



# Dronfield Dolphins News January 2010



**Club Championships**  
On  
**Saturday 23<sup>rd</sup> January 2010**  
at  
**Eckington Swimming Pool**  
**Gosber Street**  
**Eckington**

Warm up 5.00pm Gala Starts 5.30pm

Entry Forms have now been collected and the programme is being prepared for printing. If any parents can help us on the evening please contact Jo Ashman or Lesley Pearson.

For many Swimmers & their parents this is their first experience of competitive swimming.

A few pointers for the evening:-

If your child can possibly bring a slighter smaller bag than they usually bring to training as they do not need floats and flippers and there is not a lot of room on the poolside. Your child will need 2 towels one to dry themselves between races and sit on and one to use at the end. A tee shirt and shorts or tracksuit trousers are good for keeping them warm between races. Flip flops or spare trainers can be useful, also a drink in a plastic container and a few snacks / sweets to keep the energy levels up (please note chocolate will melt) are always appreciated by the swimmers. The kids can be sat waiting for a while so if they want to bring something to keep them occupied they can, several bring hand held electronic games but they need to be careful these games don't end up in the pool, a book or puzzle book might also be an option.

You may find that 50p for the lockers would also be helpful as clothes can then be kept safely in the changing rooms and not getting wet on poolside.

I hope these pointers may be of help but don't hesitate to ask questions of more experienced swimmers / parents.

CAN WE PLEASE HAVE ALL TROPHIES WON LAST YEAR RETURNED BY 17<sup>TH</sup> JANUARY AT THE LATEST.

THANKS

Please pass trophies to Tracy or Steve Cooper or any committee member

## Congratulations !

Go to Heather Whitehead and Matt Cooper who have been elected as this years Vice Captains and will lead the under 12 team in the Diddy League later this year.



## Derbyshire County Championships 2010

Saturday 28<sup>th</sup> & Sunday 29<sup>th</sup> Feb – Queens Leisure Centre Derby

Saturday 6<sup>th</sup> & Sunday 7<sup>th</sup> March – Eckington

Saturday 20<sup>th</sup> & Sunday 21<sup>st</sup> March – Queens Leisure Centre Derby.

We encourage all swimmers who have achieved the qualifying times to enter as this is a very important part of the swimming year and it gives swimmers a chance to see where they stand compared to other swimmers in the county

Entries to Dave Micklethwaite by 18<sup>th</sup> January either at the pool or by email. Dave will need your childs date of Birth, home address and ASA membership number. Details of programme and qualifying times available on the club web site.

If you are unsure whether your child should be entering check with their coach or Dave Micklethwaite.

## Bad Weather

During the current bad weather we will try to continue with training sessions as normal, but if you feel that the weather may be severe enough to cancel a session please check your emails and the web site as this is how we will notify you of cancellations.

## Dronfield Dolphins Hoodies

As most but not all of you that ordered Hoodies know I've had quite a lot of trouble with the order I placed before Christmas. All the red hoodies were received but 14 of the black hoodies were missing. These were 10 size 12-13 years, 3 medium & 1 large, I apologise for this problem but believe me it was beyond my control. At the moment I have not heard anymore from the supplier despite several attempts to get in touch with him, if I do not hear anything within two weeks I will look at placing an order with an alternative company. If anyone wishes to cancel their order and receive a refund please contact me, if not please bear with me and I will try to rectify the situation

Lesley



### **Club Championships Celebration Evening Saturday 13th February 2010**

Doors open 7.00pm

Adults £2.00, Senior citizens, swimmers & siblings £1.50

Presentation will commence at 7.45 and there will be an award for all swimmers who took part in the club championships.

#### ***Please Note:***

There will be no Licensed Bar at the Presentation Evening. Parents are asked to 'BRING YOUR OWN' Wine, Beers, Soft Drinks, Glasses, Crisps and Nibbles.

Dronfield Dolphins reserve the right to confiscate Alcoholic Drinks from Swimmers under the age of 18 who are unaccompanied by their Parents. Drinks will be confiscated and the Swimmer/s asked to leave.

**Committee**

## **Recent Open Gala Results**

### Mansfield Major Oak 21/11/09 & 22/11/09

3 Swimmers took part in this Gala and there were top 6 places and PB's for all swimmers.

Izzy Meek (10) 5<sup>th</sup> 50m Breaststroke, Beth Mickelthwaite (10) 2<sup>nd</sup> 100m Butterfly, 3<sup>rd</sup> 100m Freestyle & 5<sup>th</sup> 200m IM, Beth Moore (15+) 2<sup>nd</sup> 100m Fly, 100m Breast, 200m Fly, 200m IM, 3<sup>rd</sup> 100m Back & 200m Breast.

### Sheffield City 'B' Grade 28/11/09

Top 6 Places for Chris Redfern (10) 1<sup>st</sup> 50m Back & Breast & Maddie Swannack (10) 3<sup>rd</sup> 50m Free and Pb's for both these swimmers and Aiden Sahni (13).

### Derbyshire County Long Course

#### Championships 29/11/09

Top 6 Places for Alex Potts (9) 1<sup>st</sup> 50m Breast 2<sup>nd</sup> 50m Fly & back and 4<sup>th</sup> 50m Free. Matt Cooper (11) 3<sup>rd</sup> 50m Breast & 5<sup>th</sup> Fly. Matt Harris (11) 6<sup>th</sup> 50m Back, Beth Gore (12) 4<sup>th</sup> 50m Breast, Matt Ashman (12) 1<sup>st</sup> 50m Back 2<sup>nd</sup> Fly, Breast & Free, Izaak Prados Peach (13) 6<sup>th</sup> 50m Breast, Lucy Wilson (14) 4<sup>th</sup> 50m Free, 5<sup>th</sup> Back, 6<sup>th</sup> Fly & 6<sup>th</sup> 100m Back, Charlotte Pheasey (14) 2<sup>nd</sup> 50m Breast, Anna King (15) 4<sup>th</sup> 50m Breast, Holly Scothern (15) 3<sup>rd</sup> 50m Back, 5<sup>th</sup> Fly, Elliott Cooper (15) 4<sup>th</sup> 50m Free, 5<sup>th</sup> Breast & 6<sup>th</sup> Fly, Matt Goligher (16) 3<sup>rd</sup> 50m Breast, Sam Franklin (17) 2<sup>nd</sup> 50m Fly, 4<sup>th</sup> Free & 6<sup>th</sup> Back, Beth Moore (16) 5<sup>th</sup> 100m Breast, 4<sup>th</sup> 200m Breast & 5<sup>th</sup> Free.

Also PB's for most of the above and Chloe Pheasey, John Ashman, Michael Hasland, Robert Goligher & Joe Ashman.

### Borough of Barnsley Xmas Sprints

Top 6<sup>th</sup> Places for Christopher Redfern 3<sup>rd</sup> 'B' 50m Back & 4<sup>th</sup> 'B' 50m Breast, also pb's for Chris, Emily Stanley, Sami Beck and Aidan Sahni.

Well done to all the above swimmers keep up the good work.

## **Raffle prizes wanted**

### **For the Celebration Evening**



Ideal time to get rid of the extra Box of chocolates or bottle of wine left from Christmas. If you have anything suitable please pass to Jo Ashman or Lesley Pearson.

Thankyou

## Diddy League Information 2010

Dronfield Dolphins is a competitive swimming club and usually the first exposure swimmers get to competitive galas is by competing in 'Diddy' events. These galas cater for junior teams and are aimed at swimmers 'no older than 12 years old' (as at 19th June 2010).

Usually the club will enter a couple of events; of which the Diddy Challenge is the first, during the year, as well as competing in three rounds of the Derby's & Nott's Junior (Diddy) League. We also compete in the National Arena Swimming League which caters for older swimmers.

The dates for the forthcoming Diddy League are 17<sup>th</sup> April, 15<sup>th</sup> May and 19<sup>th</sup> June. These are important galas for the club as a good showing in these events gives the coaches a good indicator as to the progress of swimmers as well as how we compare against other clubs in the area. It is expected that swimmers make themselves available for as many of these galas as possible.

The coaches will pick the strongest team that they can for these events, but not only do they take into account the current personal best times of the swimmers but also the current form, effort in training and commitment shown by the swimmers. Selecting a team is about balance, and so it may mean that some swimmers will not swim their strongest stroke, it may also mean that some swimmers only swim in the relay events and not in any individual events.

If you have any questions concerning Diddy events please do not hesitate to contact either myself or one of the coaches.

Thanks

Jo Ashman

Team Manager

e-mail: [j.padmore@sheffield.ac.uk](mailto:j.padmore@sheffield.ac.uk)

## Swimwear Reminder

Please note that the ruling on swimwear is in the process of changing and the ASA have now ratified the FINA rules which have already been adopted by British Swimming.

BL 8.2 In swimming competitions the competitor must wear only one swimsuit in one or two pieces. No additional items, like armbands or leg bands shall be regarded as parts of a swimsuit.

BL 8.3 From January 1, 2010 swimwear for all men shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below the knee. All Swimsuits shall be made from textile materials.

**This ruling will be used at the club championships and any future Galas**

Boys Swimwear Styles  
NOT SUITABLE



Boys swimwear styles  
SUITABLE



Girls swimwear styles  
NOT SUITABLE



Girls swimwear styles  
SUITABLE

