



# Newsletter

Spring 2023

## Competitions

Back in January several Denbigh Dragon swimmers competed in the Rotherham Metro A and B grade long course meet, with races taking place over 2 days in the Olympic sized 50-meter pool. This was held at Pond's Forge International Sports Centre, Sheffield. Our youngest swimmer was 10 years old, and eldest 17 years old. A few medals were won, and a lot of personal bests improved.

In February the Swim Wales North Wales Regional gala was held over 3 days in Llandudno. Nine of the Dragons competed in 39 races. Eva Evans got a silver medal for the 17+ female 800M Freestyle event also knocking over 3 seconds off her personal best. She also got a further 6 Top 10 placings.

It was a busy March, with two galas for us. The Menai AA B Meet held at Llandudno on 5<sup>th</sup> March had 7 of the Dragons competing in 21 races.

Numerous medals were won, and personal bests continued to be improved upon.

The Swim Conwy Spring Meet followed on the 18<sup>th</sup> & 19<sup>th</sup> March in Llandudno's 25M pool. There were 11 swimmers taking part in this, including 4 new competitors who took part in their very first gala – well done to Molly (10), Kate (11), Catrin (15) & Caitlin (10). Elenid Parry (10) came away with 2 medals, Bronze in the 50M Butterfly and Silver in her first attempt at 200M Backstroke. *(Photo of some of the team below).*

One of our own Dragons, Cerys Thomas (14), qualified to swim in the Swim Wales National Championships. This was to be held over the Easter holidays but was cancelled due to issues with the Swansea and Cardiff 50M pools. It has been re-scheduled in Liverpool on 20<sup>th</sup> May. Amazing and well done to you Cerys.



Eva Evans



Back (L-R) - Seren, Margaret, Sioned, Harriet, Catrin  
Front (L-R) – Caitlin, Elenid, Mared, Kate, Molly



Elenid Parry



## Help – We need Volunteers

### How do I become a Volunteer with Denbigh Dragons?

Denbigh Dragons boasts many volunteers in numerous positions to run the club successfully for our Swimmers. As members, you may not see the hard work going on behind the scenes, away from the pool, by both our volunteer committee members and volunteer coaches.

Our club is mainly run by volunteer parents who donate their time for the sake of all Swimmers. We welcome Parents, Swimmers, and anyone else eager to assist in the development of the club. It is very rewarding!

### More hands = Lighter work

There are many roles where assistance is needed. Some examples are assisting poolside with the coaches during training sessions, fundraising & sponsorship activities, or helping at galas we host, along with other summer/winter events.

A little reassurance for any potential volunteers, there is no pressure to commit countless hours or accept a

role or title. An hour here or there over a season is a great help.

In return for your volunteering, we will:

- Fund any courses necessary to help you if you wish to progress
- Provide a mentor for any training from the current Team, where possible
- Welcome and help settle you into the Team
- Provide you with items of our club kit, if required
- Fund your registration as a member of Swim Wales

If you are keen to help, it would be appreciated by both the current volunteer team and the swimmers, who will ultimately reap the benefits.

Permanent volunteers who are working with our swimmers will be required to complete a DBS clearance. Come and join the Team for the benefit of your swimmer! If you are interested, then please have a chat with any of the Committee or Coaching Team.

### Swimming Kit

Swimmers are advised to purchase the following equipment to make sure they are ready for all types of training sessions:

- Goggles plus spare (essential)
  - Drink bottle
  - Mesh swim bag
  - Kick board
  - Pull buoy
- Short blades fins

### Swim Wales Membership

All swimmers must be a member of Denbigh Dragons and Swim Wales. This covers all aspects of insurance and training to swim, as well as the competitive element too. This runs every financial year 1st April till 31st March. It's done through Just Go - <https://swimwales.justgo.com>

A child won't be able to train without it. Please remember to join/renew your membership

### Next Swimming Meets for the Dragons

Swim Wales Long Course Meet (North) 2023 (Level 1)  
Saturday 20<sup>th</sup> May  
Liverpool Aquatics Centre

Swim Conwy Whitsun Meet (Level 2)  
Saturday 27<sup>th</sup> May & Sunday 28<sup>th</sup> May  
Llandudno Swimming Pool