



Newsletter

Winter 2023

Competition News

The Denbigh Dragons have been on fire over the past couple of months entering various competitions -

Swim Conwy Autumn Meet (21-22 Oct)



This meet was held in Llandudno. Seven of the Dragons to participate, and came away with 5 medals –

- Elenid (10) 🥈 100M Freestyle
- 🥉 50M Butterfly 🥈 50M Breaststroke
- Margaret (17) 🥈 50M Freestyle 🥈 100M Freestyle

The rest of the team consisted of Bethan, Lilly, Harriet, Seren & Mared. Between them they managed a further 14 TOP 10 finishes, and got 17 Personal Bests.

Geoff Drew AA & B Graded Meet (28-Oct)

Twelve of the Dragons travelled to Holywell to compete. 6 swimmers took part in their 1st ever swimming competition – Meredith, Cerys, Ella H, Gwen, Joshua & Saoirse. The rest of the team consisted of Seren, Aydin, Olivia, Kate, Elenid & Mared.



The Dragons achieved a magnificent 19 x Top 10 finishes, including a large haul of medals –

- Grade AA**
- Elenid (10) - 🥈 100M Butterfly 🥈 100M Breaststroke
 - 🥉 100M IM 🥈 100M Freestyle
- Grade B**
- Saoirse (9) 🥈 50M Backstroke
 - Ella H (10) 🥈 100M Freestyle 🥈 100M Breaststroke
 - Mared (12) 🥈 200M IM 🥈 100M Backstroke
 - Joshua (10) 🥈 100M Freestyle

Denbigh Dragons Junior Gala (16-Nov)

There was an amazing turnout for our own internal Junior Gala held at Denbigh Leisure Centre.

This was intended to allow the Junior Members to have a go in a gala, without the external stresses of it being held in a competitive meet.

A huge thank you to all the Seniors who organised the entire gala.

We hope that the Juniors enjoyed taking part and will contemplate taking part in competitive meets in the future.





Swim Wales Regional Championships - North (24-26 Nov)

This meet was held in Llandudno. Eight of the Dragons qualified to participate in this meet due to the demanding minimum qualifying times to enter. There were 2 medals won –

Eva Evans (16)  100M Backstroke
 100M Freestyle



The rest of the team consisted of Olivia, Harriet, Elenid, Mared, Sioned, Bethan & Seren.

Between them they managed a further 8 TOP 10 finishes, and got 12 Personal Bests.

Chirk Christmas Cracker Meet (3-Dec)

Nine of the Dragons travelled to Wrexham to compete. 3 swimmers took part in their 1st ever swimming competition – Isabelle, Niamh & Dyfan. The rest of the team consisted of Leila, Kate, Cerys D, Sioned, Bethan, Seren.

The Dragons achieved a magnificent 17 x Top 10 finishes, including 2 on the podium finishes –

Sioned (17)  100M Backstroke
Seren (16)  100M Breaststroke

Further medals were won for the competitors who came in 4th-6th positions.



Next Swimming Meets for the Dragons

Valentine Meet 2024 (Level 2 & 3)
Saturday 6th & Sunday 7th January 2024
Holywell Swimming Pool

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

Swim Wales Regional Racing Series (LC) – North
(Level 1)
Friday 9th – Sunday 11th February
Liverpool Aquatics Centre

Swim Wales National Championships (LC)
(Level 1)
Friday 22nd March – Monday 25th March
Wales National Pool, Swansea



New Lane Ropes

The club junior gala saw the first outing for Denbigh Dragons' new competition lane ropes. The ropes are made up in the blue, red and green colours of the club badge and are specifically designed to reduce wave motion between the lanes. They clearly mark out the five metre sections at the end of each lane as an aid to backstroke swimmers preparing to turn, plus the 15-metre mark by which swimmers of freestyle, backstroke and butterfly must break the surface after a start or a turn. The markers are there for both swimmers and for officials to ensure that the strict rules of each stroke are kept. Denbigh Dragons Swimming Club is pleased to note that the new lane ropes were entirely supported by a grant funded and administered by Brenig Wind Ltd and Cadwyn Clwyd respectively. The club gratefully acknowledges this support and thanks both Brenig Wind Ltd and Cadwyn Clwyd sincerely.



Funding

The Dragons have been extremely fortunate to be successful in our bids towards our running costs from Denbigh Town Council, Wales's Community Foundation & Denbigh Rotary Club – we cannot thank them enough to grant us the funds to keep our club running.



Awards Night

On Friday 1st December we had a very successful night rewarding the juniors who took part in our very own gala. Thank you to all who came along, all raffle contributors (parents and local businesses), and the Seniors and Parents who put the work in to allow the night to be so enjoyable.

Congratulations to all the Juniors who won medals, and also everyone who took part too.

You are all ★





Junior Awards 2023

Congratulations to Aydin & Elenid who both received Top Junior Boy & Top Junior Girl trophies for their improvement over the year.



Member Spotlight: Beth Jones (16)

1. How did you become involved in Swimming (including the age which you started at swimming club)?

I started swimming for Denbigh Dragons at 8 years old.

2. Have you ever swum competitively and how far did you get in representing club/area/country?

I started swimming competitively around the age of nine, and still do now. I have done many galas from in-house club champs to Urdd National Swimming gala and Rotherham Meet in Sheffield multiple times.

3. What do you consider your greatest achievement in Swimming?

My greatest achievement in swimming would probably be representing Denbigh Dragons in Sheffield, or organising a Junior club champs last month with some of the other seniors.

4. Who do you most admire in the world of swimming?

I admire Olympic swimmer Jazz Carlin who represents Wales and Great Britain, because she never gave up on her dreams even in difficult times.

5. If you could meet anyone at all, who would you like to meet and talk with, and why?

I would like to meet Kaylee McKeown who holds the world record time for multiple backstroke races.

6. An interesting Random Fact.

The first swimming goggles were made from tortoise shells.

7. Advice for other swimmers.

I think it's important that we try our best in training sessions and races and push ourselves, but also make sure we're having fun.





Important - 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 - www.denbighdragons.co.uk/equipment-kit). 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

Club Kit

Competitive Swimmers are expected to have the Denbigh Dragons Club Kit – which is available to purchase direct from Workplace Worksafe in Ruthin sales@workplace-worksafe.co.uk / 01824 709500

Information of the clothing & sizes are all available on the DD website.



Club Membership

All swimmers **must** be a member of Denbigh Dragons and Swim Wales. This covers all aspects of insurance, training, as well as competing.

A child will **not** be able to train or compete without the membership. Please make sure that you have signed your child up to the membership, whether as –

1. Club – Competitive
2. Club – Training

Further details are available on either the club website or JustGo Swim Wales (website addresses below) –

www.denbighdragons.co.uk/club-membership

www.swimwales.justgo.com

As from 2nd January 2024 the membership will run from 1 year of purchase. It is also possible to set up account to renew automatically.



Community Fundraising

On Sunday 10th December Denbigh Ladies Netball Club organised the DENBIGEDIG Netball Tournament. This was for Denbigh Sports Clubs to raise money for the Vale of Clwyd Food Bank and Gofal Dydd y Waen. A total of £281 was raised on the day, and generous donations were received for the Food Bank too.

Our Senior Team took part – and had much fun playing against Denbigh Hockey, Clwb Rygbi Dinbych, Denbigh Cricket Club & Denbigh Dragons/Denbigh Panthers Netball Teams. Playing against adults who had a very large height advantage was different – but our Dragons did their best! Well done to them to taking part in raising money for the community. Thank you to Margaret, Eva, Harriet, Beth, Connie, Anya, Lilly, Mared, Ella & Olivia.





Community Fundraising *(continuation)*



The Denbigh & District Round Table gave the Denbigh Dragons funding towards the running of the club.

In return members of the club & parents have been volunteering with the Santa Float, to help raise money for the local Community. Thank you to all who helped, especially in the very wet and cold weather.



Date for your Diary

We will be holding our next AGM on Monday 15th January 2024 at 7.45pm. Please come along to support the club – e-mail denbighdragons@hotmail.com, or let Gwenann or Denise know that you plan to attend.

Christmas Break

Last session Thursday 21st December 2023

Return Tuesday 2nd January 2024

Keep in Touch

Our website www.denbighdragons.co.uk is packed with all the latest information including our training sessions, upcoming meets, meet explanations, expectations etc.

On Facebook, search for 'Denbigh Dragons Swim Club' Group and follow us for important updates for parents and members. As this is a 'Closed Group' please apply to join and an administrator will allow access. We are also in the process of setting up a Denbigh Dragons page on Facebook, this will be for advertising use, and will not hold updates from the coaches.

The club will also communicate with members via email. It is important to check emails regularly and let us know if you change your email address.



Note from the Chairperson

Hello everyone! This is my 1st time as Denbigh Dragons Chair writing to you all, and I'm still learning the ropes since I took on the role back in September.

We are coming to the end of 2023 which has been extremely busy for the Club, and have lost count of the competitions which we have taken part in.

Many of you were probably unaware that back in July the club was in dire financial need. We are still running at a financial deficit due to the loss of members, the suspension of swimming lessons during the COVID pandemic and the increase in energy costs too. Panic stations set in. So, during the summer holidays the committee bombarded a lot of local businesses trying to get them to sponsor the club and tried to look for various grants to enable us to continue as a club.

We have been successful in getting funds coming in from some of the grants we applied for, and from local businesses sponsoring us. I cannot thank them enough for their support and allowing Denbigh Dragons to continue. But we still require further fundraising help!

A plea of assistance from me to you as parents. The club's future is in your hands. The operating of the club is done by volunteers supporting the running of day-to-day things as well as competitions. There are spaces on the committee, and we also need Coaches, Timekeepers and Officials.

If you can offer any time or support with any of the roles, please do get in touch with any member of the committee. Training costs will be covered.

Our AGM will be held on Monday 15th January. We would be very grateful for your attendance.

A big thank you to our Head Coach, Steph. If you hadn't stepped up back in early 2022 the club would have ended. Adam & Andy, thank you both for helping too with the coaching. All our members are very grateful for the time and dedication you give them.

I also need to thank Paula too for her great work as Treasurer, and Petra for being our only Official at Meets, allowing the children to compete. Thanks to Denise as well for pulling everything together Awards Night at the Rugby Club.

This next year, 2024, will be very special for the Dragons – it will be our 20-year anniversary. We can combine the celebrations with much needed fundraising for the club.

Wishing you all a Merry Christmas and a Happy New Year from all at Denbigh Dragons – Nadolig Llawen a Blwyddyn Newydd Dda gan pawb yn Dreigiau Dinbych.

Looking forward to seeing what 2024 will bring for us all!

Gwenann

NADOLIG LLAWEN A BLWYDDYN NEWYDD DDA I CHI GYD

WISHING YOU ALL A MERRY CHRISTMAS

AND A HAPPY NEW YEAR

Looking forward to seeing you all again in 2024

Edrych ymlaen i'ch gweld yn 2024