



NEWSLETTER – May 2006

An eventful 3 months since our last Newsletter have seen superb performances by our swimmers in numerous team and open events. An incredible number of PB's have been achieved, many of our new young members have represented the Club for the first time and a record number of swimmers have achieved District Qualifying Times. Well done!

Team Successes

Yet more excellent team performances so far this year, including:

- Reaching the final of the Chiltern League and coming 5th overall in the Division
- Winning the recent Gareth Jeans Trophy Gala at Dunstable

We're now looking forward to the Round 1 of the Junior League on 10th June and hoping to capitalise on last year's success when we were promoted to Division 1.

District Swimming

We're delighted that 6 of our swimmers have achieved District Qualifying times and will thus be competing in the ASA East Region Championships in June. Congratulations and good luck to all concerned. Several other swimmers came very close to achieving qualifying times so we're aiming for an even better attendance next year!

Annette

We were sad to see the departure of Head Coach Annette Probert. We wish her every success for the future and thank her for all the hard work she has put into the Club over the past few years. Diane, Martin and our volunteer coaches are working hard to ensure our swimmers continue to receive the high level of training to which they've become accustomed

Swimming Camps

Two groups of swimmers attended training camps over the Easter period. 13 swimmers spent 4 days training in the 50 metre pool at University of East Anglia (see photos on website). Another 7 spent a week at Kelly College in Devon. Both groups thoroughly enjoyed their experience and felt they had benefited greatly from it. Similar camps already being planned for next year.

Hooded jackets

We have a number of hooded FDSC jackets in stock (age 12/13 and 14/15 – price £15.00). Ask at the desk if you're interested

Calling all 9 Year Olds!

We are keen to recruit new members who will still be 9 years old at the end of this year – particularly boys since we need to form a relay team for Junior League. If you know anyone who may be interested, please email trials@flitwickdolphins.com

County Championships

FDSC swimmers performed brilliantly at the Championships in March, amassing a total of 245 PB's, 35 Club Records and 83 medals. Congratulations to all who participated and here's to even better results next year!

Open Meets

The Club selects various open meets at different levels of ability throughout the year and we would encourage swimmers to enter as many of these as they feel able – they represent an excellent opportunity to gain PB's and maybe even win a medal! A FDSC coach will always be on poolside at these events. PLEASE REMEMBER that entry fees for such galas must be paid when submitting entry forms.

New Training Times and Squad Criteria

The new training times are now in place and coaches are currently assessing swimmers against the respective criteria for each squad. As outlined in the recent letter, the intention is that every swimmer will be in the right squad by September. NOTE that the criteria are not "set in stone"; they are for guidance purposes and coach's discretion also plays a part. A REMINDER to amend your Standing Orders with the bank to take account of the new fee levels introduced with effect from 1st May.

Forthcoming Galas/Splashnight

A number of team and open events are scheduled over the next few months – watch the website and noticeboard. We're also hoping to hold a Splashnight on 22nd July – details to be confirmed.

Pains, Strains or Sprains ...?

Diane has recently negotiated a club discount with a local Physiotherapist. Should any swimmer incur an injury which causes them pain or discomfort, please don't suffer in silence - speak to Diane or Martin who will assess the situation and arrange the necessary referral letter if appropriate.

Medical Declarations

Please ensure that any swimmers receiving medication declare the details on the appropriate ASA Form, which can be obtained from Ann Wren.

Don't forget to check the website regularly for up-to-date details on galas, as well as all other information about the Club – www.flitwickdolphins.com