



Monday 8 August 2018 NEWSLETTER 31

We hope you are starting to enjoy your summer break so far. We have one last newsletter to finish off the very successful 2017/2018 swimming season.

Whilst many of you had already hung up your racing suits for a well-earned break, the club had three swimmers that were competing in National events and what a fantastic job they did!!

SWIM ENGLAND OPEN WATER NATIONAL AGE GROUP CHAMPIONSHIPS

Following the fabulous swim at Bala Lakes (Wales) in the Midlands Open Water Championships in July, **Bethan Thomas** qualified to compete against the country's finest swimmers in the National Age Group Championships on 30 July at the picturesque Rother Valley Country Park in Sheffield.

After weeks of sunshine, the weather turned over the weekend and conditions became gusty, choppy and a bit unpredictable - but 20 degrees in the water kept it a non-wetsuit race.

Bethan swam her socks off in a very aggressive race full of the top 20 ranked swimmers.

Bethan completed the 3k race in an amazing time of 43:59 and finished 24th (out of 31) and was thrilled to be part of it all.

Well done Bethan we're all very proud of your achievement.

Bethan is wearing her new commemorative Open Water Hoodie which was kindly provided by Lesley Sharp, Club President.



SWIM WALES SUMMER NATIONALS AND OPEN EVENT 30 JULY – 5 AUGUST 2018

The club had three swimmers qualify for Welsh Nationals this year; **Hannah Davies** (making her debut), **Bethan Thomas** and **Lucy Browne**. The event took place over seven days at Wales National Pool in Swansea which saw over 1000 swimmers compete from the top performance clubs from all over the country including the fastest Welsh Swimmers. The event was live streamed via the Swim Wales facebook page.

The girls did an absolutely fantastic job and did the club proud. With some tough competition, they all put in some sterling performances which definitely put Daventry Dolphins SC firmly on the map!! A summary of the results are below:

Hannah Davies	12years	50m Fly	Time 37.58	Finished 39 th Position
Bethan Thomas	14years	100m Fly	Time 1:14.33 (PB)	Finished 17 th Position
	14years	1500m F/S	Time 19:08.84 (PB)	Finished 1st Position
	14years	50m Breast	Time 40.50 (PB)	Finished 19 th Position
Lucy Browne	14 years	50m F/S	Time 29.51	Finished 10 th Position
	14 years	100m F/S	Time 1:02.90	Finished 10 th Position
	14 years	200m F/S	Time 2:13.70 (PB & New Club Record)	Finished 2nd Position
	14 years	400m F/S	Time 4:42.50 (PB)	Finished 1st Position
	14 years	800m F/S	Time 9:47.51 (PB)	Finished 2nd Position



Lucy Browne, Hannah Davies and Bethan Thomas were all presented with commemorative shirts for the 2018 Swim Wales Summer Championships by Lesley Sharp, Club President. Lucy is pictured above (left) wearing her shirt whilst being awarded her gold medal for 400m freestyle event. Bethan (right) being awarded the gold for the 1500m event.

NORTHANTS ASA COUNTY SPRINTS CHAMPS

One of the first competitions for the new swimming season in the NASA County Sprints Gala, which will take place on **Saturday 15th September** at The Queen's Diamond Jubilee Leisure Centre in Rugby. The approximate start time for session 1 is 12:30pm with session 2 starting at around 5pm. Further details will be given nearer to the time.

Entry for this event is subject to qualifying times. The table below shows the required qualifying times for each age group and each event:

NASA 2018 SHORT COURSE COMPETITION																
15 TH SEPTEMBER 2018																
BOYS								Event	GIRLS							
	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15 Yrs	16+ Yrs			10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15 Yrs	16+ Yrs
Lower QT	00:44.5	00:41.2	00:38.6	00:36.9	00:35.1	00:33.1	00:32.4	50 Free	Lower QT	00:45.2	00:42.0	00:39.7	00:38.5	00:36.7	00:36.1	00:35.7
Upper QT	00:32.4	00:30.0	00:28.1	00:26.8	00:25.5	00:24.1	00:23.6		Upper QT	00:32.9	00:30.5	00:28.9	00:28.0	00:26.7	00:26.2	00:26.0
Lower QT	00:57.5	00:53.3	00:49.3	00:46.0	00:43.6	00:42.2	00:41.1	50 Breast	Lower QT	00:58.4	00:53.2	00:50.2	00:48.4	00:46.6	00:45.7	00:45.4
Upper QT	00:41.9	00:38.8	00:35.9	00:33.5	00:31.7	00:30.7	00:29.9		Upper QT	00:42.5	00:38.7	00:36.5	00:35.2	00:33.9	00:33.3	00:33.1
Lower QT	00:49.9	00:46.0	00:42.8	00:40.6	00:38.0	00:36.4	00:35.7	50 Fly	Lower QT	00:50.1	00:45.9	00:43.7	00:41.8	00:40.3	00:39.5	00:39.2
Upper QT	00:35.8	00:33.0	00:30.7	00:29.1	00:27.2	00:26.1	00:25.6		Upper QT	00:35.9	00:32.9	00:31.3	00:30.0	00:28.9	00:28.3	00:28.1
Lower QT	00:51.7	00:47.7	00:44.6	00:42.1	00:40.0	00:38.1	00:36.9	50 Back	Lower QT	00:51.5	00:46.8	00:45.3	00:43.3	00:41.7	00:41.3	00:40.8
Upper QT	00:37.1	00:34.2	00:32.0	00:30.2	00:28.7	00:27.4	00:26.5		Upper QT	00:37.0	00:33.6	00:32.5	00:31.1	00:29.9	00:29.7	00:29.3
Lower QT	02:00.6	01:55.7	01:44.5	01:37.6	01:32.3	01:30.8	01:30.8	100 IM	Lower QT	02:00.4	01:55.7	01:44.8	01:40.9	01:40.7	01:40.7	01:39.7
Upper QT	01:18.0	01:14.9	01:07.6	01:03.1	00:59.7	00:58.7	00:58.7		Upper QT	01:17.9	01:14.9	01:07.8	01:05.3	01:05.2	01:05.2	01:04.5
TIMES TO HAVE BEEN ACHIEVED SINCE 1 ST SEPTEMBER 2017																
SUBMITTED TIMES MUST BE BETWEEN UPPER AND LOWER QUALIFYING TIMES TO BE ACCEPTED																

Age groups relate to the age that your swimmer will be on the 31st December 2018. Qualifying times must be legitimate and must show on club rankings:

(<https://uk.teamunify.com/SubTabGeneric.jsp?team=emrddsc&stabid=154009>) and/or your PB section on the OnDeck App.

Entry forms, schedules and qualifying times will be available on the website. Entries should be handed to Rose Boyd-Coates **no later than Friday 31st August** (if you know you are going to be away over the summer it would be advisable to hand them in before you go). Payment can be made by cash, cheque or BACS. If you have any questions or need any help please ask!

OTHER NEWS:

COUNTY SQUAD SELECTION

In the last newsletter DDSC was very proud to announce that Lucy Browne of Olympic Squad had been selected to represent Northamptonshire ASA at The National County Team Championships at Ponds Forge Sheffield on Saturday 7th October 2018. We have since been informed that **Tyler Coles** (Olympic Squad) has also been selected and will be joining Lucy. This is fantastic news well done to both swimmers.

VOLUNTEERS AT SWIM ENGLAND NATIONAL CHAMPIONSHIPS

Whilst the club did not have any competitors for the 2018 Swim England Home Nations Summer Championships in the Pool, we did have 2 volunteer representatives assisting at the event, namely **Brett** and **Jayne Batson** who were volunteering their time at Ponds Forge, Sheffield all week.

COACH MIKE IS INTERVIEWED BY BRITISH TRIATHLON

With the European Triathlon Championships returning UK our very own World Class Triathlete, **Mike Smallwood** is interviewed by British Triathlon.

The event, which includes Elite, Mixed Relay and Age-Group Sprint distance events, takes place at Strathclyde Park, the venue of the 2014 Commonwealth Games from 9th to 11th August. Among the British Age-Group athletes aiming for podium success, is Michael Smallwood. A member of Rugby Triathlon Club (and DDSC Aqua Squad!!) Mike was the British Triathlon Male Age-Group Athlete of the Year in 2016, a season in which he won six European and World Championship medals, including Gold (Sprint and Aquathlon), plus Silver (Standard) at the ITU World Championships in Cozumel, Mexico.

Mike who will be racing in the 70-74 division in Glasgow now holds a total of 25 podium finishes from ETU and ITU competition, a record total for a British athlete. British Triathlon interviewed Mike about his training, keeping injury free, motivation and find out why he got to switch on the Christmas lights in his hometown!

https://www.britishtriathlon.org/news/age-group-spotlight%3A-michael-smallwood-looks-to-extend-podium-record-in-glasgow_9391

NEW QUALIFIED SWIM TEACHERS

A big congratulations to **Jo Laidlaw**, **Rachel Coates** and **Keely Saville** who have recently successfully passed their Level 2 Swim Teachers Award.

HOLIDAY TRAINING SESSIONS

Just a reminder that throughout August we will only be operating training sessions on the following dates: Monday 6th August, 13th August and 20th August. These sessions will operate on a normal Monday timetable so please attend at your usual training time. Training sessions will resume to full time training hours on **Tuesday 28th August**

That's the final round up for this season, and what an absolutely awesome season the club has had!! Thank you to all that have contributed and played their part, but a special mention to all the volunteers and of course our fantastic Coaching Team.

Now time for everyone to put their feet up, enjoy the summer holiday and a well-earned rest! ☺
This week's author - Jax Browne (In Mel's absence whilst she's enjoying herself on a Mediterranean Cruise!!)