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The new committee & officers for 2020 was elected at the meeting:

**Chair** – Lee Scanlan**Treasurer** – Ruth Jackson**Secretary** – Jenny Peck**Volunteer, Officials & Coach****Co-ordinator** – Sara Entwistle**Membership Secretary** –

Laura Holmes

**ASA Swim 21 Co-ordinator** –

Louisa Scanlan

**Media Officer** – Emma

Jackson

**Fundraising Officer** – Lee

Scanlan

**Club Welfare Officer** – Amy

Donnelly &amp; Dave Gilmore

**Gala Secretary** – Seamus Daly**Micro League Team****Manager** – Zoe Lorimer**Swim League Manager** – Amy

Donnelly

**Club Stats manager** – Peter

Snowden

**Social Secretary** - Lucy Harris,

Tracey Ward

**Swimmer Rep** – Emma

Jackson, Owen Donnelly

## Winsford Christmas Development Meet

**This weekend** sees Clitheroe Dolphins taking over 20 swimmers to compete in the Winsford Christmas Cracker. We will be running a coach to the event, departing Ribblesdale pool at 9am Saturday 7<sup>th</sup> December.

**Places** on the coach costing £7.50 per person for the return trip and there will be a Christmas theme to the trip.

**To reserve a place** on the coach mail Laura Holmes on [holmes@clitheroedolphins.co.uk](mailto:holmes@clitheroedolphins.co.uk) or Lee Scanlan on [leescanlan@clitheroedolphins.co.uk](mailto:leescanlan@clitheroedolphins.co.uk).

**Warm up** starts at 11.40am, entry to the event costs £3 per spectator.

**Spectating:** Spectating is very limited at Winsford as the viewing gallery is a balcony. For Health and Safety reasons they can have 90 people seated and a maximum of 140 people on the balcony at any one time. We ask swimmers to not bring too many spectators.

## AGM update

Friday November 15<sup>th</sup> saw Clitheroe FC host our Annual General Meeting with many members in attendance. The evening began with the usual reports from the key officers at the club detailing the achievements in the year, the financial status of the club and an update from Head Coach Michael Robinson on swimmer's progress over the last 12 months. All these reports will be made available in the coming weeks once we have completed an overhaul of the club's website.

At the meeting the incumbent chair Jayne Case indicated her desire to vacate the role she has performed for two years. During this time Jayne has successfully navigated the club through some turbulent times as the club experienced a turnover in coaching staff, a need to balance the books and a changing demographic within the club. Now that Jayne is no longer a swim mum, she felt it was the right time to relinquish the role and allow someone else to take the club forward. The club would like to thank Jayne for her unstinting devotion to Dolphins during her time in post and her commitment to driving Dolphins forward, without her service we as a club would not be in the position we are today.

## Dates for the Diary

### Training Change

Sat 7<sup>th</sup> December 2019

Due to the club's attendance at the Winsford Gala training will be cancelled (both land & pool training)

### Gala Dates

**Winsford Christmas Development Meet**

Sat 7<sup>th</sup> December 2019

Winsford Lifestyle Centre  
Home of Winsford ASC  
The Drummer  
Winsford  
Cheshire  
CW7 1AD  
Tel: 01606 550700

**Lancashire County Championship Dates**

#### **Weekend 1**

Manchester Aquatics Centre  
11<sup>th</sup> & 12<sup>th</sup> January 2020

#### **Weekend 2**

Manchester Aquatics Centre  
25<sup>th</sup> & 26<sup>th</sup> January 2020

#### **Weekend 3**

Manchester Aquatics Centre  
8<sup>th</sup> & 9<sup>th</sup> February 2020

#### **Sprint Gala**

**29<sup>th</sup> February 2020**  
Further details to follow

#### **Swim League 2020**

##### **Round 1**

Darwen Leisure Centre –  
18<sup>th</sup> Jan 2020

##### **Round 2**

Salt Ayre Lancaster – 14<sup>th</sup>  
March 2020

##### **Round 3**

Palatine Blackpool – 20<sup>th</sup>  
June 2020

## Message from the new Chair



Following on from the AGM I just wanted to take this opportunity to introduce myself as I am aware, I will be a new face to many, I also wanted to take the chance to update everyone on plans the club has going forward.

On behalf of everyone I would like to thank Jayne for her commitment to Dolphins over the last few years, it has been a time of change and without her commitment we would not be in the healthy position we are today. Jayne you will be missed!

Like many of you I am a swim parent with my daughter swimming in the D2 group, so I share the highs, lows and frustrations we all experience as our kid's train and compete. Swimming demands a lot from both swimmers and parents and I still marvel at the commitment and attitude we ask from our young swimmers in comparison to other sports. It's important we give parents and swimmers a positive & supportive environment in which to train and compete, and this is something Dolphins has always prided itself on. We can though do more, whether it be better informing people of what's going on, helping new swimmers be better prepared to compete, support our coaches, improve how we advertise the club in the town, giving our older swimmers opportunities to get involved in coaching, and build a better club spirit and club identity.

We have a committed group of people running the club, but we could always do with more as all of this takes time and manpower, so if you would be interested in helping in any way, please drop me a line.

We have several initiatives in the pipeline so please read through this and future newsletters to keep up to date, as we are launching several ideas and events designed to make the club better. Now that we have a dedicated media officer in Emma Jackson, we will be much more active on social media, newsletters will be more regular, a new website is under construction and we will be in the local press a lot more. We are also looking to launch a new range of club merchandise, run the sprint gala in February, hold a range of club social events, including the annual club presentation night, and forge better links with schools and the local community. Please bear with us whilst we get all of this up and running as it's a lot to do with limited people.

Over the next few weeks I will make sure I am available at Stonyhurst on a Tuesday and Ribblesdale on a Thursday & Friday so that anyone who wants to catch me can. It's important you let me know of any issues, ideas, questions or feedback you may have so that we can make Dolphins a better club. I am easy to spot as I am the tall, chunky bald bloke with a beard! If you can't catch me at the pool please feel free to drop me a line, either call me on 07875 533463, email on ([leescanlan@clitheroedolphins.co.uk](mailto:leescanlan@clitheroedolphins.co.uk)), or message me on Facebook, through the clubs Facebook page or via the members group.

Thanks for your continued support.

Lee



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

# Head Coaches Report



## Praising the Process

We are all guilty of praising sports results as well as TV, Radio, Newspapers and social media.

Athletes are getting mixed ideas, which makes it difficult for them to focus on the process.

Swimmers need to learn that results come through Attention, Attendance and Effort.

Some swimmers are said to have a "natural talent". This "natural talent" is seen so often in swimming. But is also the biggest cause of drop out. Winning with talent is easy, until you are beaten. Then completing hard work after doing none is even harder, causing many swimmers to drop out.

By praising the process, you are helping teach your child a mindset that hard work pays off. Make sure you give praise for the skills, effort and technique they put in.

Your child's performance is down to their hard work, so praise them for the hours of training they put in beforehand, for their dedication, and for never giving up. These all contribute to where they are today keeping them in the sport.

In my personal opinion getting regional and county times are easy if firstly, the child wants to swim (attention), secondly attendance and finally committed effort session upon session.

## Moving Forward

To help maximise your child's progress please try and take interest in the sessions, ask them about what they have been doing during the sessions. If you could see any improvement praise them for listening and their effort if you couldn't see improvement and ask them why in a hope to improve their attention.

Throughout the early stages of Dolphins, the main aim is to build a solid skill base, all the sessions are planned with learning outcomes, the outcome maybe something as simple as streamlines or something a little more technical like a strokes technique. This work is usually done throughout a session or in a warm-up when swimmers are less tired and find it easier to concentrate during the longer sessions. Each small skill fits in to the strokes technique, given in small progressive drills and laid out in the easiest way to progress. Each session progresses on from the session before grouping transitional skills between strokes in an order easiest to learn.

Attendance plays a huge part in progression, if attendance is 50% of the sessions available your child is only accessing 50% of the learning time, 50% of the feedback and 50% of the practice without bringing fitness into the equation.

## Kit Lists for Sessions

All Swimmers are reminded that they should come to every session with their kit. The items on the list are valuable training aids to help swimmer improvement. The lists below detail the equipment required.

### DOLPHINS

Kickboard  
Swimming Cap  
Waterbottle  
Goggles

### D3

Kickboard  
Swimming Cap  
Waterbottle  
Goggles  
Small Pull Buoy  
Short Fins  
Snorkel

### D2 & D1

Kickboard  
Swimming Cap  
Waterbottle x 2  
Goggles  
Small Pull Buoy  
Short Fins  
Snorkel  
Finger Paddles  
Skipping Rope

**IMPORTANT!** It has come to our attention that many swimmers are arriving to training late on a regular basis. Please try to be on poolside 5 minutes **before** your session starts. If you are late, make sure you speak to your coach to explain why. If you know in advance, please let the coach running the session know, turning up late disrupts the flow of the sessions!

## Club, Membership and ASA fees

It's that time of year when we have to re-register all our swimmers with the ASA and we usually ask members to pay their annual club membership. Last year we asked members to pay ASA fees and the annual club membership fees in January, however we are mindful it is not the best time to be paying out money with the post-Christmas credit card bills arriving!

This year we have made the decision to try and even the outgoings for members by changing the monthly fees to include the Annual Club membership this means it is spread out over 12 months rather than hitting in one sum in January. ASA fees however must still be paid in January as this is mandated by Swim England. We try where possible to minimise the cost to members so limit changes and price increases.

### ASA and Local Area Fees

These have been set for 2020 by the ASA/Swim England and are mandated for all members. ASA membership cover insurance, admin, national body running costs and competition costs for all swimmers & coaches. For 2020 these have been set at:

Category 1 (swimmers born 2012 or later) - £17

Category 2 (swimmers born 2011 or earlier) - £35

**These fees need to be collected and paid to the ASA by the 31<sup>st</sup> Jan 2020. Please can you ensure you send payment to Ruth Jackson by this date for ALL your swimmers.**

### Club Membership and Monthly Fees

The annual club membership fee which cover club admin costs, registration costs, league fees, and other costs has been abolished in favour of a £3 per month blanket increase on fees. This means swimmers no longer pay a one of payment in January of £30. The additional £6 per year (50p per month) the club takes by collecting the annual membership this way means we can cover the inflationary rises we incur on things like pool hire and equipment purchases.

Therefore, the new monthly fees are:

Dolphins rise from £30 to £33 per month

D3 rise from £40 to £43 per month

D2 rise from £45 to £48 per month

D1 rise from £50 to £53 per month

All new monthly rates are effective from January 2020 so please ensure your direct debits are adjusted accordingly.

## Christmas Training

With Christmas approaching the following changes will be in effect over the Christmas period. The final regular session will take place on the Monday 23<sup>rd</sup> Dec at Ribblesdale (Dolphins, D3 & D1) Over the Christmas period there will be a series of special sessions as follows:



Date	Friday 27/12/19	Saturday 28/12/19*	Sunday 29/12/19	Monday 30/12/19
Time	9am-11am	9am-11am	9am-11am	9am-11am
Venue	Stonyhurst	Stonyhurst	Stonyhurst	Stonyhurst
Session	D1, D2, D3, Dolphins	D1, D2, D3	D1, D2, D3	D1, D2, D3, Dolphins

Normal training resumes on Thursday January 2<sup>nd</sup>.

## New Kit Available



£17  
Incl. initials



£30



£20



£14

### Available From:

JPA Sports  
Pendle Mill  
Pendle Road  
Clitheroe  
BB7 1JQ

## Ribble Valley Foodbank Collections

As a club we pride ourselves on being part of the community and supporting those in need. For many of us Christmas is a time of excess, fine food & drink and parties, however for the less fortunate in our community it's a time of worry and struggle. This year Clitheroe Dolphins have decided to organise a collection in the run up to Christmas to support the good work Ribble Valley Foodbank do in our community and prove what a community spirited club we are! We are asking swimmers to support us by bringing items to training that we can donate to this worthy cause. Avoid fresh goods as these won't keep!

A member of the committee will be on hand to collect items on Tuesdays & Wednesdays at Stonyhurst and on Thursdays & Fridays at Ribblesdale from this week through to the 20<sup>th</sup> Dec.

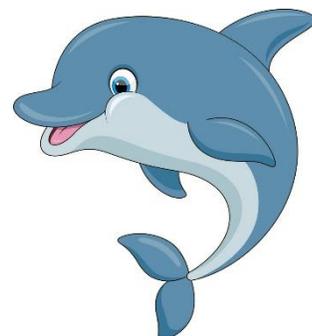
### Urgently needed items

- Washing liquid or powder
- Sponge puddings
- Sugar
- Fruit juice (long life)
- UHT milk
- Hot chocolate
- Size 6 nappies
- Kitchen roll

### Other items needed

- Sugar
- Fruit juice (carton)
- Soup
- Pasta sauces
- Tinned tomatoes
- Cereals
- Rice pudding (tinned)

- Tea bags / instant coffee
- Instant mashed potato
- Rice
- Pasta
- Tinned meat
- Tinned fish
- Tinned fruit
- Jam
- Biscuits or snack bar
- Nappies
- Shower gel
- Shampoo
- Deodorant
- Washing up liquid



The Dolphins noticeboards at Ribblesdale Pool (one in reception and one on poolside) have been updated. If you have any feedback or would like to see something else on them, please let Emma Jackson know. Thank you!