



Monday 2nd July 2018 NEWSLETTER 27

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:

Unfortunately, due to reported cases of 'Swimmers' Itch' (yes, it's a real thing!), yesterday's Regional Open Water Championships had to be cancelled. This was a real shame as our entered swimmers had put in a lot of practise over the last few weeks. Due to a lack of time between now and the National Open Water Champs at the end of July, the event cannot be rescheduled, but East/West Midlands swimmers have been invited to join in the Swim Wales Open Water event at Lake Bala on Sunday 8th July. Good luck to any of our swimmers who have decided to take up this opportunity.

UP-COMING EVENTS:

2018 CLUB SPRINTS CHAMPIONSHIPS

We hope everyone is looking forward to our club sprints on Saturday. Warm-up will begin at 4:30pm for a scheduled 5:00pm start. For those of you who are competing for the first time, please make sure you are poolside and ready to start (with hats and goggles etc.) in plenty of time for warm-up to begin. You can bring a bag poolside (containing drinks, sensible snacks, towels and t-shirt for between races), but as there are 65 swimmers competing it might be an idea to think about how big that bag needs to be. Please remember that you are all responsible for tidying up after yourselves!

There will be a raffle running on the day and the DDSC swap shop will be open (with proceeds going to the club) so don't forget to bring some extra money. If anyone has any last minute raffle donations or items for the swap shop, please hand them to a member of the committee by Thursday.

As always we would like to extend a thank you to those of you who have volunteered your time to help out with the event. If you have offered to help, you are currently being allocated a role and someone will let you know asap!

Presentations for this event have been arranged for the following day (Sunday 8th 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. **PLEASE NOTE that due to the start of long course**

swimming at Banbury on Wednesdays and Sundays this will be the last land training session until September.

BIGGLESWADE OPEN MEET

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

More details published next week.

LONG COURSE TRAINING – WOODGREEN LEISURE CENTRE:

Long Course, outdoor, training starts this Wednesday (4th July) at Woodgreen Leisure Centre, Banbury from 5:30pm-7:00pm. Sessions will 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. You do not need to book in at reception, just come straight through to the pool. With the weather still forecast to be 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>

For any on-going technical issues please contact:

Morag: ddscooperations@gmail.com

Jax: 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 ddsclubsecretary@gmail.com and I'll see if I can fit it into up-coming newsletters.

Mel