



It's been a little while since my last Newsletter - sadly there isn't too much to report on - but you might think while there's no swimming and no competitions that me and the rest of the Committee are just hanging around enjoying a nice, long, relaxing break. Now that would be nice

..... but no, we're still beavering away behind the scenes - discussing and making plans in the hope that once we're allowed to return to the water, we can do so as a Club ready to pick up where we were forced to leave off and continue on our journey towards bigger and better successes.



I think it's fair to say none of us could've predicted our 2019/20 swim season would come to such an abrupt and sad conclusion and as we begin the second round of lockdown in the UK, the more likely it looks that we won't be returning to training for a little while yet. It seems surreal not being able to see our friends, our family or our colleagues; not being able to pop out to the shops or even pop out at all, except for a limited time each day. All things we take for granted just stopped. I know there are many in our DDSC swim family who work for the NHS or make up the key workers who are keeping the country going through this horrible and unprecedented time. Thank you to them all and we wish you well.

Keeping our swimmers focused is not going to be easy. As we go through week 4 of lockdown, these are extraordinary times for us and I struggle to think what our youngsters really make of it all. Many of them have worked so hard throughout the season so far, gaining County, Regional and National times. We need to reassure and support them during this downtime - inevitably their stamina levels will suffer and getting back to their pre-shutdown fitness will take a bit of time but keep them focused and encourage them to push themselves and hopefully their return journey will be just that bit easier.

Keep checking into social media and looking out for emails. If you have any questions or concerns about anything at all, contact me at ddsclubsecretary@gmail.com.

ROUND-UP

Our swimmers managed a few outings since my last Newsletter, so here's a quick summary to jog our memories of what went on ahead of the shutdown

Both our A and B Teams were in action in Round 2 of the **Leicester District Swimming League** on **Saturday 29th February** - the A Team travelled to Hinckley and the B Team were a little closer to home in Rugby. Some excellent, fast swimming from both teams beat off the competition and saw the A Team make it into the Division One Final and the B Team into the Division Two Final. Sadly the finals, scheduled for 21st March, became a casualty of COVID-19 and were cancelled but I think you'll agree this was a fantastic achievement for our swimmers as well as for the Club to have both teams make it to a final.

March was shaping up to be quite a busy month ...



The majority of our swimmers enjoyed a really successful weekend (**6th-8th March**) at **The Queens Diamond Jubilee Centre** for the **Rugby Open** meet. An awesome number of PBs were gained across all sessions and events - the highest being in Freestyle where 87% of swims resulted in a PB - a fantastic achievement. The final tally on medals made pretty impressive reading too, with boys securing 11 Golds, 8 Silvers and 23 Bronze medals and girls 4 Golds, 17 Silvers

and 7 Bronze medals. And let's not forget, our swimmers did quite well winning the chocolate egg prizes as well! Pats on the back all round - well done!

The following weekend (**13th-15th March**) saw a few of our swimmers taking themselves down to the **Inspire Sports Village, Luton** for a busy weekend of racing at the **Putteridge Level 1 National Qualifier** meet. A lovely venue (*it was quite pleasant sitting poolside as the air conditioning actually worked!*) and once again our swimmers did



themselves and the Club immensely proud with some impressive results. Jack Coptcoat, Trinity McCleary and Peter Pierse managed to bring home 9 medals between them. A special shout out goes to Harriet Gibbs who managed to secure her first Regional Qualifying Time! And finally, not forgetting our poolside support who made the weekend possible - thank you to *Andy Coptcoat* and *Nick Martindale*.

While some of our older athletes were in Luton, some of our younger swimmers made the trip over to the **Waendel Leisure Centre, Wellingborough**, under the watchful eye of Coach Tom, to compete in a **Development Gala**. These meets are the first introduction to open competition for the majority of young club swimmers and are a vital stepping stone aimed at helping establish confidence for competitive swimming and gives them the chance to compete with others at their own level. A great evening of swimming was enjoyed



by the majority of swimmers and parents alike on **Saturday 7th March**. For many it was the first time they had taken part in an external competition so a massive **WELL DONE** to them all. We look forward to offering more Development Galas for our younger ones in the future.

DDSC MASTERS

Since the last edition of the Newsletter, Coach Anthony's **Aqua Squad** have been competing again ...

On **Saturday 22nd February**, Andy Rourke made the trip up to **Blackpool** to compete in the **North West Masters**. He finished 1st in his Age Category in the 400m FC and, with a time of 05:01.76, also secured a British Masters Qualifying time. *Well done Andy!*

Andy was in action again on **Saturday 7th March**, this time alongside 3 of his teammates - Allun Betts, Steve Rourke and John Page - at the **Staffordshire Masters**. In total, they achieved an amazing 5 PB's, brought home 10 medals & gained 2 British Masters National Qualifying Times. The success didn't stop there - a storming freestyle leg from Steve Rourke (27.72) in the 4 x 50 Medley Relay saw the team narrowly missing out on a Gold medal by just 0.17 seconds but they weren't letting anything get in the way of them taking the Gold in their age category in the 4 x 50 Freestyle Relay. *A superb achievement!*

Andy and Steve both won Gold in their respective Age Categories and, once again, achieved British Masters Qualifying times in the 100m Fly and Allun secured a PB in the 50m Fly. He also managed to go under 40 seconds for the first time in the 50m Breast. *Brilliant Allun!*

In other News...

DDSC held a combined **Awards Presentation** at the Leisure Centre on Sunday 1st March, bringing together winners from both our Club Championships and Distance Championships. A *horde* of trophies, shields and medals were presented to our swimmers for a whole host of successes in the water, with distances ranging from 100m up to 1500m and age groups from 8 & under to 15 & over. For some, this was the first time they were receiving a prize for their swimming achievement, while others were rewarded for their continued efforts and accomplishments.

At the same time, a handful of swimmers were recognised for having broken a Club record. Some Club records have been standing for many years so this is a fantastic achievement and serves to prove that many swimmers at DDSC continue to go from strength to strength.

As part of the afternoon's Presentation, the **TEAM MANAGER'S AWARD** were '*up for grabs*'. Long regarded as a prestigious honour, a Team Manager's Award is given to the male and female swimmer who, in the opinion of the Team Manager, has best matched the criteria which includes, amongst other things, personal conduct and appearance on poolside; the encouragement and support they show to their teammates and the helpfulness they give to poolside support staff.

This season, the Team Manager's Award went to
Kian Saville and **Keely Saville**



I would also like to thank the Club's President, Lesley Sharp, for attending and presenting the majority of the Awards to our swimmers - Thank you Lesley.

{Hopefully photos of the Presentations will be available for submission in a later Newsletter edition}

As we know, the Awards Presentation was followed by a **FUN Relay Session** and I don't think any of us who stayed to watch on the day need to see photographic evidence to prove that the swimmers had an amazing time in the water! I wouldn't like to say



which lane came out as the Relay Champions due to the level of now how shall I word this slight bending of the rules taking place, (I think cheating is such a crass word!) but I think it might be best that we gloss over any mention of a 1, 2 or 3 placing and simply say they were all winners on the day!

I'd like to say a big **THANK YOU** to our Announcer and DJ for the afternoon - our very own *Kev Beasley* - who once again gave up his time for DDSC and did an absolutely fantastic job - as he always does. I'd also like to thank the parents who helped on poolside during the races - *Ange Saville, Barry Coles, Kian Saville, Lesley Elliott, Rose Boyd-Coates and Saff Beasley* - you all ensured things moved along smoothly.

and finally

Daventry Dolphins were fortunate to have been awarded a Mick George Grant recently. The Mick George Sports Fund is run in association with Living Sport and Northamptonshire Sport - organisations that specialise in improving the health and well-being of people, through participation in sport and physical activity. Since it began, the Sports fund has donated over £150,000 to 150+ individual leisure-led schemes in a variety of sports. The DDSC Committee chose to use this money to purchase a BACKSTROKE LEDGE - a small, angled black bar that rests along the starting wall below the water line and is intended to aid the swimmer in getting a big push off whilst avoiding their feet slipping on the wall.



LOCKDOWN CORNER

How have our swimmers been keeping busy in the last few weeks? We'd love to hear from you and see photos of what they've been up to. Maybe we can post these onto Instagram or Facebook? Who's been baking? Who's been painting? Perhaps some have come up with their own exercise routine to keep fit and work off all that Easter chocolate! I'd love to hear from you at ddsclubsecretary@gmail.com with your pics.



*Calling All Swimmers!!
DESIGN YOUR OWN
KICK BOARD. It can be
as wild as your imagination
in colour or shape.*



Prize for the best design!

*Take a picture of your design and email it to
ddsclubsecretary@gmail.com*



***Your
Club
Needs
You***

WOULD YOU LIKE TO BE INVOLVED IN MAKING SOME OF THE DECISIONS FOR THE FUTURE OF THE CLUB?

WOULD YOU LIKE TO HAVE A SAY IN THE DAY TO DAY RUNNING OF THE CLUB?

DO YOU FANCY A NEW CHALLENGE?

DAVENTRY DOLPHINS IS LOOKING FOR A **CHAIRMAN** TO JOIN OUR COMMITTEE OF VOLUNTEERS.

If you think you might enjoy working alongside a friendly and supportive bunch of volunteers, contact ddsclubsecretary@gmail.com to note your interest.

***Becoming
an
Official***

We are always on the lookout for anyone who would like to become more involved in **OFFICIATING** at DDSC.

Contact Tunde Grindrod, our Officials Coordinator, at ddsofficials@gmail.com for further information or to note your interest.

Lost Property

If you've found that you'd misplaced something before swimming stopped, contact Rose at ddscteammanager@gmail.com - I know she had quite an impressive and growing collection! Obviously you won't be able to get it back just now, but as soon as she can, she'll be able to have a look for you.

Instagram

Follow us



Find us on



Help Support your Club

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.

Tickets cost just £1 per week and each ticket 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!

<https://www.local-lotto.co.uk/support/daventry-dolphins-swimming-club>



Support local
good causes

WIN up to
£25,000!

Raise **FREE donations**
when you shop online

amazon.co.uk ebay John Lewis Argos Booking.com M&S
Viking Expedia AVIVA Sainsbury's next sky

It's simple to use and it's free. **easyfundraising** turns your everyday online shopping into free donations for your favourite cause. How? Just start your online shopping first at easyfundraising, then shop as normal. Our retailers will then make a small donation to say "thank you".

<https://www.easyfundraising.org.uk/causes/daventrydsc/?block-header=true>

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