

Newsletter

Spring 2024

Goodbye Andy

It is with heavy heart that Denbigh Dragons say goodbye to one of our Assistant Coaches, Andy Lloyd. He has been volunteering with the club since 2017 and has coached many of our Senior Swimmers and some of the newly formed Development Squad.

Both of his daughters, Jessica & Megan have swum for the club competitively but have decided that other sports are taking most of their time now, and Andy has made the sad decision to leave.

We cannot thank Andy enough for the hours of his time that he has spent poolside – coaching and at meets.

Good luck for the future, please do not be a stranger and keep in touch!



Your Club Needs YOU!

Sadly we have to advise you all that Denbigh Dragons are at a crisis regarding the lack of volunteers which are required to run the club.

It is more important than ever that more parents step up to lend a hand and do what they can, in whatever capacity, however big or small in time and energy, to support the Club and continue offering opportunities for **YOUR CHILD**.

Many senior members are leaving the club this summer, and their parents will also be stepping down. There is 1 parent volunteer from the Development Squad, and 1 parent volunteer from the Junior Squads. More parents/guardians need to assist from both these Squads.

There are many ways in which you can help support the club and in doing this you will get to understand the sport in more depth, and as a result learn the best way to **SUPPORT YOUR CHILD**.

Imagine if every one of our 60 members did a little bit towards the running of the club what an even better place it could be?! Whether you can assist poolside, on the committee, fundraising, time keeping, to name a few roles we will welcome everyone with open arms. There is funding available for the training that may be needed, the majority of which is online now and can be fitted around your spare time.

Committee meetings are held at a local pub and is a great way to meet other swim parents – but we could do Zoom/Teams/Skype meetings if this would mean more participation. Please contact us on our e-mail denbighdragons@hotmail.com and advise which would be best for you (online or pub). No dates have yet been set - the next discussion point will be our Summer Champs, but without volunteers we will be unable to host. Looking forward to the deluge of assistance coming our way – no-one will be turned away; we need all hands to the deck to keep this great club going.





Competition News

The Denbigh Dragons have had an excellent start to 2024 entering various competitions –

Valentine Meet (6th–7th Jan)

This meet was held in Holywell. Twelve Dragons participated in 53 races, which resulted in 20 medals, 28 Top 10 finishes and 30 Personal Bests. 1 swimmer took part in her first ever competition, Elsie C (11). Resulted in the following excellent medal tally –

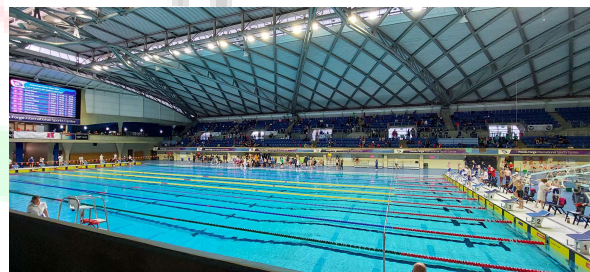
Morgan (20)	🥇 50M Backstroke
	🥈 100M Backstroke
	🥉 200M Backstroke
Elenid (11)	🥇 100M Breaststroke
	🥈 200M IM
	🥉 50M Butterfly
Niamh (10)	🥇 50M Breaststroke
	🥈 100M Freestyle
	🥉 50M Freestyle
	🥉 50M Backstroke
Seren (16)	🥇 100M Backstroke
Gwen (10)	🥇 100M Freestyle
Ella (10)	🥈 200M Breaststroke
	🥉 50M Freestyle
	🥉 100M Freestyle
Saoirse (9)	🥈 100M Freestyle
Isabelle (11)	🥇 50M Breaststroke
	🥈 100M Freestyle
	🥉 100M Backstroke
Mared (12)	🥇 100M IM

The rest of the team consisted of Leila (11) & Sioned (17).



Rotherham Metro Meet (27th–28th Jan)

Ten Dragons made their way over the Pennines to compete in Sheffield at the prestigious Ponds Forge International Sports Centre. The swimming pool is 50 Meters and has held many British Championships over the years. It was an amazing experience for them all to swim in such a large arena.



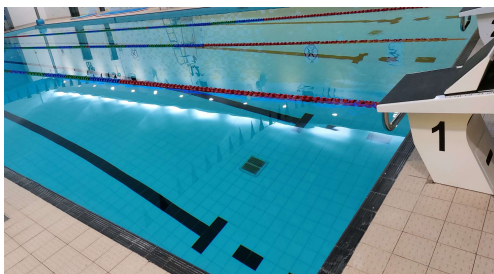
They were all placed within the top 10 of their races. Elenid (11) managed to come away with 2 medals –
🥇 50M Butterfly & 🥈 50M Backstroke.



Denbigh Dragons coaches were so proud of all who made the journey over and all the team who took part – Kate (12), Sioned (17), Eva (17), Lilly (14), Harriet (15), Margaret (17), Bethan (16), Elenid (11), Mared (12) & Seren (16)



Photo of some of the team enjoying the All You Can Eat Buffet in Sheffield



Menai AA & B Meet (3rd March)

Ten Dragons went to Llandudno to compete in this competition. They participated in 39 races, which resulted in 19 medals and 18 Personal Bests. 1 swimmer took part in his first ever competition, Tom R (12). Medal tally was –

AA Grade

- Seren (16)  50M Breaststroke
 50M Freestyle
 50M Backstroke
 100M Breaststroke
Elenid (11)  50M Butterfly
 100M Butterfly
Saoirse (9)  50M Butterfly
 50M Freestyle

B Grade

- Mared (13)  50M Breaststroke
 100M Breaststroke
Tom R (12)  50M Freestyle
 50M Breaststroke
Isabelle (11)  100M Freestyle
 100M Backstroke
Leila (11)  50M Breaststroke
 100M Freestyle
Meredith (11)  50M Breaststroke
 100M Breaststroke
Niamh (10)  50M Breaststroke



Swim Conwy Spring Meet (16th - 17th March)

A small team of six Dragons went to Llandudno to compete in this meet.

Unfortunately, no medals were won this time. 20 races were entered, and all Dragons gained Personal Bests –

Ella, Gwen, Saoirse, Isabelle, Seren & Niamh

Funding & Sponsorships

The Dragons have been extremely fortunate to be successful in our grant applications for funding from Swim Wales and DLL Community Grant. We have also had more businesses adding to our sponsorships too. We cannot thank them enough to grant us the funds to keep our club running.

CARPET EMPORIUM

JONES BROS
CIVIL ENGINEERING UK

DBP 



Next Swimming Meets for the Dragons

Swim Conwy Whitsun Meet (Level 2)
Saturday 25th & Sunday 26th May
Llandudno Swimming Pool

Cath Ankers Meet (Level 3)
Sunday 16th June
Wrexham Waterworld

Swim Wales Development Meet 2024
Sunday 14th July
Wales National Pool Swansea



Members Spotlight

Meredith Cummings (11)

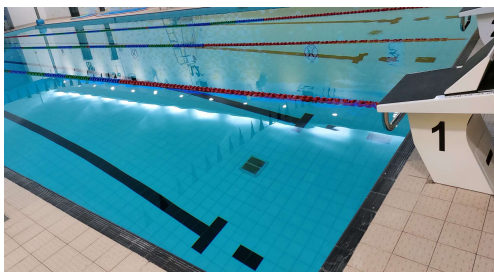
1. When did you join Denbigh Dragons?
Spring 2023
2. What is your favourite swimming stroke?
Breaststroke
3. When & where was your first competitive gala?
HASC Halloween Geoff Drew meet 2023 (Holywell)
4. What were your thoughts about being at the gala?
I was full of adrenaline, but also so excited for my first race. I was worried as I thought that I'd embarrass myself coming last, after watching how good the others were at swimming.
5. How did you feel at the end of the day, after your races?
Later I felt so happy and refreshed.
6. Are you looking forward to racing again?
I'm looking forward to my next competition, as it boosts my confidence, and the competitions bring out the best in me.
7. What would you say to other swimmers who haven't experienced a swimming gala, and would you recommend having a go?
I highly recommend galas as they will boost your confidence and are great fun to attend.



Elsie Croft (11)



1. When did you join Denbigh Dragons?
Summer 2022
2. What is your favourite swimming stroke?
Front Crawl I think but I do like Breaststroke.
3. When & where was your first competitive gala?
My first gala was only very recently on the 6th January this year at Holywell (Valentine Meet).
4. What were your thoughts about being at the gala?
When I first decided to enter, I was very scared, I didn't know what to expect. I was worried that everyone would be faster than me and I'd be last in every heat.
5. How did you feel at the end of the day, after your races?
I was so proud of myself. I managed to get PB's in all my races. I didn't win any medals but improved my overall times which made me very happy.
6. Are you looking forward to racing again?
Yes, I can't wait. Even if I don't win, I love the excitement of competing and being with my friends all day. It's good to win but it's not the most important thing to me.
7. What would you say to other swimmers who haven't experienced a swimming gala, and would you recommend having a go?
I would say to give it a try, you will love it. Sometimes it can be quite frustrating with how it works with times and medals but it's worth it to try and beat your own times when you swim.



Squad Changes & Costs

Unfortunately, due to increases in pool hire costs we are having to increase membership fees from April.

We have also been reviewing our squads and have decided to introduce a 3-tier approach. This is to make it easier for the swimmers to see their progression and transition (this has been in place for a short time as a trial and proving successful).

This information was sent out via e-mail on 27th March. If you didn't receive this information, please reach out to the Committee for further clarification.

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. 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.

Note to Swimmers regarding Training from Head Coach Steph

- Take pride in your training equipment and purchase additional kit e.g., fins and paddles as you progress through the groups.
- To keep progressing and developing it is essential to show commitment to training, competing, the team and the club.
- All sessions will START on time; swimmers must arrive in time for warm up. (PLEASE DO NOT ARRIVE HALFWAY THROUGH a SESSION, WARM UP HAS ALREADY BEEN COMPLETED AND MAIN SET HAS STARTED)
- Arrive at poolside at least 10-15 minutes before the session starts to mobilise and activate (not still sat in the changing rooms fully dressed at the start time of the session)
- Always perform all strokes and skills in training to the best of your ability.
- Practice makes perfect and prepares you for competition.

Club Championships – Parent Assistance

Back in the Winter we held a very successful club championships, which gave our junior members a taste of competing. It will be our intention to do this again in the summer season, but we **CANNOT** do this without a minimum of 10 parent volunteers to step up and assist.

More information will be available over the next couple of months, but please step up and assist as without this we are unable to hold this gala.

Would be great to use this to celebrate the Dragons 20th Anniversary in the summer.

Photo Consent

Please remember that you need to fill in whether you consent / do not consent for your child to be photographed. This is all available on -



Click on

1. Members
2. Edit
3. Parent's Photography Consent Form