



# Newsletter

## Autumn 2023

### Competition News

The Denbigh Dragons are getting back into the action of Competition season again. On the weekend of 23<sup>rd</sup> & 24<sup>th</sup> September 10 swimmers took part in the **Swim Conwy Invitational Meet** that was held in Llandudno's 25M pool.

There were 2 Dragons who were taking part in their 1<sup>st</sup> ever competitive gala – well done to Leila (10) & Aydin (11) for taking a big step. They did 2 races each and managed a Top 10 finish in both. Well done them!



The rest of the team consisted of Eva, Sioned, Seren, Margaret, Olivia, Mared, Elenid & Kate.

A total of 11 medals were won –

#### Gold (1)

Elenid (10) – 100M Freestyle

#### Silver (6)

Seren (15) – 100M Breast

Olivia (14) – 100M Freestyle & 200M Breast

Elenid (10) – 100M Butterfly, 200M Freestyle & 200M IM

#### Bronze (4)

Eva (16) – 50M Freestyle

Olivia (14) – 50M Freestyle

Elenid (10) – 50M Freestyle & 100M Backstroke

In addition to the medals the team managed a further sixteen top 10 finishes. From the 32 events that were entered there were 19 Personal Best times, ranging from a 100<sup>th</sup> of a second to a huge improvement of 67 seconds. Amazing and well done to you all!

### Next Swimming Meets for the Dragons

Swim Conwy Autumn Meet (Level 2)  
Saturday 21<sup>st</sup> & Sunday 22<sup>nd</sup> October  
Llandudno Swimming Pool

Denbigh Junior Gala – Club Champs  
Thursday 16<sup>th</sup> November  
Denbigh Leisure Centre  
(more details to follow)

Chirk Christmas Cracker (Level 3)  
Sunday 3<sup>rd</sup> December  
Wrexham Waterworld

Geoff Drew AA & B Graded Meet (Level 3)  
Saturday 28<sup>th</sup> October  
Holywell Swimming Pool

Swim Wales Regional Short Course  
Championships 2023 (Level 2)  
Friday 24<sup>th</sup> November – Sunday 26<sup>th</sup> November  
Llandudno Swimming Pool

Rotherham Metro A/B Grade  
Long Course Meet (Level 3)  
Saturday 27<sup>th</sup> & Sunday 28<sup>th</sup> January 2024  
Ponds Forge International Sports Centre,  
Sheffield



## Swimming Competition (Meet/Gala) Information

A quick explanation –

**Level 1 Meet** – aimed at very competent, fast swimmers who regularly compete and aim for National Qualifying Times. The required entry times will be challenging.

**Level 2 Meet** – the entry times for these galas can still be quite challenging. They will always have a minimum qualifying time for event entry times which means swimmers must be faster than the lower limit to enter the event.

**Level 3 Meet** – typically have upper limit Qualifying Times (swimmers may not enter if their times are faster than the specified QTs) aimed at Regional and Club swimmers, but also certain meets designed to encourage swimmers with no times and who are starting out in their swimming career.

For further information please go to The Basic Meet Info on the DD website. All the abbreviations are explained further, and the **rules** as a swimmer attending a competition.

## Ponds Forge, Sheffield

In January the Dragons are aiming to go back to Ponds Forge International Sports Centre in Sheffield. This is an opportunity to swim in a 50M pool which has held the British Championships on countless occasions.

The Dragons who have previously attended meets in this location are in awe of the vast size. There are 10 lanes in the 50M pool and has seating available for 2,600 spectators.

Not only does this give an amazing opportunity for a swimmer to take part in a competition which is held in a 50M pool, it also allows a great team building exercise with the swimmers and parents all bonding together.

In the past we have all gone out for a meal on the Saturday night, at an “All you can eat” Buffet. The majority stay at the Premier Inn, Angel Street, Sheffield.

The Meet Pack is on Swim Manager, with the information needed. Closing date for entering the Meet is 10<sup>th</sup> November – so please press “submit” by this date.

## 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 or compete without it. Please remember to join/renew your membership. Further information available on the DD Website.

## Club Kit

Competitive Swimmers are expected to have the Denbigh Dragons Club Kit – which is available to purchase direct from Workplace Worksafe in Ruthin.

Information of the clothing, sizes, prices, and their contact details are all available on the DD website.

## Meet Mobile

Meet Mobile is a mobile device application that allows swimmers and parents to have access to swim meet information online including the meet program, swimmer details and times/results.

Many swimming meets use this application, and it is highly recommended for swimmers and parents. Available on Apple & Android – either monthly or annual cost.



Ponds Forge International Sports Centre, Sheffield





## Members Spotlight

From two of our members  
that are new to competitive swimming

### Aydin Althaf (11)



1. When did you join Denbigh Dragons?  
*I Joined Denbigh Dragons in March 2023.*
2. What is your favourite swimming stroke?  
*Backstroke is my favourite.*
3. When and where was your first competitive gala?  
*My first gala was on Sunday September 24th at the Swim Conwy Closed*
4. What were your thoughts about being at the gala?  
*On the days before I was very excited for my race, until I was at the poolside moments before I started my race. Then I was very afraid, worried about what how I would do in my race, and nervous because of the many people watching me.*
5. How did you feel at the end of the day, after your races?  
*After I finished my races, I felt very proud of what I'd done that day, as well as being incredibly tired!*
6. Are you looking forward to racing again?  
*Yes, I'm excited to do a race again. I have a race in October at Holywell pool, which I'm looking forward to a lot, because my first race was a great experience, and I don't want to miss an opportunity to do it again.*
7. What would you say to other swimmers who haven't yet experienced a swim gala, and would you recommend having a go?  
*If you're a swimmer, either not having competed yet or nervous about a gala you have coming up, really don't be worried. Doing it will be an amazing experience. I really would recommend trying one – not because of how you might place in the rankings, but because it's so much fun and you will have a good time alongside all the other swimmers there!*

### Leila Ashbrook (10)

1. When did you join Denbigh Dragons?  
*I Joined Denbigh Dragons in January 2023*
2. What is your favourite stroke?  
*Breastroke*
3. When and where was your first competitive swimming gala?  
*Sunday 24<sup>th</sup> September in Llandudno.*
4. What were your thoughts about being at the gala?  
*Excited and nervous because I didn't know what to expect.*
5. How did you feel at the end of the day, after your races?  
*Proud of myself.*
6. Are you looking forward to racing again?  
*Yes, because it's fun.*
7. What would you say to other swimmers who haven't experienced a swimming gala, and would you recommend having a go?  
*Go for it. Try your best and enjoy it because it's really fun.*



Thank you to you both for sharing your thoughts and experiences from your 1<sup>st</sup> swimming competition. We are so pleased that you enjoyed the experience and are willing to carry on competing with the Dragons.



## Christmas Float



The Denbigh & District Round Table will be giving the Denbigh Dragons a generous donation. But on the condition that we will assist them on their very successful Santa Float fundraiser.

We will be in touch nearer the time to ask all the Dragons to help with one of the routes. In the past this has been good fun and helps to get everyone into the Christmas Spirit.



## Sponsors & Partners

We would like to welcome the following companies who have agreed to come onboard with us, providing us with much needed funding. This support has been vital to Denbigh Dragons Swimming Club, and we are so grateful to them for their assistance.

If any further businesses wish to join us, please visit our website where the latest Sponsorship package information is available.



Denbigh Timber Products





## 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)

Items are also available on Ebay, Amazon & Facebook Marketplace



Denbigh Dragons are pleased to announce we now have an affiliate membership link to ProSwimwear. The company supply all swimming equipment needed for your swimming kit, goggles, costumes etc.

Please use the link that was advertised on Facebook or on our Website and it will take you to a dedicated Denbigh Dragons page on their website and any purchases made will result in 5% of the value of any purchases made to the Dragons at no additional cost to the product/s.



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

## Further Dates for your Diary

Following the Junior Gala, which is arranged for Thursday 16<sup>th</sup> November, there is an Awards/Presentation Night that will be held on **Friday 1<sup>st</sup> December**. Please keep this night free.

Further information will be shared nearer the time.



We are asking for donations towards a raffle – can you please let the committee know if you can assist with this request



## Committee Changes

We would like to extend our gratitude to Norma Rowles for her work as Chairperson over the past 10 months. Back in September she was finally able to retire.

Gwenann Parry has now taken over the role as Chairperson, with Denise Harris assisting as Secretary. Paula O'Hanlon continues her excellent work as Treasurer.

We need parents, especially from the junior members, to help run the club. Please reach out to us, if only to offer an hour of your time every couple of months we would be entirely grateful.