



# Clitheroe Dolphins

& District Amateur Swim Club Est. 1973

## WEEKLY NEWS ROUND-UP - Friday 12<sup>th</sup> April 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.

### Gala Entries

Mike has set his list of target galas for the coming months which give all our swimmers both experienced and new a chance to compete. Details of all the galas can be found in the forthcoming galas section of the website <https://clitheroedolphins.co.uk/galas/> or by following the links below.

### PRESTON SUMMER SPECTACULAR @ DARWEN LEISURE CENTRE – June 8<sup>th</sup> & 9<sup>th</sup>

Entries for this event open Good Friday @ 1pm (April 19<sup>th</sup>)

**Please have completed entries with Seamus by Midday Thursday April 18<sup>th</sup>. Entries received after this date risk being rejected by the organisers if the event is over subscribed. Send all entries to [galaentries@clitheroedolphins.co.uk](mailto:galaentries@clitheroedolphins.co.uk)**

This gala is a level 3 meet with entries processed on a first come first served basis. There are upper and lower entry times for each event so please ensure when you enter events that your times are within these bandings. Entries are £5.50 per event and please include a £2 admin fee with your entries to help us cover the administration costs of covering the event.

Ages are as at midnight on the 9<sup>th</sup> June 2019.

[Entry Form](#)

[Programme of Events](#)

[Consideration Times](#)

### GARSTANG GATORS MEDAL GALA@ PALATINE LEISURE CENTRE, BLACKPOOL – June 16<sup>th</sup> - (Ideal for newer Swimmers)

Entries for this event open 12pm Monday April 22<sup>nd</sup> and close Saturday 25<sup>th</sup> May

**Please have completed entries with Seamus by Friday April 19<sup>th</sup>. Entries received after this date risk being rejected by the organisers if the event is over subscribed. Send all entries to [galaentries@clitheroedolphins.co.uk](mailto:galaentries@clitheroedolphins.co.uk)**

This gala is a friendly level 3 meet with entries processed on a first come first served basis. The event starts late morning and is completed in a day with all events being raced over 50m except for the individual medley which is raced over 100m, making it ideal for all of our newer swimmers looking to take their first steps into competing. There are **no lower entry times** for each event only upper times, so please ensure when you enter events that your times are below these upper limits. Entries are £4 per event and please include a £2 admin fee with your entries to help us cover the administration costs of covering the event.

Ages are as at midnight on the 16<sup>th</sup> June 2019.

[Entry Form](#)

[Conditions](#)

[Consideration Times](#)

### ROTHERHAM METRO LEVEL 3 GRADED MEET@ PONDS FORGE, SHEFFIELD – July 6<sup>th</sup> & 7<sup>th</sup>

Entries for this event close June 1<sup>st</sup> but are first come first served so **Please have completed entries with Seamus by Friday April 27<sup>th</sup>. Send all entries to [galaentries@clitheroedolphins.co.uk](mailto:galaentries@clitheroedolphins.co.uk)**

This gala is a chance to compete in an Olympic standard pool in short course level 3 graded meet with medals awarded in A and B categories. It's an impressive venue to compete at and should be experienced if you get the chance! We attended this meet last year and it was a good event which allowed the club to compete outside the region, whilst offering the chance for a little team bonding with an overnight stay in Sheffield. There are upper entry times for both the tougher A grade and easier B grade, so please ensure when you enter events that your times are below one of these upper limits. Entries are £6 per event and please include a £2 admin fee with your entries to help us cover the administration costs of covering the event.

The club is trying to arrange a deal with hotels for a group booking, and please do not book hotels until your entry is confirmed by the organisers.

Ages are as at midnight on the 7<sup>th</sup> July 2019.

[Entry Details](#)

### **Bobcats Gala Success**

Dolphins had a hugely successful weekend at the Burnley Bobcats Last Chance Gala finishing 4th overall in the team competition with 14 Golds, 13 Silvers, 3 Bronze, and a raft of personal bests. Thanks as always to our coaching staff and poolside volunteers, we couldn't have done it without you. Also a huge well done to all our swimmers on some good medals and massive personal bests, our medallists were:

GOLD	SILVER	BRONZE
Rumaysa Ali - 50 Fly Ellie Ward - 100m Breast Ibrahim Ali - 50m Breast Archie Lorimer - 100m Fly Martha Smith - 50m Free Archie Lorimer - 50 Fly Ibrahim Ali - 50 Fly Archie Lorimer - 200 IM Ellie Ward - 50m Breast Rumaysa Ali - 100m Fly Martha Smith - 100m Fly Ibrahim Ali - 50m Free Fallon Holgate - 100m Back Sadie Wilson - 100m Back	Martha Smith - 50 Fly Archie Lorimer - 200 Back Martha Smith - 100m Free Archie Lorimer - 50m Back Rumaysa Ali - 200m Free Archie Lorimer - 100m Back Owen Donnelly - 50 Fly Owen Donnelly - 100m Free Fallon Holgate - 50m Back Martha Smith - 50m Breast Martha Smith - 100m Back Sadie Wilson - 200m IM Sadie Wilson - 50m Back	Oliver Threlfall - 50m Back Emma Jackson - 200m Free Archie Lorimer - 100m Breast Archie Lorimer - 200m Breast Sadie Wilson - 100m Free

### **Bobcats Gala Pictures**

Pictures from the Bobcats gala are now available on the Hands Beattie website:

<https://www.handsbeattiephoto.com/bobcats2019>

The password is (all in upper case) **SPLASH**. There's a discount code for 25% off orders over £20 by using the code **discount25**.

### **Darwen Parking Fine @ Bobcats Gala**

If any of our parents receive a parking fine as a result of using the leisure centre carpark for the Bobcats gala, please phone Darwen leisure centre and give them details the ticket which should then be cancelled. Organisers were informed that you didn't register vehicle details because parking restrictions were turned off.

### **Micro League Squad for our 2<sup>nd</sup> Meet**

Our Microleague teams second meet is scheduled for Sunday 19<sup>th</sup> May @ Knowsley Leisure Centre with a 1.45 start time. The team is as follows:

<b>Boys 9</b>	<b>Girls 9</b>
George Purves Braedon Clarkson Oliver Threlfall Joseph Peck	Amelia Johnstone Rumaysa Ali Erin Danson Lucy Grayston Millie Davies
<b>Boys 10</b>	<b>Girls 10</b>
James Andrew Thomas Harris Archie Lorimer Owen Donnelley	Millie Ward Sophia Thompson Beatrice Wilson

<b>Boys 11</b>	<b>Girls 11</b>
Felix Snowden Matthew Taylor Finlay Lorimer George Speakman Dunford	Taliah Fleck Alannah Birch Grace Eccleston Edith Scanlan
<b>Boys 12</b>	<b>Girls 12</b>
Oscar Schofield	Alex Holmes Ally Holmes

**If any swimmers cannot make the event, please let us know as soon as possible.**

### **Sessions cancelled**

Training sessions scheduled for Friday 19<sup>th</sup> April at Stonyhurst and Monday 22<sup>nd</sup> April at Ribblesdale are cancelled due to pool closures over the Easter break. The Saturday morning and Sunday evening sessions at Ribblesdale are still on, as the pool is open Easter Saturday & Sunday.

### **Applications wanted for coaching grants**

As mentioned in last week's newsletter we have been awarded £1,980 to allow us to give our swimmers chance to train as young leaders, coaches, and teachers, and as a result we are now able to open the scheme to all club members aged 14-21. We are willing to fund or part fund courses relating to the following:

Lane Coaching  
Level 1 and Level 2 Swim teaching  
Level 1 and Level 2 Coaching  
Sports Leaders

We would like to offer the opportunity to as many swimmers and members as we can, so would prefer to split the funds across as many applications as possible. We are asking for all members/parents interested to email their expression of interest to [leescanlan@clitheroedolphins.co.uk](mailto:leescanlan@clitheroedolphins.co.uk) with the following details:

**Name**

**Age**

**Current qualifications**

**Course you would like to do**

**Amount you are willing to contribute**

**To No more than 500 words to support your application, covering what the opportunity will mean to you, how you think it will benefit Dolphins and any other information you think is appropriate. (This is not mandatory but will help us split the money if the scheme is over subscribed)**

The Closing Date for applications is **Friday 26<sup>th</sup> April 2019**

### **Training Punctuality**

Mike has asked us to remind you that in order to get the most from each session and to avoid disruption, swimmers should be trying to arrive on time and kitted up ready for the start time of the session. There has been a noticeable upward trend to swimmers arriving late which is starting to disrupt session plans.

### **Dolphins Easyfundraising**

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**

27th & 28th April 2019 – Manchester Aquatics Centre - Regional Champs Week 1

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

11th & 12th May 2019 – Liverpool Aquatics Centre - Regional Champs Week 2

Sun 19<sup>th</sup> May – Microleague meet @ Knowsley

25th & 26th May 2019 – Manchester Aquatics Centre - Regional Champs Week 3

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