



Monday 9th July 2018 NEWSLETTER 28

KEEP HYDRATED:

We are still getting swimmers complaining of headaches and feeling sick in the hot weather. Please, please drink plenty of fluids before, during and after training.

GALA RESULTS:

2018 CLUB SPRINTS CHAMPIONSHIPS

A massive well done to everyone who competed in this year's Sprints Champs. As always, the atmosphere was great, with everyone cheering on their team mates. We had several swimmers competing for the first time and securing their very first times for club rankings, along with many of our 'more experienced' swimmers clocking PBs.

Full results and individual times should be available soon on the club website; however the top 3 overall winners in each category were as follows:

Top Male in Age Group E(15/OV)			
1	Tom STEVENS	(15/OV)	Daventry 23
2	Stephen LOC	(15/OV)	Daventry 21
3	Kian SAVILLE	(15/OV)	Daventry 16
Top Male in Age Group D(13/14)			
1	Daniel SPECK	(13/14)	Daventry 22
2	Stanley BEASLEY	(13/14)	Daventry 19
3	James WARD	(13/14)	Daventry 17
Top Male in Age Group C(11/12)			
1	Edward HOLMES	(11/12)	Daventry 19
2	George ROBBINS	(11/12)	Daventry 17
2	Iolo ROBERTS	(11/12)	Daventry 17
Top Male in Age Group B(09/10)			
1	Oliver DUNNETT	(09/10)	Daventry 24
2	Ciaran LONG	(09/10)	Daventry 19
3	Kobi COVILL	(09/10)	Daventry 16
Top Male in Age Group A(08/UN)			
1	Nathan SHEPPARD	(08/UN)	Daventry 18

Top Female in Age Group E(15/OV)			
1	Francesca MILLER	(15/OV)	Daventry 22
2	Charlene PIQUARD	(15/OV)	Daventry 20
3	Libby WARD	(15/OV)	Daventry 17
Top Female in Age Group D(13/14)			
1	Chelsie WINTER	(13/14)	Daventry 21
2	Lucy BROWNE	(13/14)	Daventry 19
3	Bethan THOMAS	(13/14)	Daventry 17
Top Female in Age Group C(11/12)			
1	Isabel SHARP	(11/12)	Daventry 22
2	Cara ROBERTS	(11/12)	Daventry 18
3	Orla EYTON-JONES	(11/12)	Daventry 16.5
Top Female in Age Group B(09/10)			
1	Danielle HALL	(09/10)	Daventry 20
2	Alice BERRILL	(09/10)	Daventry 19
2	Grace GRINDROD	(09/10)	Daventry 19
Top Female in Age Group A(08/UN)			
1	Aurelia MAROSY-MARTINE	(08/UN)	Daventry 6

A big thanks too, to all the adult volunteers who helped the event run so smoothly. Without you we wouldn't be able to operate these types of competitions.

SPRINTS' AWARDS PRESENTATIONS

It was lovely to see so many of you attend our awards presentation event yesterday afternoon. It was the perfect opportunity to reward recent successes and celebrate the hard work of both swimmers and volunteers.

In particular, it allowed the club to celebrate all of the hard work carried out by Aqua Coach and Club President Lesley Sharp, who has decided to take a step-back from every day involvement in the club in order to spend more time with her family. The committee thank her for all her hard

work and for her help handing out the awards yesterday. We know you will join with us in wishing Lesley all the best for her (semi!) retirement.



MIDLANDS REGIONAL OPEN WATER CHAMPIONSHIPS



Congratulations go out to Bethan Thomas of Olympic Squad for finishing 2nd in the East Midlands and 3rd overall in the Midlands at the Midlands Open Water Championships in Wales yesterday. This now means that Bethan will travel to Sheffield on July 30th to compete in the National Open Water event – bring it on!

We would also like to take this opportunity to quickly mention those other swimmers from Olympic and Gold Squad who were originally entered to participate in the Regional Open Water event but, due to a change in location and predicted water temperatures, were unable to make the rescheduled swim. These swimmers trained hard at the practice sessions at Box End and were looking forward to the original event in Tamworth, so they were all a little disappointed not to be able to compete. Those swimmers are: Trinity McCleary, Anna Coates, Orla Eyton-Jones, Isabel Sharp, Skip Snelson and Ruben Snelson.

UP-COMING EVENTS:

BIGGLESWADE OPEN MEET (Saxon Pool and Leisure Centre, Saxon Drive, Biggleswade)

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.

Saturday 14th July: Session 1 warm-up will begin at 1:00pm with the session due to start at 2:00pm. Session 2 warm-up is scheduled for 5:00pm with the session due to start at 6:00pm.

Sunday 15th July: Session 3 warm-up will begin at 1:00pm with the session due to start at 2:00pm. Session 4 warm-up is scheduled for 5:00pm with the session due to start at 6:00pm.

Please be aware that there will be no entry into the pool until 12:30pm on both days and the staff at the venue are usually very strict when adhering to this rule.

WILKINSON SWORD GALA

A team of junior swimmers will be representing the club at Corby Pool this Saturday in the Northants ASA Wilkinson Sword Trophy Gala. We wish all of our swimmers the best of luck.

LONG COURSE TRAINING – WOODGREEN LEISURE CENTRE:

Long Course, outdoor, training started this Wednesday at Woodgreen Leisure Centre, Banbury. Swimmers were greeted with beautiful, sunny conditions on both Wednesday evening and Sunday morning.

As you can see from the photographic evidence: lots of fun and sunshine, there's enough for everyone...



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 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>



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