



# Clitheroe Dolphins

& District Amateur Swim Club Est. 1973

## WEEKLY NEWS ROUND-UP - Wednesday 23<sup>rd</sup> January

Can we start this week by thanking everyone for their feedback and questions following the last newsletter, we have received a large number of questions and queries which gives us plenty of material to cover over the coming weeks. We promise to answer all the questions we receive and include them in subsequent newsletters so please keep checking! If you still have any questions, please get in touch with Lee Scanlan ([leescan@mail.com](mailto:leescan@mail.com)) or ask a member of the committee at one of the pools on Thursday.

### **Deadlines Looming**

As mentioned last week we are approaching 2 significant deadlines in relation to fees and gala entries.

#### **ASA**

ASA memberships **must** be received by the deadline of **January 31<sup>st</sup> 2019**. **If these fees are not paid then your child will not be able to swim or compete until they are paid.** To pay your fees please make cheques payable to 'CDASC' and hand to a member of the committee. If you have problems doing this, please contact us via the email address above. As a reminder fee for ASA are:

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

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

Please also remember Club memberships of £30 are also due.

#### **Bobcats Last Chance Regional Qualifier**

As mentioned in previously the deadline for entries into Seamus are **THIS** Saturday Jan 26<sup>th</sup>. Details on how to enter can be found in previous newsletters and on the club website at:

<http://clitheroedolphins.co.uk/galas>

#### **Dolphins get ready to take on the County!**

The Lancashire county championships start this weekend with 3 weekends of top-class competition taking place in Manchester & Liverpool, and Dolphins as always are well represented.

Taking part this year, we have:

Saskia Daly – 50m Free

Hannah Procter – 50m Free

Sadie Wilson – 50m Back & 200m Back

Fallon Holgate – 50m Free, 100m Free, 200m Free, 50m Back, 100m Back & 200m Back

Ellie Ward – 50m Back, 100m Back, 50m Fly, 50m Brest, 100m Brest

Martha Smith - 50m Free, 100m Free, 50m Back, 100m Breast, 50m Fly, 100m Fly, 200m IM

Emma Jackson – 100m Free

Alice Entwistle – 100m Free, 100m Back, 50m Fly, 100m Fly & 200m IM

Eleanor Pickford – 50m Fly

Matthew Boyd – 50m Fly & 100m Fly

Thomas Owen-Baxter – 50m Free

Warm up times for those swimming in weekend one in Manchester are:

Session 1 Saturday Morning 26 January

Warm Up	8.15 am to 8.30 am	Girls	14/Under
	8.30 am to 8.45 am	Girls	15/Over
	8.45 am to 9.00 am	Boys	14/Under
	9.00 am to 9.15 am	Boys	15/Over

Session start as soon after 9.15 am as possible.

#### Session 2 Saturday Afternoon 26 January

Warm Up	1.30 pm to 1.45 pm	Girls	14/Under
	1.45 pm to 2.00 pm	Girls	15/Over
	2.00 pm to 2.15 pm	Boys	14/Under
	2.15 pm to 2.30 pm	Boys	15/Over

Session start as soon after 2.30 pm as possible

#### Session 3 Sunday Morning 27 January

Warm Up	8.15 am to 8.30 am	Boys	14/Under
	8.30 am to 8.45 am	Boys	15/Over
	8.45 am to 9.00 am	Girls	14/Under
	9.00 am to 9.15 am	Girls	15/Over

Session start as soon after 9.15 am as possible.

#### Session 4 Sunday Afternoon 27 January

Warm Up	1.15 pm to 1.30 pm	Boys	14/Under
	1.30 pm to 1.45 pm	Boys	15/Over
	1.45 pm to 2.00 pm	Girls	14/Under
	2.00 pm to 2.15 pm	Girls	15/Over

Session start as soon after 2.15 pm as possible

Please note the diving pit will be available for warm up/swim down all weekend.

All our swimmers have performed fantastically to achieve qualify times and we are sure you will do Dolphins proud over the three weekends, just swim hard, have fun and Good Luck!

For those not competing but wanting to watch the action, there is usually a live feed of the action on the county website [www.swimlancashire.org.uk](http://www.swimlancashire.org.uk)

#### **Saturday Morning Training (Both Pool and Land) Cancelled - 26<sup>th</sup> January 2019 & 9<sup>th</sup> February**

As a result of our swimmers and head coach attending the morning sessions of the country championships we have to cancel training on the mornings of the 26<sup>th</sup> Jan & 9<sup>th</sup> Feb. The session scheduled for the 2<sup>nd</sup> Feb **WILL** go ahead as normal. We are sorry for the inconvenience.

#### **Reminder - Time trial session for Microleague eligible swimmers – Dolphins/D3Time trial**

As mentioned last week there will be a time trial held during the Dolphins and D3 session at Ribblesdale for swimmers wanting to set times to be considered for the Microleague team in 2019, with a catch-up session during the D2/D3 at Stonyhurst on Wednesday 30<sup>th</sup>. If swimmers already have official times, they don't have to time trial as existing PB's will be considered. Mike will then select the team in advance of the first fixture on the 3<sup>rd</sup> March.

#### **Open Committee meeting**

The club calendar shows Thursday 24<sup>th</sup> Jan to be an open club meeting, however following some discussion and mindful that all sessions are swimming at the same time across 2 pools, the committee have made the decision to alter the nature of the event. In order to be visible to both members at Ribblesdale and Stonyhurst, we have decided the time would be better served dividing the committee across both pools to be available to answer any questions, discuss any queries or concerns people have and generally be available so people can put names to faces. Members of the committee will be in the reception at Ribblesdale and near the Café area at Stonyhurst from shortly after the start of the session so please feel free to come and find us for a chat.

#### **Make money by shopping for Dolphins**

As always Clitheroe Dolphins are continually looking to raise money to help us improve the equipment and coaching at the club, but did you know you can help make Dolphins money by simply shopping on the internet?

Shopping via the Dolphins cause on [Easyfundraising.co.uk](http://Easyfundraising.co.uk) means you can earn valuable donations for the club by shopping for anything from Holidays to the weekly shop, or Broadband to Stationery. With well know High St and internet retailers participating it really couldn't be easier to boost vital funds. Simply visit the link below and join the cause. We have already earned over £200 in just two months!



<https://www.easyfundraising.org.uk/invite/E6TJY8/CTF11/>

## **Sponsorship Opportunities**

Staying on the fundraising theme, we are always on the look out for new sponsors and corporate partners. We have a wide number of opportunities available ranging from Club title sponsor, through to gala and squad sponsorship. With the start of the Micro league season and the Swim League season just around the corner, there isn't a better time to seize the opportunity to support the club whilst also exploiting the opportunity to advertise your brand across the region. All our packages are negotiable, and details can be found on our website and at the link below.

<http://clitheroedolphins.co.uk/wp-content/uploads/2018/10/Clitheroe-Dolphins-Sponsorship-Opportunities.pdf>

## **Spotlight on..... Microleague**

One of the first questions we received last week following the newsletter was about Microleague and what is it, so here is a bitesize rundown of the most asked question of the week. (Thanks to Zoe Lorimer for the information!)

### **What is Microleague?**

For those of you that are not already familiar this league is a fun and friendly gala and is often for many of our swimmers their first competitive external swim gala. The league runs for teams across the north west of England, and is split across 3 divisions with clubs being promoted and relegated between divisions at the end of the season. The winners of the Top division Swim off held in September go on to represent the region in the northern final, and then if again successful, on to the national final. Dolphins are currently in the middle division and will be competing against Pioneer79, Leyland B, Garston, Burnley Bobcats, Chorley A, Halton A and Blackburn A. The 2 teams who finish top of the league will swim with the bottom two teams in Division A for the right to swim in the top division next year, whilst the two teams who finish bottom will swim with the top two teams in division C for the right to remain in division B.

### **Who Competes and what events are swum?**

Those eligible to enter this year must be aged 9,10,11 or 12 on 24th November 2019. (unfortunately, younger swimmers are not eligible to compete). There are a series of 9 galas in division B with 4 competing teams in each gala, these are held between March and June. Each competing club hosts one gala and will swim in a total of four.

Each gala consists of an individual event for each stroke (freestyle, butterfly, backstroke and breaststroke), in addition to a freestyle and a medley relay for boys and girls at each age. The gala then finishes with a canon. This means there are 49 events in total. Each club enters one team or individual per event.

Points are scored in each event with 4 pts going to the winner, 3 points to second, 2 to 3<sup>rd</sup> and 1pt to fourth, disqualified swimmers score 0pts. The winner of a gala is the team who amass the most points and the points scored by each team in a gala are carried forward to the points total in the league table. The league winners are the team with the highest points total.

### **When are the galas?**

Dolphins Galas have been confirmed as:

**Sun 3<sup>rd</sup> Mar** – 1.30pm Warm up @ Accrington Academy \* (Subject to Change)

**Pioneer 79, Clitheroe, Burnley Bobcats & Garston**

**Sat 18<sup>th</sup> May** – 1.45pm Warm up @ Knowsley

**Prescot A, Pioneer 79, Clitheroe & Blackburn**

**Sun 2<sup>nd</sup> June** – 3.15pm Warm up @ Leyland

**Leyland B, Clitheroe, Pioneer79 & Chorley**

**Sun 30<sup>th</sup> June** – 1pm Warm up @ Stonyhurst

**Clitheroe, Halton, Blackburn, Garston**

### **How do swimmers get selected?**

The head coach will select swimmers a couple of weeks before the gala, based on times, sprint gala times and performances and time trial information. Swimmers selected will be notified well in advance.

The ethos of microleague is that it is an introduction to competitive swimming, so the galas are usually noisy affairs with the spectators encouraging the competitors. As much as it sounds big headed the Stonyhurst gala is the most atmospheric of the year due to its acoustics and vocal home crowd!

That's all for this week! We hope to see some of you on Thursday, and one last Good Luck to all our swimmers in the Counties this weekend.

### **Round Up of upcoming events and dates**

Thurs 24<sup>th</sup> Jan – Open Club Meeting (all free to attend)

**Sat 26<sup>th</sup> Jan – Deadline for entries for Burnley 'Last Chance Gala'**

Sat 26<sup>th</sup> – 27<sup>th</sup> Jan – Lancashire Championship Weekend 1 @ Manchester

Mon Jan 28<sup>th</sup> – Time trials for Dolphins and D3 @ Ribblesdale

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

**Thurs Jan 31<sup>st</sup> – Deadline for paying ASA fees**

Sat 2<sup>nd</sup> – 3<sup>rd</sup> Feb – Lancashire Championship Weekend 2 @ Liverpool

Sat 9<sup>th</sup> – 10<sup>th</sup> Feb – Lancashire Championship Weekend 3 @ Manchester

Sat 16<sup>th</sup> Feb – Swim League Meet @ Salt Ayre, Lancaster

Tue 21<sup>st</sup> Feb – Committee Meeting

Sun 3<sup>rd</sup> Mar – Microleague meet @ Accrington Academy

Thurs 21<sup>st</sup> Mar – Open Club Meeting (all free to attend)

Sat 30<sup>th</sup> – 31<sup>st</sup> March – Burnley 'Last Chance Gala'

Sat 6<sup>th</sup> Apr – Swim League Meet @ Darwen

Tue 30<sup>th</sup> Apr – Committee Meeting

Sat 3<sup>rd</sup> & 4<sup>th</sup> May – Blackpool Rocks Gala

Sat 18<sup>th</sup> May – Microleague meet @ Knowsley

Thurs 23<sup>rd</sup> May – Open Club Meeting (all free to attend)

Sat 1<sup>st</sup> June – Swim League Meet @ Palatine, Blackpool

Sun 2<sup>nd</sup> June – Microleague meet @ Leyland

Sun 30<sup>th</sup> June – Microleague meet, @ Stonyhurst