



# Clitheroe Dolphins

& District Amateur Swim Club Est. 1973

## WEEKLY NEWS ROUND-UP - Wednesday 13<sup>th</sup> 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](mailto:leescanlan@clitheroedolphins.co.uk)) or ask a member of the committee at one of the pools.

### County Championships Updates

After 3 long weekends, 2 different venues and a hatful of personal bests the 2019 Lancashire County Swimming championships ended with Dolphins swimmers finishing the weekend on a high. The final weekend saw success for Dolphins older swimmers in the shorter sprint events, with Ellie Ward qualifying as 4<sup>th</sup> fastest for the Over 17s - 50m breaststroke final on the Saturday and Martha Smith repeating the feat by qualifying 4<sup>th</sup> fastest for the Over 17s - 50m freestyle final on the Sunday. In their respective finals both swimmers posted fantastic performances but were just out of the medals with a pair of 5<sup>th</sup> place finishes.

We would like to congratulate all our swimmers for making the championships and posting such fantastic performances, you have done yourselves and the club proud.

### Swim League Reminder

Please can we remind the swimmers selected for the first Swim League team that the first gala is this Saturday (16<sup>th</sup> Feb) @ Darwen Leisure Centre. Doors open at 1pm with warm up at 1.15pm. We have several swimmers representing us for the first time and we are sure you will all do us proud, just remember to relax and enjoy the competition. If your child has been selected for the team but you have issues making the event, please let either Mike on 07809 642263 or with team manager Sarah Entwistle on 07821 587904 know as soon as possible.

For those wanting to keep up to speed with the action we will be posting twitter updates on our twitter account @DolphinsCDASC as the action unfolds.

### Micro League Team Announcement

With the Swim league team selected and ready to go attention turns to the selection of our Micro league team for the first scheduled gala on Sunday 3<sup>rd</sup> March at Accrington Academy. The micro league team is made up of swimmers aged 9 to 12 competing in a series of events over either 25 or 50m. Following the recent time trials, Christmas sprint gala, and taking in to account existing personal bests and training performances we are pleased to announce the squad for the first gala is as follows:

<b>Girl's Under 12s</b>	<b>Boy's Under 12s</b>
Nell Butterworth-Barton Alex Holmes	Laurence Middleton
<b>Girl's Under 11s</b>	<b>Boy's Under 11s</b>
Edith Scanlan Grace Warden Alannah Birch Grace Eccleston	Felix Snowden Matthew Taylor Finlay Lorimer George Speakman- Dunford
<b>Girl's Under 10s</b>	<b>Boy's Under 10s</b>
Millie Ward Sophia Thompson Beatrice Wilson Emma Pasternak	James Andrew Thomas Harris Archie Lorimer Owen Donnelley

<b>Girl's Under 9s</b>	<b>Boy's Under 9s</b>
Amelia Johnstone Millie Davies Rumaysa Ali Erin Danson Lucy Grayston	George Purves Braedon Clarkson Oliver Threlfall Joseph Peck

Congratulations to all swimmers selected.

### **Time trial times**

The times from the recent series of time trials can be found on our website:

50m times - <http://clitheroedolphins.co.uk/wp-content/uploads/2019/02/Time-trials-28-01-19-50m.pdf>

25m times - <http://clitheroedolphins.co.uk/wp-content/uploads/2019/02/Time-trials-28-01-19-25m.pdf>

The times from the Christmas Sprint event are also still available at:

[Sprint Gala 2018 Results](#)

Another useful resource for personal bests recorded in licensed galas is the ASA swim times website here:

<https://www.swimmingresults.org/individualbest/>

### **New Feature.. Ask Mike...**

As our new head coach Mike Robinson is now firmly settled into the role we are running a new feature in next weeks newsletter where we will profile our head coach and we are giving our members the chance to ask him questions.

So, if you have any questions for Mike however diverse or random, just ask and we will get your answers into next weeks newsletter. To ask your question email [leescanlan@clitheroedolphns.co.uk](mailto:leescanlan@clitheroedolphns.co.uk)

### **Blackpool Rocks Gala Entries are Open**

The entry criteria for the Blackpool Rocks Gala are now available. The gala entry selection is on a first come first served basis, so we are asking for entries to be submitted to Seamus on [galaentries@clitheroedolphins.co.uk](mailto:galaentries@clitheroedolphins.co.uk) by **Saturday the 9<sup>th</sup> March**. This way that we can make sure entries are submitted to the organisers as soon as the entry window opens, giving us the best chance to ensure our swimmers compete.

The gala takes place on the 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> of May at Blackpool's Palatine Leisure Centre and is recommended as a good gala to enter for newer swimmers looking to take their first steps into competitive swimming. Dolphins are always well represented, and the event is always fun and friendly. Below are the links to the information you need:

[Blackpool Rocks 2019 Consideration Times](#)

[Blackpool Rocks 2019 Entry Form](#)

[Blackpool Rocks 2019 Event Conditions](#)

[Blackpool Rocks 2019 Programme of Events](#)

Payment for the gala entries can be done either in cash or by cheques made payable to 'CDASC' to any member of the committee or coaching staff.

If you are considering entering a gala for the first time and have any questions, please do not hesitate to contact us.

### **Biathlon Events**

We have received notification of some Biathlon events organised by the Yorkshire Biathlete Club happening in the north of England that may interest some of our members. For those new to this sport, Biathlon is a continuous run/swim/run event with a transition between each element as you are not allowed to swim in your running shoes. Distances vary depending on your age group which ranges from 7-70+ (so parents can take part as well).

For more information on Biathlon and membership, please go to the website [www.pentathlongb.org](http://www.pentathlongb.org), the calendar lists all the competitions, and entry forms are also available.

The club will not manage entries for these events as they are Biathlon and not swimming but it is a good diversion for those wanting to try something different.

### **Swim England Data Protection Statement**

We have been asked by the ASA/Swim England to make all members aware of the Swim England Privacy Policy relating to members details. The policy can be found here:

<http://clitheroedolphins.co.uk/wp-content/uploads/2019/02/Swim-England-Data-Protection-Policy.pdf>

## **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](mailto:leescanlan@clitheroedolphins.co.uk)

## **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 lookout 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 16<sup>th</sup> Feb – Swim League Meet @ Darwen 1pm meet for 1.15pm Warm Up (Note venue change)

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

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

Sat 9<sup>th</sup> Mar – Deadline for entries For the Blackpool Rocks gala

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 @ Salt Ayre, Lancaster (Note Venue Change)

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

Sat 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> May – Blackpool Rocks Gala – Palatine Leisure Centre

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

Sat 13<sup>th</sup> & Sun 14<sup>th</sup> July – North Lancs Level 3 Meet – Palatine Leisure Centre

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

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