

Newsletter

Summer 2023

We need your help.....

The swimming club is run almost entirely by volunteers who give up their time to help and support your swimmers.

Without the help of these key volunteers your club would cease to exist. We have lost several of our long-standing volunteers due to changes in personal circumstances and as a result many of our other volunteers have had to take on additional volunteer roles within the club. These volunteers need help from willing parents to help us continue to function for the benefit of **your** swimmers.

Following on from the last Newsletter leaflets have also been handed out to parents who have been poolside (see photo) asking for your help with the following roles:

1. Chairperson
2. Lane Coaches
3. Gala Officials
4. Sponsorship Officer(s)
5. Fundraising Officer(s)

There is no need to fear the Committee – the meetings are very informal and are held every 6 weeks in a local pub for around an hour. The next Committee meeting will be held **Wednesday 12th July at 6pm**.

To contact us please e-mail denbighdragons@hotmail.com, speak to one of the coaches during the training session, Gwenann Parry (Secretary) or send a request to join our Committee Group on Facebook.

DENBIGH DRAGONS SWIMMING CLUB

CALLING ALL PARENTS!

YOUR CLUB NEEDS YOU!!

You may remember me from the Presentation Evening last December I asked for help to keep the club running and we had a few offers BUT not enough. We **urgently** need parents for the following –

1. Chairperson on the Committee
2. Lane Coaches
3. Gala Officials
4. Sponsorship Officer
5. Fundraising Officer

There is no need for any previous experience, but your help is urgently needed to keep this club running.

Gwenann Parry, Secretary, is poolside most training sessions. Please feel free to have a discussion with her, or one of the coaches with what you can offer to the club.

Thank you,

Norma Rowles (current Chair - desperate to retire!!!)

SIGN UP NOW - PLEASE!!



Denbigh Dragons Committee Group

Private group

Summer Holiday Break

Please keep an eye on the Facebook group for up-to-date information regarding the training sessions during the Summer Holidays as there will be changes due to coach holidays and availability



Committee Member Spotlight: Norma Rowles (Interim Chairperson)

I first got involved with swimming when my daughter (aged 6) began to show signs of talent. I watched her in her first club champs, my heart in my mouth, and knew then that my nerves wouldn't stand another experience like this, so I joined as a member of the club and got involved. I became an official (timekeeper only to begin with), then enrolled to become a teacher – a role not unknown to me as I had, by then been a class teacher for 12 years, although in music and English NOT swimming.

I then signed up to go further and take the next level swimming teacher but in those you had to jump in the water and rescue a brick from the bottom and also rescue a body – a willing volunteer. What's the problem, you might ask? Well I am afraid of water! It took some time and a lot of help from many lifeguards and teachers and also my own husband and daughter. The day I retrieved that brick you could hear the cheers miles away!!

I went on to become a coach, a job that I loved, all as a volunteer. By then I was also a member of the club committee and began to represent the club at North

Wales meetings, eventually becoming North Wales President. Ultimately this led to me representing North Wales on the W.A.S.A (Welsh Amateur Swimming Association) committees and eventually to becoming President of W.A.S.A. – a post I was very honoured to hold.

I've had many wonderful experiences in swimming and came to love the sport and to support as many swimmers as I could. I came to regard any Welsh swimmer as one of 'my' swimmers.

All this came to pass because of a little girl with talent. You may have heard of her? She is currently chief Coach of Denbigh Dragons Swimming Club, Steph Rowles, and I am a very proud mum



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

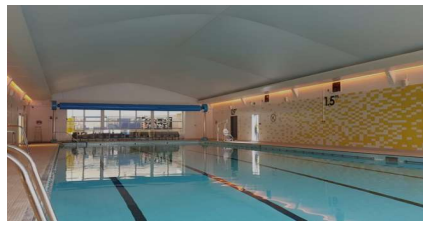
These can be purchased at online swim shops such as:

- Swim Shop
- ProSwimwear
- Simply Swim
- Allens Swimwear

(links are on the DD website for some of the above stockists)



Example of kit above, but the make/branding is not important



Member Spotlight: Cerys Thomas (14)

1. How did you become involved in Swimming (including the age which you started at swimming club)?
My sister Erin started swimming at a young age, so I followed suit. I was probably about 5yrs old and 7yrs old when I started at the swimming club in Abergele.
2. Have you ever swum competitively and how far did you get in representing club/area/country?
I still swim competitively. I qualified to represent Denbigh Dragons in the Welsh Easter Nationals 2023. I have also represented Sir Conwy in the Urdd National Swimming Gala.
3. What do you consider your greatest achievement in Swimming?
My greatest achievement was winning a silver medal in 50m breast in the 2020 Urdd National Swimming Gala (Yr 5 & 6).
4. Who do you most admire in the world of swimming?
I admire Welsh swimmer Medi Harris who competes for Wales/GB. She represented Wales at 2022

Commonwealth Games. She is from Porthmadog, and it makes me realise that despite growing up in a small town in North Wales, you can still achieve great things.

5. If you could meet anyone at all, who would you like to meet and talk with, and why?
I'd really like to meet Adam Peaty to talk about his training regime and what he eats before important races.
6. An interesting Random Fact.
My favourite swimming stroke is the breaststroke. It is one of the first strokes that most swimmers learn, and research suggests that it can be dated back to the first century BC!
7. Advice for other swimmers.
I think it's good to take part in lots of different sports, as well as regular swimming, to maintain your fitness and enjoy the outdoors when you can.



Competition Information

Since the last newsletter the Dragons haven't been involved in any swimming meets. There are 2 scheduled by Swim Wales during July & August at the Wales National Pool Swansea. Both these meets are geared towards swimmers who have times to be able to qualify.

1. Swim Wales Development Meet (July) Seren Rowles (16) is representing the Dragons
2. Swim Wales Summer Open 2023 (August)

After the Summer break more galas will be coming our way in the Autumn term – and will also be able to include children who have not taken part previously. E-mails will be sent out to let you know when it is possible to enter and will also be highlighted on Facebook & Instagram. If new to this process, please discuss with the coaches how to enter.