

Daventry Dolphins Swimming Club

Newsletter

October 2020



Well, we are back in the water and the feedback from both swimmers and parents is that it is lovely to be immersed in chlorine once again! We have some updates for you, achievements to recognise, and details of forthcoming events, so please take the time to read all the info below.

Pool & Coaching Update



The Committee is working hard to secure more pool time and is looking at all available options. We will have a further update soon.



Coaches Paul, Rupert, Anthony, Julie, Mike, Jo, Rachel and Keely have followed Swim England return to training guidance and worked with the swimmers to reintroduce them to training in a safe and injury-free manner. The macrocycle (year-long plan) is now entering a new mesocycle (period of approx. 6-8 weeks) so swimmers can expect some changes in focus and new challenges.



We have waved goodbye to coaches Rachel and Keely as they start their university adventures, but are pleased to welcome back Coach Tom, who will be taking a number of sessions.

COVID-19 Update

Well done to everyone for adapting to the new rules and procedures that are in place for everyone's safety, and to those of you who have volunteered to act as Covid Liaison Officers – we couldn't do it without you! We would remind all swimmers to adhere to the Members' Code of Conduct and treat all 'bubble' members with respect.



Swimmers must wear a face covering on entry to the leisure centre until they are ready to enter the water



Arrive 'beach ready' with swimming gear on



Sanitise hands on arrival



Remove shoes before going on to poolside



Towel-dry after changing and exit the building within 5 minutes

We will shortly be having access to the **changing rooms** on exit, which will help ensure a quicker and smoother transition between groups. Please keep an eye out for the changing room guidance from our Covid team.

For any Covid-related queries please contact our Covid Lead Melanie Sharp via ddscovid19@gmail.com

Committee Update

 Club Secretary Karen Coptcoat has moved on from the Club. Melanie Sharp and Helen Martindale have taken on the role of Joint Club Secretary and were voted in as Executive Officers at the most recent Committee meeting, in accordance with the Club Constitution. The Club Secretary email will not be in use until the handover is complete, so in the meantime please contact **Mel** via ddscswimmark@gmail.com and **Helen** via ddsctrophiescoordinator@gmail.com or use the **new** secretary's email address: dolphinsclubsecretary@gmail.com

 Steve Bond has resigned from the position of Entries/Rankings/Results Officer after many, many years. Thank you to Steve for his immense contribution. Kian Saville is keen to take on this role and was voted in at the most recent Committee meeting. **Kian** can be contacted on ddscentries@gmail.com

 The **AGM** will take place via Zoom on **Tuesday 17th November at 7pm**. Everyone is welcome to attend and we encourage any club members over the age of 18 who would like to become more involved in the running of the club to sign themselves up for Committee nomination. All positions are up for re-election and further details on the nomination process will be distributed soon.

Reach for the Stars!



We are very proud of Grace G who has been selected to attend the East Midlands Regional Virtual Development Day. Well done, Grace!



Our Kian has done it again with selection to the British Swimming/Swim England Para Talent Program for 2020/21. He will be attending virtual events and be part of the Talent Team at Nationals, as well as being recognised as a Team GB Talent Athlete for Internationals. Way to go, Kian!

It's Christmaaaaaaas!



Following the success of our lockdown quiz, we will be hosting a **Christmas Quiz** via Zoom - details to follow. Get your quizzing caps on! We'd love to see you all there.



Hoodies and t-shirts can be ordered at any time via the Webb Ellis Daventry Dolphins shop – perfect for putting under the tree! <https://www.webbellisrugby.co.uk/product-category/club-shop/daventry-dolphins-sc/>

PARENTS IN SPORT WEEK:



Tomorrow (5/10/20) marks the start of Parents in Sport Week. This is an annual campaign to raise awareness of the importance of parents' involvement in youth sport. For further information please see:

<https://thecpsu.org.uk/upcoming-events/2020-10-05-parents-in-sport-week/?fbclid=IwAR31Tjai18PmQ5Gn78xmvgPtGPOSeabcxVtXly7VHsdVNIUvzSpCEUGxYy0>

Fundraising



Why not think about supporting DDSC by registering for the **Local Lotto**? Each ticket costs £1 and has a 1 in 50 chance to win a prize each week, with a top prize of £25,000. We are on course to raise approximately £325 from the Local Lotto this year. <https://www.local-lotto.co.uk/support/daventry-dolphins-swimming-club>



Another great way to support the club is via EasyFundraising. Simply click here to register Daventry Dolphins as your good cause, and then every time you shop through the site the retailers will make a small donation to the club <https://www.easyfundraising.org.uk/>. The ultimate in no-effort fundraising!

“Have fun, because that’s what life is all about”
- **Ryan Lochte (12-time Olympic medallist)**

Club Contacts

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Melanie Sharp	Joint Club Secretary/ Swimmark Officer	ddscswimmark@gmail.com
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Kian Saville	Entries Officer/Fundraising Officer/IT	ddsc_entries@gmail.com
Kirstin McCleary	Fixtures Secretary	ddsc_fixtures@gmail.com
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