



Clitheroe Dolphins

& District Amateur Swim Club Est. 1973

WEEKLY NEWS ROUND-UP - Monday 14th January

Firstly can we take this opportunity to wish all of our members and their families a belated Happy New Year and a successful 2019.

Training News

As we enter the new year our training programme is now getting back into full swing as we prepare for a busy schedule at the start of 2019. With our new head coach Mike Robinson settled into his role and following key departures at the end of 2018, the club committee continue to work with Mike to ensure we have the adequate coaching resources required to meet the demands of his specified programme. As always we are committed to ensuring we provide the best opportunities for our swimmers and this means we are looking to recruit additional coaches, as well as train willing volunteers and older swimmers to work alongside our current coaching staff. We have a number of initiatives in the pipeline around coach training so as we firm up any additions to our coaching team, or have coach training opportunities we will let you know.

Mike would like to stress the importance of attending as many training sessions as possible and to arrive at poolside on time with the required training kit. Appearing at poolside punctually and fully equipped allows the sessions to run smoothly, whilst regular attendance will aid swimmer performance.

New Year – New Newsletter

As a club we are well aware that we sometimes fall when communicating with our members and we have been approached by a number of club members who have expressed their frustrations at the inconsistent approach in sending news and updates. In order to address these concerns, we are re-vamping the way we communicate important information.

We shall be releasing a weekly newsletter every Wednesday, the content will vary from week to week depending on what is happening, but it will contain everything that you need to know, including the latest news, gala entry information, team selections and much, much more. We also want to use the newsletter to answer the questions you need answering, so if you have a burning issue or question that you have always wanted answering, but never knew who to ask then this is your chance. If you have something you would like to see covered please get in touch with Lee Scanlan (leescan@mail.com) and we will do our best to cover any topics over the next few weeks. Whatever your question or however trivial you think it is we can guarantee there are loads of other members wanting to know the same thing!

In addition to the weekly newsletter we will be updating and utilising the club website and social media platforms to ensure the messages you receive are consistent. We have numerous ways of keeping up to date with the goings on at Dolphins, so how you receive the information is up to you!

Website: www.clitheroedolphins.co.uk - Contains all of the latest news and information about Clitheroe Dolphins, this is being refreshed over the coming weeks so please keep coming back.

Mailing List: If you aren't already receiving regular mailshots and updates you can do so by signing up for the newsletter by following the link on the website.

Social Media : Dolphins have accounts on twitter, facebook, and Instagram:

Facebook (General Public): @DolphinsCDASC

Facebook (Members Page): Search facebook for 'Clitheroe Dolphins Members' in the groups section and apply to join.

Twitter: @DolphinsCDASC

Instagram: clitheroedolphinss

Coming Soon TeamApp – Available on both android and via the apple store, we will soon be launching a mobile phone app which will allow you to receive all the latest news and notifications direct to your mobile phone. We will let you know once this is fully up and running.

Coming Soon Club Handbook - Over the coming weeks we will also be releasing a new club handbook containing all the information you need to know. As this is a major undertaking it will take a few weeks to complete so please bear with us.

Reminder of Fees and Membership renewals

Over previous weeks you will have seen various reminders that it is the time of year we need our members to pay their annual fees and ensure monthly direct debits have been updated. Below is a summary of what is required.

ASA/Association Fees (Pay by Cheque or Cash)

These are due by 31st January and are set as follows:

Category 1 (any child born 2011 or later) - £16

Category 2 (any child born 2010 or earlier) - £34

These fees cover ASA, Regional and County Fees that are required for every swimmer; and cover swimmer insurance as well as ASA and regional association administrative costs. These fees and tariffs are set by the national governing body and the relevant regional associations, and not by Clitheroe Dolphins. **If these fees are not paid then unfortunately your child will not be able to swim or compete.** This money is not kept by Dolphins and is passed on to the ASA and associations.

Dolphins Membership

This is set at £30 per year and is still one of the cheapest in the region. Your annual membership is charged to cover some of ongoing administrative costs incurred in running the club.

Monthly Fees

The new monthly fees come into force from January 1st 2019, we kindly ask members to ensure their current direct debits and standing orders are adjusted to reflect the new prices:

Dolphins	£30
D3	£40
D2	£45
D1	£50
Swim Skills	£30

We try where possible to keep fees to a minimum, but unfortunately a rise in pool hire, and training costs have required us to raise our monthly fees to the new rates.

Microleague and Swim League

The 2019 Swim league and Micro- League seasons are on the horizon and we now have the dates for all Dolphins fixtures. The teams will be announced over the coming weeks once Mike has analysed swimmers' times. We are aware that a number of younger swimmers may not have times, or some swimmers may want a time trial to improve their current personal bests. Therefore a time trial has been scheduled for all swimmers in Dolphins and D3 at Ribblesdale on Monday 28th January during the normal scheduled training session. There will be a second opportunity on Weds 30th at Stonyhurst for any D1, D2 or D3 swimmers wishing to have a time trial. If you can't make either of these sessions, please let the coach of your regular sessions know and we can arrange a suitable timed session. We would prefer if one of the allocated sessions could be attended as it makes the administration of the time trials easier.

The fixture dates for both teams are:

Swim League

Sat 16th Feb – 2.15pm Warm up, 2.45pm Start @ Salt Ayre, Lancaster

Sat 6th Apr – 2.15pm Warm up, 2.45pm Start @ Darwen

Sat 1st June – Times TBC @ Palatine, Blackpool

Micro League

Sun 3rd Mar – 1.30pm Warm up @ Accrington Academy * (Subject to Change)

Sat 18th May – 1.45pm Warm up @ Knowsley

Sun 2nd June – 3.15pm Warm up @ Leyland

Sun 30th June – 1pm Warm up @ Stonyhurst

Gala schedule for 2019

Mike has confirmed we will be attending our current regulars of Blackpool Rocks and Blackpool Lights alongside the already scheduled Burnley Bobcats last chance gala. These are the first confirmed targets on the gala schedule but more will be added over the coming weeks. Our aim is to find suitable events that will provide a good environment for our younger, newer Dolphins looking to experience galas for the first time, as well as finding competitive galas for our more experienced swimmers.

30th & 31st Mar Bobcats Last Chance Regional Qualifier

The last date for entries to be with Seamus is Saturday 26th January. The gala is a 'first come, first served gala', provided the qualifying times are met. The gala is titled as 'the last chance qualifier' due to it being the final opportunity for swimmers to achieve regional qualifying times. This **doesn't** mean swimmers that are not hoping to achieve regional times cannot enter. It will be potentially be a tougher gala than the likes of Blackpool Rocks, but as norm with all galas, swimmers will be seeded in heats alongside swimmers of a similar standard irrespective of age. Therefore those that enter will not find themselves in heats with super-fast swimmers if they are entering galas for the first time.

3rd & 4th May Blackpool Rocks

Entry deadlines will be released in due course; however this is a great gala to enter for first timers and experienced swimmers alike.

TBC (usually Sept/Oct) – Blackpool Lights

Entry deadlines will be released in due course.

Important – If you wish to enter a gala but don't have any times, or you are unsure what they are from the sprint gala at Christmas, please speak to your session coach. All coaches would be more than happy to do a timed swim for the strokes you require during a training session. The times from the Sprint gala are also available on the club website www.clitheroedolphins.co.uk

Friendly competitions

In recent years the club has not held as many friendly galas as it once did. We are aware that a friendly galas are often a swimmers first steps into competitive swimming, especially for those swimmers not selected to swim in Arena, Micro or Swim Leagues, it provides a glimpse into the fun environment team swimming offers. We are currently in the process of identifying suitable opposition with a view to setting up a number of friendlies with other local clubs to give all our swimmers the opportunity to experience team competition. News of these will come in the coming weeks once suitable opposition has been found.

Round Up of upcoming events and dates

Thurs 24th Jan – Open Club Meeting (all free to attend)

Sat 26th Jan – Deadline for entries for Burnley 'Last Chance Gala'

Sat 26th – 27th Jan – Lancashire Championship Weekend 1 @ Manchester

Mon Jan 28th – Time trials for Dolphins and D3 @ Ribblesdale

Wed Jan 30th – Time trials for D1/2/3 @ Stonyhurst

Thurs Jan 31st – Deadline for paying ASA fees

Sat 2nd – 3rd Feb – Lancashire Championship Weekend 2 @ Liverpool

Sat 9th – 10th Feb – Lancashire Championship Weekend 3 @ Manchester

Sat 16th Feb – Swim League Meet @ Salt Ayre, Lancaster

Tue 21st Feb – Committee Meeting

Sun 3rd Mar – Microleague meet @ Accrington Academy

Thurs 21st Mar – Open Club Meeting (all free to attend)

Sat 30th – 31st March – Burnley 'Last Chance Gala'

Sat 6th Apr – Swim League Meet @ Darwen

Tue 30th Apr – Committee Meeting

Sat 3rd & 4th May – Blackpool Rocks Gala

Sat 18th May – Microleague meet @ Knowsley

Thurs 23rd May – Open Club Meeting (all free to attend)

Sat 1st June – Swim League Meet @ Palatine, Blackpool

Sun 2nd June – Microleague meet @ Leyland

Sun 30th June – Microleague meet, @ Stonyhurst