



NEWSLETTER – September 2006

Hopefully everyone had a good and well deserved rest over the summer holidays.

Training's now back in full flow, we've already competed in our first team gala (see below) and are now looking forward to and preparing for, amongst other things, Speedo League and our own Club Championships.

East Region District Championships

FDSC put in our best ever performance at the District Championships back in June. 7 of our swimmers competed individually as well as another 8 who represented the Club in relay teams. 5 final places were achieved and 2 medals won in addition to 15 Club Records being broken. An excellent result and we look forward to even greater success next year.

Junior League

Junior League is now over for another year — FDSC competed in three rounds in June, July and September and finished comfortably in the middle of Division 1 (having won Division 2 last year). Very well done to all swimmers, some of whom competed in their very first competition and did us proud!

Swimming Camp

Ten of our 10-12 year old swimmers attended a County Training Camp at Bedford High School over the weekend of 23rd/24th September. A major attraction of the weekend was the visit by Melanie Marshall (100m and 200m Freestyle British Record Holder). Melanie passed on some useful tips which hopefully our swimmers will take on board!

End of Season Ball

The FDSC End of Season Ball took place on 21st July at Barton Village Hall and was a great success - you could hardly recognise the swimmers in their ballgowns & bowties. They conquered the 90° temperatures and danced 'til dawn (well, 11.30 pm!). Similar event planned for next year.

Young Swimmers Needed

We are always keen to recruit younger swimmers and would particularly welcome those born in 1996/97. We would be grateful if anyone who has the necessary contacts at a Lower School could arrange for a mention in their Newsletter and/or a noticeboard flyer. Speak to Jan Scotchford at training or contact trials@flitwickdolphins.com

Changes to Training Schedule

Some changes have been made to the Autumn training schedule during holiday periods — please see noticeboard and/or website for details.

Club Championships

The FDSC Club Championships will take place over two weekends in November (17th – 19th and 24th – 26th inclusive). This is an opportunity for **every** swimmer to have the chance to swim competitively, and for our more experienced swimmers to gain or improve on qualifying times for next year's County Championships. Entry forms to follow shortly and donations for the raffle would be gratefully received!

The Championships are followed up in January by a Presentation Evening/Disco to which all are welcome — details at later date.

Tesco Vouchers

Tesco Sports Vouchers (available on purchases until 5th November) would be gratefully received — a collection envelope is on the Noticeboard.

Coaching Matters

Steve Davies, a parent coach who looks after our Bronze and Silver Squads with Martin, has injured his back and is unable to coach at the moment. We wish him well and look forward to seeing him back on poolside soon; in the meantime Martin is coping admirably on his own on Mondays and Wednesdays.

Any volunteers?

Leading on from the above, as a Club run by volunteers we are always seeking parents willing to help out, either at the Club Desk or on poolside; for example, you may like to consider taking the ASA Timekeeper exam, and we would be particularly keen to hear from anyone who may be interested in becoming a parent coach.

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