



Tuesday 23rd April 2019 NEWSLETTER 16

We hope everyone had a lovely Easter break and is ready to burn off all those Easter eggs!

GALA RESULTS:

SWIM WALES LC CHAMPIONSHIPS 2019

Whilst the majority of us were enjoying the surprisingly sunny Northamptonshire weather, one of our swimmers was hard at work in the Wales National Pool in Swansea. Lucy Browne, of Olympic Squad, achieved the following results (she is currently still only 14 years old, so was swimming against some girls who are almost 2 years older!):

Swim Wales National LC Championships results in the girls 15 & 16 years age group:

200m free (2:14.48) where she made the final and swam it slightly faster in 2:14.24 finishing in 7th place.

50m free (29.94) & 50 fly (31.96) both times slightly off her PB's (but as we all know, we can't PB in every race!)

100m free (1:02.05), again off her PB but came a very respectable 11th out of 54. In the same session she swam the 400m (4:41.82) a PB and came **3rd**.

800m free (9:50.42), a little off her PB, but a valiant swim nonetheless in an incredibly tough event.

Well done Lucy, from everyone at DDSC we are incredibly proud of you!

UP-COMING GALAS:

Regional Championships 2019 - Gala 1 Corby East Midlands International Pool - 27th & 28th April

The first East Midland Regional Gala (for our age group swimmers 11-13 year olds) takes place on the weekend of the 27th-28th April. This year's age group qualifiers are:

Hannah Davies, Isabel Sharp, Jack Coptcoat, Peter Pierse and Tyler Coles

Wishing all the best of luck to our age group swimmers competing at Corby this weekend.



Regional Championships 2019 - Gala 2 Ponds Forge, Sheffield – 6th May

This is the first Regional Gala for our age 14+ swimmers and comprises all 50m events, girls' 800m, boys' 1500m and 800m freestyle relays. The qualifiers for this gala are:

Stanley Beasley, Lucy Browne, Ryan Coles, Nicole Hall, Stephen Loc, Trinity McCleary, Kian Saville, Ruben Snelson, Skip Snelson, Thomas Stevens, Emily Weller, Chelsie Winter, Ben Martindale, Rhys James, Keely Saville, Dan Speck and Bethan Thomas.

#TuesdayMotivation

- ◆ Don't compare yourself to others. You can only control what you can do
- ◆ Enjoy what you do - stay relaxed and have fun!
- ◆ Focus on the process and give your best in practice and competition.

Swimming is a journey so enjoy the ride 😊

OTHER NEWS:

CLUB T-SHIRTS:

Please be aware that club t-shirts are no longer available via the Swimzi shop. For club t-shirt orders please visit the Webb Ellis site: <https://www.webbellisrugby.co.uk/product/davenport-dolphins-club-tee/>

SUNDAY LAND TRAINING:

Due to Regional competitions, there will now be no land training until the end of May. We will update with further details to confirm.



FUNDRAISING:

THE DAVENTRY DISTRICT LOCAL LOTTO: Local Lotto is an exciting weekly lottery that raises money for good causes in the Daventry district. All good causes supported by the lottery will benefit the Daventry district and its residents. Each ticket costs £1 and has a 1 in 50 chance to win a prize each week, with a top prize of £25,000! That's a better chance of winning than the National Lottery or the Health Lottery! There will be a draw every Saturday night when a 6 digit winning combination will be picked. Prizes will be given to players with tickets that match the first or last 2-6 numbers from the winning combination. Match all 6 and you win the JACKPOT! <https://www.local-lotto.co.uk/support/daventry-dolphins-swimming-club>

If you are new to the club (or an existing member!) and have any questions at all please don't hesitate to speak one of our committee members who will try their very best to help you out. Contact details are as follows:

Club Chair (Jackie Browne): ddscchairman@gmail.com

Club Secretary (Mel Sharp): ddscclubsecretary@gmail.com

Club Treasurer (Joanne Laidlaw): ddsctreasurers@gmail.com

Team Manager/Membership Enquiries (Rose Boyd-Coates): ddscteammanager@gmail.com