



Monday 16th July 2018 NEWSLETTER 29

KEEP HYDRATED:

It's still hot - please drink!

GALA RESULTS:

WILKINSON SWORD TROPHY GALA

On Saturday a team of our 9-11 years swimmers represented DDSC at the NASA Wilkinson Sword Gala.

The Club had 4 swimmers making their debuts for the team:

Aleksander Matty, Zachary Jones, Harry Graves and Lily Mae Cowley.

There were lots of individual personal best times and many super relay split times. DDSC finished in 6th place overall achieving 8 x 2nd place finishes and 1 x 3rd place finish (full results will be uploaded to the website ASAP).

Northampton SC finished in 1st place, retaining the trophy, and Wellingborough ASC took the runners-up spot.

All the swimmers that took part will be eligible for the **2019 Diddy League** which will make it very exciting for both the A and B Teams.

The other Team members were:

Katherine Clarke, Ilona Marosy, Merle Snelson, Emma Becker, Arthur Gibbs, Tia Bonsor, Scarlett Sanders, Lyla Hepworth and Peter Pierse. Well done to everyone who took part. As always, you were a credit to the club, showing a great sense of team spirit and congratulating the winners.

We thank the following: Steve Bond (judge), Loren Snelson and Amanda Becker (timekeepers), Suzanne Hepworth and Sally Jones (competitor stewards), Catherine Gibbs (refreshments) and Lesley Sharp (Team manager / Coach)

BIGGLESWADE OPEN MEET

Over the weekend 22 DDSC swimmers took part in the Biggleswade Swimming Club Open Meet. Despite the heat inside the pool (possibly akin to the inside of an active volcano), DDSC swam amazingly well, achieving numerous PBs and top 3 placings. As soon as results are available we will upload them onto the website.

A massive thank you to all of the Dolphins volunteers who gave up their time to support the gala – the promoters of the meet were very grateful for all of the extra help. Thanks also goes out to Rose and Rob for enduring the sweltering temperatures poolside and supporting the swimmers across all 4 sessions.

Some of our swimmers enjoying some well-earned fresh air and down time between sessions...



UP-COMING EVENTS:

Although we are at the end of our Open Meet and Team Gala season, DDSC is still looking forward to sending 3 swimmers to National events in the upcoming weeks.

Lucy Browne, Hannah Davies and Bethan Thomas will be attending Welsh Nationals and Bethan Thomas will also be swimming at the National Open Water Event.

LONG COURSE TRAINING – WOODGREEN LEISURE CENTRE:

Sessions will continue to take place every Wednesday 5:30-7:00pm and every Sunday 8:00am-10:00am ***until the end of July***. These sessions are fully funded by the club and are open to Bronze squad and above. The sessions are in addition to, not instead of, normal training.

Centre Address:

Woodgreen Leisure Centre,
Woodgreen Avenue,
Banbury
OX16 OHS

Please try to arrive 10-15 minutes before the start of the session – although we do appreciate that battling with the rush hour traffic on a Wednesday evening can make this tricky! You do not need to book in at reception, just come straight through to the pool. With the weather still forecast to be reasonably warm and sunny for the rest of the week, we would highly recommend that you apply sunscreen before swimming.

For more details about the leisure centre, please visit their website:

<https://www.leisurecentre.com/woodgreen-leisure-centre>

OTHER NEWS:

FAO **Aqua swimmers** from Lesley:

I thought some of you intrepid aqua squaddies might be interested in these events, taken from the Leicestershire and Rutland sport e- newsletter...

<https://outlook.live.com/owa/?path=/mail/inbox/rp>

<https://www.lrsport.org/events/2018/07/swim-rutland>

<https://www.therutlandmarathon.co.uk/>



Looking for something to do in the summer holidays?

Catherine Gibbs spotted this and wondered whether any of our swimmers would be interested.

If you think you have some swimming related news or information that the rest of the club might be interested in, please let me know by contacting me on ddsclubsecretary@gmail.com and I'll see if I can fit it into up-coming newsletters.

Mel