



Clitheroe Dolphins

& District Amateur Swim Club Est. 1973

WEEKLY NEWS ROUND-UP - Wednesday 6th February 2019

If you still have any suggestions or questions you would like to see covered in future newsletters, please get in touch with Lee Scanlan (leescanlan@clitheroedolphins.co.uk) or ask a member of the committee at one of the pools.

ASA Fees

A big thanks to everyone for their prompt replies and payments regarding ASA memberships. Thanks to the efforts of Lauren Wilson, Ruth Jackson, Laura Holmes and Jenny Peck who have relentlessly chased people we only have a few stragglers left to catch but we are almost there! We really appreciate everyone's cooperation over the last few weeks as it makes the registration process so much easier.

County Championship Update

We are now 2/3rds of the way through the County Championships and our Dolphins swimmers have been performing magnificently, and whilst we haven't made any finals, nearly all our swimmers have achieved personal bests. There have been several good performances and Head coach Mike Robinson has been impressed with the all-round progression and performances of our swimmers.

This weekend sees the final weekend of competition and we are back in Manchester with several Dolphins in action yet again. The action will once again be streamed on the Lancashire Swimming Website www.swimlancashire.org.uk.

Going for Dolphins this weekend we have:

Women's 100m Backstroke : Alice Entwistle, Ellie Ward, Fallon Holgate

Women's 50m Breaststroke: Ellie Ward, Hannah Procter

Women's 50m Freestyle: Fallon Holgate, Martha Smith, Saskia Daly

Women's 200m Freestyle: Fallon Holgate

Men's 50m Freestyle: Tom Owen-Baxter

Good Luck to all our Dolphins swimming this weekend!

Swim League change of venue and Team announcement

As has been announced in previous newsletters the first Swim League meeting of the year is schedule for Saturday February 16th, however due to a booking clash the venue **has now been switched to Darwen at the earlier time of 1pm with warmup starting at 1.15pm prompt.**

Mike's first Dolphins squad is as follows:

| Women's Under 12s | Men's Under 12s |
|-------------------|------------------|
| Grace Warden | Owen Donnelly |
| Edith Scanlan | Matthew Taylor |
| Ally Holmes | Felix Snowden |
| Alex Holmes | Harry Shackleton |
| Women's Under 14s | Men's Under 14s |
| Fallon Holgate | Ibrahim Ali |
| Ellie Brass | |
| Saskia Daly | |
| Seren Armstrong | |
| Hattie Varley | |

| Women's Open | Men's Open |
|---|--|
| Martha Smith Ellie Ward Hannah Procter Alice Entwistle Emma Jackson | Russ Brass Hadley Whitehead Adam Stansfield Tom Owen-Baxter |

Please can all swimmers selected confirm their attendance ASAP with Mike on 07809 642263 or with team manager Sarah Entwistle on 07821 587904

North Lancs Level 2 & 3 Meet dates announced

The North Lancs swimming and Water polo association have announced their Level 2 and Level 3 gala dates. The Level 3 meet takes place at Palatine Leisure Centre in Blackpool on Sat 13th and Sun 14th July, whilst the Level 2 meet takes place over 2 weekends on Sat 28th & Sun 29th Sept and Sat 19th & Sun 20th Oct, once again at Palatine Leisure Centre. Qualifying times and entry details will be released over the next few weeks when they become available.

Training Group Moves

Over the coming weeks Mike will be looking to make some moves between training groups as he constantly monitors the efforts and performances of our swimmers during training. Whilst ability is a driver, Mike has asked us to make clear the decision to move swimmers up is also based on training effort, training attendance, and the ability of the swimmers to concentrate and listen to what they are being asked to do!

Appeal for Budding Judges, Timekeepers and Referees!

As many of you who attend galas will be aware there is always a massive reliance on the judges, timekeepers and referees. As with any sport if we don't have the poolside officials' galas simply wouldn't be able to happen, so it's important that there are enough qualified officials in the sport. Whilst most major gala's have ample officials, events such as Arena league, Micro league and Swim league require each team taking part to provide an official and/or timekeeper. Whilst in recent years we have been fortunate to be able to call on the services of Debbie Fox and Rose & Dave Procter, we are now looking for the next wave of budding officials and referees. This would be an ideal opportunity for parents of our younger swimmers to get more 'hands on' and have the best view in the pool to watch out Dolphins in action. There is official training available and the club would look to help fund part, if not all of the required training. If anyone is interested and would like more information, please contact leescanlan@clitheroedolphins.co.uk

Question of the Week ...What is the difference between a level 4, level 3, level 2 and level 1 Gala

Many of you have asked about galas and specifically what the gradings mean. Dolphins tend to enter a mixture of galas which offer qualifying times that best suit our swimmers. The majority of galas we enter are either Level 2 or Level 3 with the qualifying times progressively getting harder to achieve the higher the level, with level 1 being the highest. All licensed meets are subject to ASA laws and regulations and the ASA Technical Rules of Racing and a more detailed guide can be found on the swim England, but below is a brief summary of what the requirements of each level are:

Level 1 - Meets are long course (50m) only and cover National, Regional and County Championships. Their purpose is to enable athletes to achieve qualifying times for entry into National, Regional and County Championships.

Entry Criteria: A minimum qualifying time is required. Swimmer's submitted entry time can be verified in Rankings and must be from Level 1 or 2 for National events, and from Level 1, 2 or 3 for Regional and County Championships. County Championships and Open Meets may choose to accept entry times from Level 4 meets.

Minimum Age; 10 years if age as at 31st December, or 9 years if age on the last day of competition.

Age Groups: Open Meets may choose as at 31st December in year of competition or age on the last day of competition

Electronic Timing and anti-turbulence lane ropes are required.

Level 2 - Meets are short course (25m) only and cover National, Regional and County Championships. Their purpose is to enable athletes to achieve qualifying times for entry into National, Regional and County Championships in short course.

Entry Criteria: A minimum qualifying time is required. Swimmer's submitted entry time can be verified in Rankings and must be from Level 1 or 2 for National events, and from Level 1, 2 or 3 for Regional and County Championships. County Championships and Open Meets may choose to accept entry times from Level 4 meets.

Minimum Age; 10 years if age as at 31st December, or 9 years if age on the last day of competition.

Age Groups: Open Meets may choose as at 31st December in year of competition or age on the last day of competition

Electronic Timing and anti-turbulence lane ropes are required.

Level 3 - Meets are long (50m) and short (25m) course events. Their purpose is to enable athletes to achieve times for entry into Regional and County Championships and other Meets at Level 1 or Level 2.

Qualification Standards: Upper cut-off times are required for entry, and lower qualifying times may be set at the discretion of the organisers. All entrants registered as Category Two members (This is what our swimmers are registered as when ASA fees are paid!)

Age Groups: As at 31st December in year of competition or age on the last day of the competition.

Minimum Age: 10 years if age as at 31st December, or 9 years if age on the last day of the Competition, except for single club competitions, when ASA Law applies.

Electronic Timing is required

Level 4 - Meets are entry level events in pools 25m or greater. Borough Championships are an example. They are for inexperienced athletes and swimmers seeking to compete outside their club environment. If times are good athletes progress to Level 3 Meets.

A single club competition restricted to its members (as in Club Championships and Time Trials), or

Inter-club competitions providing:

- The event does not include more than eight clubs.
- The participating clubs must be invited by the promoter to take part in the event.
- The promoter has supplied the conditions for the event.
- The whole event takes place in one pool on one occasion and does not form a series of events, the results of which are aggregated or considered together to decide the eventual winner.

There are no qualifying criteria usually set.

Over the coming weeks we will explain more about the entry process for galas and what new swimmers entering galas can expect when they swim for the first time.

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 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>

Round Up of upcoming events and dates

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

Sat 16th Feb – Swim League Meet @ Darwen 1pm meet for 1.15pm Warm Up (Note venue change)

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 @ Salt Ayre, Lancaster (Note Venue Change)

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

Sat 13th & Sun 14th July - North Lancs Level 3 Meet – Palatine Leisure Centre

Sat 28th & Sun 29th Sept - North Lancs Level 2 Meet Weekend 1 – Palatine Leisure Centre

Sat 19th & Sun 20th Oct - North Lancs Level 2 Meet Weekend 2 – Palatine Leisure Centre

