



## Monday 25th June 2018 NEWSLETTER 26

### **KEEP HYDRATED:**

With the weather this week forecast to be in the mid to high 20s, temperatures poolside (and possibly in the pool) are going to be higher than usual. Please ensure that your swimmer brings sufficient drink (preferably water or weak, high fruit squash) to training. Packing an extra drink bottle is advisable, or bottles can be re-filled (by an adult) with water from the drinking fountain outside of the Saxon Suite.

### **GALA RESULTS:**

Another weekend of successful team swimming!

### **NASA PRESENTATION GALA**



The winning streak continued at this weekend's County Presentation Gala, which took place at Corby EMIP. A team of 10/U, 12/U, 14/U and Open age group swimmers took overall first place in the gala (166 points to 159). Our 14/U team (Stanley Beasley, Chelsie Winter, James Ward, Emily Weller, Daniel Speck and Bethan Thomas) also won first place in their age group with the 10/U and 12/U placing 2<sup>nd</sup> and the Open group finishing in 3<sup>rd</sup>. Altogether we secured 15 x 1<sup>st</sup>, 11 x 2<sup>nd</sup> and 10 x 3<sup>rd</sup> place finishes. Well done everyone!

### **NORTHAMPTONSHIRE SCHOOLS GALA**

*On Friday the 22nd of June, the schools from south Northampton and Daventry met up to do the final round of the School's County Meet. While we were there, I saw some other Daventry Dolphins they were: Tyler Coles, Isabella and Oliver Dunnett. Whilst we were there, we got a purple coloured top and a purple coloured swimming hat. After we got the swimming hat and a top we had to sit down and wait for the warm up to begin. The warm up lasted about 20 minutes when the warm up finished we waited for our races to begin when they began we had to cheer to make some swimmers carry on going. At the end we had to go back pool side to see who won; sadly, the Bliss Charity school (my school) came 11th, Staverton came 9th and Caroline Chisholm came 1<sup>st</sup> - so well done to Tyler and friends!*

*By Orla Eyton-Jones*

## **UP-COMING EVENTS:**

### **REGIONAL OPEN WATER CHAMPIONSHIPS**

Schedules are now out for the Regional Open Water Champs (Sunday 1st July, Cliff Lakes, Tamworth Rd, Tamworth, B78 2DL). Please see:

<http://midlandchampionships.org.uk/openwater/2018/Midlands%20Open%20Water%20Event%20Waves%20and%20Time%20Line%202018.pdf>

I think we can safely say that wetsuits won't be required!

### **2018 CLUB SPRINT CHAMPIONSHIPS (7<sup>th</sup> July 2018)**

Entries for this are now closed and we have a fantastic, 65 swimmers entered for the gala.

Please note that the start time for the gala is 4:30pm, not 4:00pm as previously stated.

Presentations for this event have been arranged for the following day (Sunday 8<sup>th</sup> July 2018) and will take place in the Saxon Suite at Daventry Leisure Centre between 3:30 and 5:00 pm. This is an opportunity to celebrate not only success in the Sprint Championship, but also the great season of swimming had by the whole club since last September. Further details will be given out nearer to the time.

Bronze and Silver Squad training will take place as usual straight afterwards; Olympic and Gold Squad land training will also run as scheduled.

### **BIGGLESWADE OPEN MEET**

The BWSC Open Meet will take place on 14<sup>th</sup> and 15<sup>th</sup> July (entries closed) with age groups ranging from 10 years to 16 and over.

More details published nearer the time.

### **OPEN WATER PRACTICE – BOX END PARK (Aqua, Olympic, Gold and Silver Squads):**

This Wednesday will be the last opportunity for those swimmers entered for the Regional Open Water Champs to get in some practice before the big day. With the weather looking beautiful for the week ahead it's a chance for anyone else to come along and enjoy some warm-weather open water swimming too. Start and end times are as usual. Bearing in mind the temperatures, we would recommend using sunscreen and insect repellent before swimming.



### **LONG COURSE TRAINING – WOODGREEN LEISURE CENTRE:**

Just a quick reminder that our long course training sessions at Banbury outdoor pool start again on Wednesday 4<sup>th</sup> July (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. These sessions are in addition to, not instead of, normal training. More details will be given out nearer the time.

### **MISSING GOGGLES:**

Could we please ask all Olympic, Gold and Silver Squad swimmers to check their kit bags for a missing pair of Speedo Junior Fastskin goggles similar to this:



They were last seen at the end of Silver training last Thursday, but an hour later had disappeared. If found, could they please be returned to Oliver Dunnett.

For any on-going issues with registration or accessing the website, please contact:

Morag: [ddscooperations@gmail.com](mailto:ddscooperations@gmail.com)

Jax: [ddscchairman@gmail.com](mailto:ddscchairman@gmail.com)

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 [dolphinwelfareofficer@gmail.com](mailto:dolphinwelfareofficer@gmail.com) and I'll see if I can fit it into up-coming newsletters.

Mel Sharp