlain-Clark and Natasha Abbott in passing their level 2 teaching in aquatics.

Nigel Halford, Aran Chamberlain-Clark and Natasha Abbott in passing their level 1 coaches course

Leah Neary in passing her level 1 teaching in aquatics

### Open water

Summer 2011 was another enjoyable and successful Open Water season with several swimmers trying it for the 1<sup>st</sup> time and surprising themselves. As usual the main target was the combined East Region and County Championships in Norwich in July. In the 5k event, Carl Halford came 3<sup>rd</sup> overall and 2<sup>nd</sup> in his age group, while Ian Murray, Nigel Halford (indeed) and Mike Furby came 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>, in their age groups. There was a clean sweep for Flitwick in the County Championships, with Carl, Ian, Nigel and Mike coming 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup>. In the women's 5k event, Georgie Halford was 5<sup>th</sup> in her age group in the region and 1<sup>st</sup> in the county.

In the 3k event, Will Hawkes won silver medals in his regional age group and in the county championships. Oliver Cocks was county champion at 1500m while Bethany Francis and Sofia Aatkar were just outside the county medals for the women's 1500. Tom Winder won a regional bronze medal in his age group and was 2<sup>nd</sup> in the county, while Ben Trott won a county bronze in his age group and Luke Ford missed a county bronze medal by one second. Ronnie Curr-Partridge was county silver medallist in the women's 800.

To top off this superb medal haul, Flitwick came 2<sup>nd</sup> to the mighty Hatfield in the regional team championship, a competition decided by the aggregate time of a club's fastest swimmers in each event. The aggregate time for Carl, Will, Oliver and Tom was two hours, twenty-eight minutes, just a minute ahead of Thurrock and Peterborough.

A number of swimmers have also taken part in non-ASA events. These usually allow swimmers to wear wet-suits, which gives a significant advantage in speed and withstanding the cold. Nevertheless, Carl Halford, without a wetsuit, came 4<sup>th</sup> in a 3k event in the River Ouse in Bedford in June and won a 1.5k event at Box End in August. Ian Murray also put in some outstanding performances in these events and Louise Simmons came 3<sup>rd</sup> in the 1.5k at Box End. Carl, Georgie and Nigel also competed in a Speedo 3k/1.5k event in the Thames at Marlow in August, with Carl and Georgie being the 1<sup>st</sup> non-wet suited swimmers to finish.

Finally, hats off to Mike Furby who completed the Welsh Ironman Triathlon in 12 hours and 25 minutes (yes, half a day) in September.

***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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### Gala's competed at:

It may seem a long time ago – but in July we competed in the final round of Junior League. We had quite a reduced team as we only had 1 - 9 year old girl and 1 - 9 year old boy so we had forfeited 9 races before we even began.

All the swimmers tried their best and with a few DQs still managed to gain 3<sup>rd</sup> place on the night. Well done to all swimmers who competed, some great times gained including 19 PBs. Overall in the league we came 7<sup>th</sup>.

As the first gala of the new season a team of 30 were taken to Dunstable to compete in the Autumn Gala. This was a time banded gala (no faster than times). We had a full team and everyone was enthusiastic.

We had some brilliant swims (29 PBs). We also had quite a few 'too fast' results (where swimmers go faster than the banded time for their event). We came 3<sup>rd</sup> overall, just 5 points behind Hemel Hempstead in 2<sup>nd</sup> place and the trophy was won by Witney and District.

On a personal note I would like to thank all the swimmers for accepting me as their new Team Manager (I have a tough act to follow). I enjoy being poolside with them all and am always impressed by the poolside etiquette they show. I look forward to the Arena National League starting on 8<sup>th</sup> Oct and expect us to have a great time and some more amazing results. Helen

### Flitwick Dolphins Swim Academy

We are launching a Flitwick Dolphins Swimming Academy to attract young swimmers into the club. The Academy will be called 'Flippers', and fliers for the launch should be printed shortly. We will be distributing the fliers in all the local schools and if you think you can help with that then please let Ian Arnott, Steve Davies, Nigel Halford, Catherine Abbott, Helen Curr or Jo Hird know so that we can get it organised, or alternatively email: [academy@flitwickdolphins.com](mailto:academy@flitwickdolphins.com)

### Kit

Just a reminder that ALL swimmers must turn up promptly and ready to training sessions with the full kit

You MUST have in a Mesh Kit Bag:

Pull Buoy  
Kick Board  
Fins  
Hand Paddles (seniors)  
Finger Paddles (juniors)  
Front Facing Snorkel (junior or senior), check with your coach

Swimmers must have at least 1 litre of water with them

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 recently added a link to [easyfundraising.org.uk](http://easyfundraising.org.uk) to the club website. If you are an internet shopper, please view this link and register with them and every time you shop using this the club receives a donation. Most companies with a high street presence are registered here.

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

### Club Kit

Polo Shirts £15, Swim hats £4.00 and draw string bags £4.00 which are all in stock. Any queries please see Steve Trott.

If you require kit and can't locate Steve, please email [committee@flitwickdolphins.com](mailto:committee@flitwickdolphins.com) with your request.

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

### SwimShop Bargains

We have a large consignment of SWIMSHOP girls swimming costumes and boys trunks/jammers kindly donated completely to the club by SWIMSHOP. They have ONLY been used for modelling purposes and are brand new.

They are being sold by Sandra on behalf of the club at really knock down prices. Some of the items have been retailed at anything from £15 to £20 dependant on the item and size. Our prices are as low as between £3 and £5 per item.

The swim wear available includes (various colours etc)  
Boy's jammers size 28, 34  
Boys trunks 28 34  
Girls swim costumes size 30 34

Please see Sandra to view and purchase.

We are also looking for donations of used fins, floats, pull buoys, etc not goggles so that we can sell them on to new swimmers. These used and donated items will be offered for sale as well and all funds raised from the sale of the ex-modelled swim wear and 2nd hand kit will go entirely to Flitwick Dolphins.

Please see Sandra A.S.A.P. for these bargains, she will have the items with her at BHSG whenever she is there or Sunday nights at FLC.

### Clothing Collection

The 3rd clothing collection will take place on the 8<sup>th</sup> December 2011

It will again be a super opportunity to clear out those wardrobes and cupboards of unwanted textiles and winter warmers. This is not limited to just swimmers. So ask your friends, family and neighbours if they have any textiles or clothing they no longer need and let's see how many bags we can fill, an early start could see us exceed our last donation! If we start collecting now we will have a bumper amount later in the year.

If you need a clothes bag, please see Sandra Grant

### Milton Keynes "Aladdin" Pantomime Fundraiser

Are you considering going to see the Panto in MK this Christmas???

Gareth Gates (Pop Idol) and Paul Burling (Britain's got Talent) are starring in this year's show.

Flitwick Dolphins are able to offer seats in Row B of the upper circle for £17 (£6 off face value).

The show we have got tickets reserved for is Thursday 5<sup>th</sup> January at 6pm. Every ticket we sell the Club benefits but we need to sell at least 20 to qualify. This offer is not just open to swimmers and parents; it is open to all family and friends.

Please can you note your interest on the Notice Boards at Flitwick or by emailing [martinwhite4@sky.com](mailto:martinwhite4@sky.com) by the 28<sup>th</sup> of October so that we can secure the tickets for you.

**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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### Xmas Bag Packing at Waitrose

Bag Packing at Waitrose returns on Wednesday 21<sup>st</sup> December and we will be placing a volunteer rota up on the notice boards in the near future, this event is not just for the older swimmers but for all, it is a good opportunity for all the swimmers to work together, they are not left unsupervised, as we also need adult volunteers as well!!

### 100 Club

This is a great fundraiser for the club and you have the chance of getting something back from it. Please consider it even if it is only 1 number which only costs £12 for the whole year. Remember that 50% of the money raised goes towards prize money and the other 50% to club funds.

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 month with the winners being notified on the notice board at Flitwick and the website.

Contact Sandra (snidbat@aol.co.uk) if you would like a number

Previous winners for July are 1<sup>st</sup> Prize Maureen Abbott, 2<sup>nd</sup> Prize Grandpa Aatkar, 3<sup>rd</sup> Prize, Jean Burnage

Previous winners for August are 1<sup>st</sup> Prize Steve Trott, 2<sup>nd</sup> Prize Catherine Abbott, 3<sup>rd</sup> Prize, Cliff Barber

If you had said that you would have a number and have not yet paid could you please do so ASAP either to Sandra or Catherine

### Welfare Office

Jenny Trott is the club's new Welfare Officer, if you have any issues please see Jenny, who is usually at Flitwick on a Wednesday night or can be contact on [jennydolphins@talktalk.net](mailto:jennydolphins@talktalk.net)

Could all parents please note that they are not permitted to enter the communal changing rooms at BHSG. If you need to speak to your son or daughter please see a member of the coaching staff who will arrange for them to come and meet you.

It is the Club policy is that all officials and poolside helpers should apply for a CRB check. There is no cost to volunteers and the check lasts for three years. Please complete renewal forms promptly when you receive them from the ASA.

### Swimming Results and PB's

Did you know ... that the ASA membership and results databases may be accessed online at <http://www.swimmingresults.org/>? It's easy to use this website to confirm your ASA membership number and you can also check your PBs and see a history of all your swims recorded at licensed galas. You can also view Club and County ranking tables.

### The Club Championships

The Club Championships will be held over the last two weekends in November, 18/19/20 and 25/26/27.

All swimmers are encouraged to enter as many events as they can, as it is an opportunity to update their personal best times as well as win medals and trophies.

The Club Championships are very competitive, but friendly and fun, and are therefore a good way to start competing. It is a Level 4 licensed meet so the times set can be used to qualify for Counties and Regional's. The entry forms will be given out in the next couple of weeks

### County Championships

The 2012 County Championships will be held on 18 February (distance events) and 25/26 February & 10/11 March.

### Timekeepers & Changes to official's requirements

Some ASA rule changes came into effect on 1 September 2011.

From this date, all officials at Level 1 or 2 galas must be licensed and qualified at Judge 1 or above — this includes County and Regional Championships and Inter-County galas. All galas (including unlicensed galas such as local league galas) are required to have a minimum of one turn judge per two lanes at each end of the pool.

Beds ASA are running courses throughout the autumn allowing qualified timekeepers to train to Judge 1 Level. Details are as follows: Flitwick Village Hall, Dunstable Road, Flitwick, MK45 1HP  
Time 7:15pm – 9:45pm on the following dates: Tuesday 18th October 2011 or Tuesday 22nd November 2011 or Tuesday 6th December 2011

To attend please complete the British Swimming Officials Course application form on the County website on the courses page and send it to David Metcalf together with the ASA course fee of £8.00. Please make cheques payable to ASA,

Further details at [www.bedscountyasa.com/swim\\_courses.html](http://www.bedscountyasa.com/swim_courses.html)

Some officials may find that their four-year British Swimming licence falls due for renewal shortly. They must attend mandatory CPD courses in order to apply. Officials who assist at regional galas may qualify to have their licence renewal fee paid by the ASA East Region. Contact David Metcalf (County Officials Secretary) for more information.

### Club Open Meet 2011

After the club's successful inaugural open meet at Biggleswade in October 2010 we are pleased to announce that the 2011 meet will take place on the weekend of the **22<sup>nd</sup> and 23<sup>rd</sup> October**.

To be able to hold the event successfully, we need volunteers to help either with the running of the open or to officiate

If you are a qualified official then please contact Phil Winder on: [phil\\_winder@btoopenworld.com](mailto:phil_winder@btoopenworld.com) (before he comes after you!!)

For all other helpers then please email Catherine Abbott on; [Catherine.dolphin@o2.co.uk](mailto:Catherine.dolphin@o2.co.uk) or sign up on the Flitwick notice board.

We are also in need of raffle prize donations so if you can donate something even if you are not going to be at the event this would be great, (especially bottles) please hand to any coach/ poolside helper or committee member who will make sure that they are passed on to Catherine or if you see Jane McFarland, then she will take them. Please try to donate these by 12<sup>th</sup> October as they are being professionally wrapped and presented by Jane and Karen Cotton.

The open meet is a way for the club to raise some much needed funds which are used to keep the monthly fees down, without this event we will have to raise them, so please volunteer to help make this another successful meet.

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## 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 Steve Davies.

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. The club maybe able to assist with you applying for funding with the cost of the courses, but it does need to be planned and applied for.

## 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 or with the running of the club (even if it's just an hour a week) then please contact the committee on [committee@flitwickdolphins.com](mailto:committee@flitwickdolphins.com), 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 Ian at [coach@flitwickdolphins.com](mailto:coach@flitwickdolphins.com)

## EOS Ball

A brilliant night was had by all who attended, the senior swimmers as usual organised a good night, thank you!

The swimmers will need to decide what date they would like next year's EOS ball to be as we are finalising the fixtures and need to now ASAP. If you could all please give your suggested dates to your club captains Lauren or Toby

## Assistant Treasurer required

The club are looking for an Assistant Treasurer to help out the current treasurer Catherine Abbott, with a view to taking over this role next year when she steps down. If you are interested and have a good head for figures and enjoy working with spreadsheets, please get in touch with Catherine in the 1st instance at: [Catherine.dolphin@o2.co.uk](mailto:Catherine.dolphin@o2.co.uk).

## Website

Is there any parent who can spare sometime to help us with redesigning of the website, if so please email [committee@flitwickdolphins.com](mailto:committee@flitwickdolphins.com)

## Dates for the Diaries

### October

8<sup>th</sup>  
23<sup>rd</sup>

National Arena League Round 1, Rugby  
Flitwick 7-8.30pm Session **CANCELLED** due to OPEN meet  
Flitwick Dolphins Open Saxon Pool – Biggleswade

### November

2<sup>nd</sup>  
12<sup>th</sup>  
18<sup>th</sup> - 20<sup>th</sup>  
25<sup>th</sup> - 27<sup>th</sup>

All Sessions **CANCELLED** as Pool closed  
National Arena League Round 2 TBA  
Club Champs BHS, Saxon Pool, Flitwick  
Club Champs BHS, Saxon Pool, Flitwick

### December

3<sup>rd</sup> - 4<sup>th</sup>  
7<sup>th</sup>  
10<sup>th</sup>  
21<sup>st</sup>  
28<sup>th</sup>  
30<sup>th</sup>

East Region Winter Champs – UEA, Norwich  
Clothing Collection Deadline, Bags to Sandra  
National Arena League Round 3 TBA  
Waitrose Amptill Bag Packing  
Training at Flitwick 2-4pm  
Training at Flitwick 2-4pm

### January

2<sup>nd</sup>  
6<sup>th</sup>  
14<sup>th</sup>

Training at Flitwick 2-4pm  
Panto at Milton Keynes  
Club Championship, Awards Night. Greenfield Village Hall – **ALL** swimmers & Parents are expected at this event  
Biggleswade Open (Details on website)

21-22<sup>nd</sup>

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