

Dolphins set for Microleague Swim-off

For the third year in a row, Dolphins youngest swimmers will make the short trip to Blackpool to compete in the North West Micro League swim off.

The Micro team will take on Preston 'B', Leyland 'B', and Liverpool 'A', with the winners earning the right to compete in the 'B' division in 2020.

The swim off takes place at Blackpool's Palatine Leisure Centre on Saturday 7th September.

As the race is taking place at the same time as the Division 'A' swim off, seating will be limited.

Details of the team selection, start time and seating allocations will be released closer to the date.

For the latest Dolphins news follow us on:

Twitter : @DolphinsCDASC
Facebook : @DolphinsCDASC
Instagram : clitheroedolphins
www.clitheroedolphins.co.uk

or

join our facebook members group (search 'Clitheroe Dolphins Members')

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Entries for North Lancs Level 2 Championships now open!!

NORTH LANCASHIRE

Swimming and Water Polo Association

The details and qualifying times have now been released for the annual North Lancs Level 2 Gala Championships which is being held this year at Palatine Leisure Centre in Blackpool.

The gala sees the best swimmers in the North Lancs region competing over 2 weeks of competition. The first weekend takes place on the 28th & 29th Sept with the competition concluding three weeks later with a second weekend of action taking place on the 19th & 20th October.

The event is open to swimmers who have achieved the events minimum qualifying times between 1st Set 2018 and 13th Sept 2019. Valid qualification times must have been achieved at a licensed meet, so unfortunately times obtained at micro or swim league meets or those obtained by coaches training times are not admissible for this event.

We are advising all swimmers who have taken part

in any level 1,2 or 3 galas over the last 12 months to check their personal best times, as several of our swimmers have already achieved the required qualifying standard.

The age categorisations for the gala are based on the age of the swimmer on the 20th October, and we are requesting that all entries are submitted to Seamus by Friday 30th August so that we can validate and submit the entries ahead of the competitions September 13th final deadline.

Entry forms, qualification times, programme schedule and conditions of the event can be found on our website:

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

or by clicking the links below:

[Qualifying Times](#)
[Programme of Events](#)
[Event Conditions](#)
[Entry Form](#)

NOTE: Swimmers can only enter the events in which they have achieved qualifying times.

If you have any queries on entering the event please contact us on leescanlan@clitheroedolphins.co.uk or galaentries@clitheroedolphins.co.uk

Dates for the Diary

Training Changes

Wed 24th July

Stonyhurst is unavailable due to a gala. Training for all groups normally using Stonyhurst on Wednesday will now take place at Daisyfield Swimming Pool in Blackburn 7.45pm to 9.30pm.

Thurs 25th July

Stonyhurst is again unavailable due to a gala – As no other pool space is available training is cancelled for Stonyhurst groups only. The Dolphins session at Ribblesdale goes ahead as normal.

Friday 26th July

Training at Stonyhurst as normal, this session is extended to any D2 swimmers who miss the Thursday nights session due to the cancellation.

Saturday 27th July

Both land training and pool training are **cancelled**.

Summer Break

Our annual summer break runs from between 5th to 18th Aug when **all sessions** will be **cancelled**.



New training schedule starting Friday Sept 6th

In order to provide the best value for money and convenient training times, we are making some minor changes to our training schedules.

As a club we are committed to providing our members and parents with the best possible value for money in terms of both convenience and training hours. Following a review of our current training schedule, coaching roster and session attendance we have made some minor alterations to session times.

It has been noticeable over recent months that some sessions are better attended than others, and with pool costs rising and pool time at a premium, we made the decision to discuss with the coaching team the best utilisation of pool space.

The main changes to the schedule are to the Sunday evenings sessions where numbers in the D1, D2 and D3 sessions have often seen only a few swimmers in attendance. There are also some changes to our Friday night sessions which will make the move back to the Ribblesdale pool.

In the overall reshuffle the number of hours for each group remain the same and the rescheduling will give head coach Mike Robinson the opportunity to see more swimmers in the pool.

The new sessions schedule

Dolphins - This group remain largely unaffected by the changes.

Day	Time	Pool	
Mon	6.45 - 7.30pm	Ribblesdale	No Change
Thurs	7 – 8 pm	Ribblesdale	No Change
Sun	5 – 6 pm	Ribblesdale	Time Change

D3 - This group sees a Friday session replace Sunday.

Day	Time	Pool	
Mon	7.30 - 8.30 pm	Ribblesdale	No Change
Weds	7 – 9 pm	Stonyhurst	No Change
Thurs	7 – 8 pm	Stonyhurst	No Change
Fri	6.30 – 8 pm	Ribblesdale	Replacing Sunday

D2 - This group sees a Friday session replace Sunday.

Day	Time	Pool	
Tues	7 – 9 pm	Stonyhurst	No Change
Weds	7 – 9 pm	Stonyhurst	No Change
Thurs	7 – 9 pm	Stonyhurst	No Change
Fri	7.30 – 8.30 pm	Ribblesdale	Replacing Sunday
Sat	7 – 9.45 am	Ribblesdale/Roefield	No Change

D1 - This group sees a Monday session replace Sunday, whilst Fridays return to Ribblesdale.

Day	Time	Pool	
Mon	7.30 – 8.30 pm	Ribblesdale	Replacing Sunday
Tues	7 – 9 pm	Stonyhurst	No Change
Weds	7 – 9 pm	Stonyhurst	No Change
Thurs	7 – 9 pm	Stonyhurst	No Change
Fri	6.30 – 8.30 pm	Ribblesdale	Move from Stony
Sat	7 – 9.45 am	Ribblesdale/Roefield	No Change

Swim skills swimmers can fit into any two sessions applicable to their ability



Rotherham Medal Haul for Dolphins

Clitheroe Dolphins made the short trip over the Pennines to the impressive Ponds Forge pool in Sheffield to take part in Rotherham Metro's July Gala on July 6th and 7th.

In what is quickly becoming an annual tradition, our young Dolphins competed against clubs from across the country in this A/B grade event. The nature of the gala meant that two sets of medals were handed out based on a faster A grade criteria and slightly slower B Grade times.

Dolphins took a squad of 16 swimmers and came back with a hatful of medals & PB's as well as a few potential County & Regional qualifying times.



Dolphins Rotherham Squad

Martha Smith	Ellie Ward
Charlotte Dunn	Alice Entwistle
Saskia Daly	Fallon Holgate
Millie Wilson	Grace Warden
Alex Holmes	Edith Scanlan
Rumaysa Ali	Ibrahim Ali
Ben Harris	Tom Harris
Owen Donnelly	Oliver Threlfall

Rotherham Medals & PB's

MEDALS

A – Grade Medals

Speeding Ticket

Martha Smith – 50m Fly

Gold

Martha Smith – 100m Fly, 100m IM - Ellie Ward – 50m Breast

Silver

Martha Smith – 50m Free - Owen Donnelly – 200m Back

Bronze

Martha Smith – 100m Free - Ellie Ward – 50m Back

Ibrahim Ali – 50m Free

B – Grade Medals

Gold

Owen Donnelly – 50m Fly, 100m IM, 50m Back, 100m Back

Ibrahim Ali – 50m Fly, 100m IM, 50m Back

Millie Wilson – 50m free - Edith Scanlan – 200m IM, 200m Back

Charlotte Dunn – 50m Breast - Saskia Daly - 100m Free

Fallon Holgate - 200m Free

Silver

Oliver Threlfall – 200m Free, 100m Breast, 100m Back

Ellie Ward - 100m Back - Rumaysa Ali – 100m Fly, 200m Free

Edith Scanlan – 200m Breast - Saskia Daly - 200m Free

Alice Entwistle - 200m Free, 50m Back - Millie Wilson – 50m Back

Bronze

Ben Harris – 200m Free, 100m IM, 100m Free

Fallon Holgate - 100m IM - Charlotte Dunn – 100m IM

Oliver Threlfall – 50m Breast

Rumaysa Ali – 100m Free, 50m Back

Millie Wilson – 100m Free

Personal Bests

Oliver Threlfall – 50m & 200m Breast, 100m & 200m Free

Owen Donnelly – 100m Free, 50m Breast, 50m Fly, 50m, 100m & 200m Back, 100m IM

Tom Harris – 100m Free, 100m & 200m Breast, 50m Back, 50m Fly

Ben Harris – 100m & 200m Free, 100m & 200m Breast, 50m Fly

Ibrahim Ali – 50m Free, 50m Breast, 50m Fly, 50m Back, 100m IM

Rumaysa Ali – 200m Free

Edith Scanlan – 50m & 100m Free, 50m Breast, 50m, 100m & 200m Back, 100m & 200m IM

Alex Holmes – 100m & 200m Free

Grace Warden – 50m & 100m Free, 200m IM

Millie Wilson - 50m & 100m Free, 50m Breast, 50m Back, 50m & 100m Fly

Fallon Holgate – 200m Back

Saskia Daly – 50m Breast

Ellie Ward – 50m Back

Martha Smith – 50m & 100m Fly, 100m IM

Merchandise News

A new range of Dolphins kit, swim caps and clubwear is on the way.

The club is working with new suppliers to come up with a new range of clubwear for our swimmers, coaches, volunteers and supporters ready for the new season.

We are close to finalising designs with a well-known leisurewear company to provide a range of tee-shirts, polos, hoodies, shorts, track pants, windcheaters and towels. All will carry the Dolphins logo and can be personalised with swimmer names.

The items will be available to order online through a new Dolphins shop.

We are also working with swimming equipment specialists SWIMZI to design club competition swim caps that can also be personalised.

We already have several designs which we will be putting to our swimmers & club members and a vote on the final choice.

Keep checking our website

www.clitheroedolphins.co.uk and our members facebook page in coming days for updates.

The swim caps will also be available from our online shop when it goes live.

EARN MONEY WHILST SHOPPING!!!



Shopping with easy fundraising via the link above earns vital funds for Dolphins. It's quick & easy!



Martha flies the flag for Dolphins at the Welsh Nationals

Good luck to Martha Smith who is taking part in the Welsh National Championships at WNPS Swansea, between 29th Jul and 2nd Aug.

Already a seasoned national competitor, Martha is competing in the 50m & 100m Free, the 50m & 100m Fly and the 50m Back.

Updates will be posted on twitter and we will post progress updates when we have them on our members facebook group.

GOOD LUCK MARTHA!!



Other News.....

• Autumn Gala schedule taking shape

In addition to the North Lancs Championships mentioned earlier in the newsletter we are also looking to take part in the Blackpool Lights gala that takes place on the 26th and 27th Oct at Palatine Leisure Centre, Blackpool. Entries details are not yet available, but we will send them out as soon as they are. We are also looking to target another Gala in late November/early December, which will be added to the schedule once a choice has been finalised.

We are also looking to arrange a friendly meeting with smaller local clubs some time in Autumn, to give our newer swimmers the chance to experience competition in a friendly and familiar environment.

• The importance of not over competing!

Whilst Galas are the enjoyable culmination of hours of training, we would like to remind swimmers that over competing can have a negative impact. Training sessions are planned to run over a cycle with the ultimate aim of delivering swimmers to competitions in peak condition.

Whilst swimmers are free to enter any gala they wish, Mike is targeting galas based around training plans, specific targets and milestones in the season. If you are looking to enter competitions outside the galas we are targeting as a club, please feel free to discuss this with Mike to see how it fits in with his training cycles. Gala performance improvements come with a period of sustained training and preparation and not by weekly competition. It takes between 7 to 10 days to recover fully from the exertions of competition, so recovery time is an essential part of the recovery process.

With this in mind Mike is advising swimmers competing in multiple events at the North Lancs Championships not to swim the Blackpool Rocks event.

• Swim Club Manager coming in September

We will be sending out login details shortly ready for the relaunch of Swim Club manager. By using the system properly, we will now be able to allow members to update personal details, pay annual membership fees online, track monthly subscription fee payments and submit gala entries and payments online. We are setting up the final elements of the system ready for launch at the start of the new season in September.

• Club policies

Swimmers, parents, and volunteers are reminded that as a Swim21 club we operate under the guidance of Swim England's Wavepower policy. This forms the basis of our own club policies that members should be aware of. We expect all members, parents, coaches and volunteers to adhere to these standards of behavior, so please can we ask you to make yourself aware of them by visiting the policies section of our website www.clitheroedolphins.co.uk/policies

Dates for the Diary

Friday 30th August
Internal Closing Date for North Lancs Level 2 Championships.

Friday 6th September
Start of the new training timetable.

Saturday 7th September
Microleague Swim Off
Palatine Leisure Centre, Blackpool.

Sat 28th & Sun 29th September
North Lancs Level 2 Championships Weekend 1
Palatine Leisure Centre, Blackpool.

Sat 19th & Sun 20th October
North Lancs Level 2 Championships Weekend 2
Palatine Leisure Centre, Blackpool.

Sat 26th & Sun 27th October
Blackpool Lights Gala
Palatine Leisure Centre, Blackpool.