



Newsletter

Winter 2024

Competition News

Swim Conwy Invitational Meet (21st & 22nd September)

The Dragons travelled to Llandudno for the 1st meet of the season. From the 8 members competing we had 4 taking part in the very first competitive meet, with 2 winning medals too! A great 11 medals were won –














- Max (8)
 -  50M Freestyle
 -  50M Bronze
- Eilidh (8)
 -  50M Butterfly
 -  50M Breaststroke
- Elenid (11)
 -  200M Individual Medley
 -  400M Freestyle
 -  50M Freestyle
 -  100M Freestyle
 -  100M Butterfly
- Saoirse (10)
 -  50M Freestyle
 -  100M Butterfly



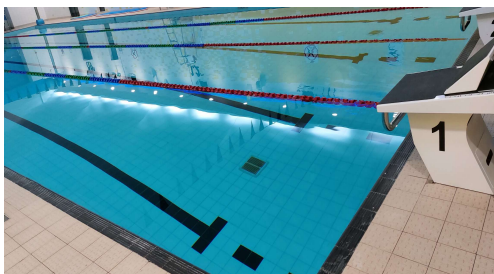
The rest of the team consisted of Elsa, Ava, Cerys & Mared. The team managed further top 10 places, a total of 14, which is amazing. We competed in 15 races, and managed 14 PBs set (93%), and everyone tried at least 1 new event.

Swim Wales Regional Development Meet (13th October)

Another successful meet for the Dragons in Llandudno. There were 11 members competing, with Tomos taking part for the 1st time. Also competing were Seren, Saoirse, Elenid, Lilly, Mared, Eilidh, Isabelle, Leila, Max & Niamh. 13 Medals were won and a further EIGHTEEN TOP 10 Finishes, and 20 Personal Best Times were set –

- | | | | | | |
|--------------|--|---|---|---|---|
| Seren (16) |  50M Back |  100M Back |  100M Breast |  100M Free | |
| Saoirse (10) |  50M Fly |  100M Fly |  50M Free |  200M Free |  200M IM |
| Elenid (11) |  100M Fly |  100M Free | | | |
| Lilly (15) |  50M Free |  50M Fly | | | |





Swim Conwy Autumn Meet (19th – 20th October)

A small team of 4 Dragons went to Llandudno to compete in this meet; Elsie, Isabelle, Seren & Olivia.

Unfortunately, no medals were won this time but we achieved 5 x Top 10 placings and 8 Personal Bests.

Swim Wales Regional Short Course Championships / North (15th – 17th November)

We had 3 Dragons competing at the North Regionals; Seren, Mared & Elenid.

No medals but fantastic swims from all 3 of them. It was great to see that they achieved the qualifying times to be able to compete in the Championships against so many other accomplished swimmers.

Wrexham Bonfire Meet (24th November)

A group of 12 Dragons travelled to Wrexham Waterworld to compete at the Bonfire Meet. There were 3 members taking part in their first ever competitive competition - Alys C (9), Lucy (9) & Efa (11).

Medals Won -

Eilidh (9)	 50M Fly	Elenid (12)	 100M Fly
Saoirse (10)	 50M Fly	Tomos (10)	 50M Back

With a further 19 x Top 10 Places. Everyone achieved PBs, an amazing total of 21. The rest of the team consisted of Elsie (12), Cerys (11), Elsa (10), Isabelle (12) & Seren (17).



Next Swimming Meets

Rotherham Metro A/B Grade
Long Course Meet (Level 3)
Saturday 25th & Sunday 26th January 2025
Ponds Forge International Sports Centre,
Sheffield

Swim Wales Regional Racing Series North
(Long Course - Level 1)
Friday 7th – Sunday 9th February 2025
Liverpool Aquatics Centre, Wavertree,
Liverpool

Nofio Gwynedd Menai AA & B Grade
(Level 3)
March 2025
Llandudno Swimming Centre

Swim Conwy Spring Meet
(Level 3)
March 2025
Llandudno Swimming Centre





DLL Active Community Award Ceremony 2024 Sport Coach of the Year – Steph Rowles

The Pavilion Theatre, Rhyl, was packed on November 13, as individuals, teams, clubs, and schools from across Denbighshire gathered for the event organised by DLL. Hosted by Jason Mohammad, the awards night recognised the contributions made by people and organisations within the community.

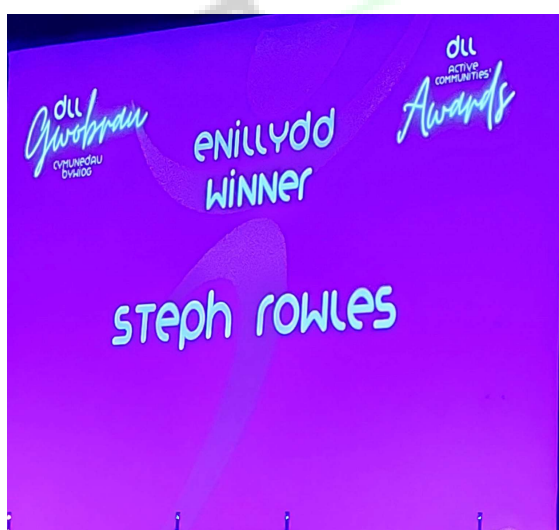
Nominees who had made a difference or achieved something significant in the fields of sport, arts, and culture attended the event with their families and friends.

Jamie Groves, managing director of DLL, said: "DLL was extremely proud to host the second Active Communities' Awards, and to recognise and celebrate the success of some of the exceptional individuals, teams, clubs and schools within Denbighshire. The judges had an incredibly difficult job to decide on the shortlist, and then the winners".

Denbigh Dragons very own Head Coach, Steph, was on the shortlist and then to find out that she won Sport Coach of the Year we were all ecstatic.

Steph and her family & friends enjoyed the evening, with a lot of cheers, clapping, tears and hugs galore on announcement of the win. She also enjoyed the chat with Jason Mohammad who asked for swimming tips following his own challenge for Children in Need to swim 12 miles over 5 days.

Gwenann, who nominated Steph for the award, said "Steph has put her heart and soul into the swimming club. She works full time, but still manages to do 4 evening and 3 morning training sessions per week. She also spends her weekends taking the swimmers to various competitions, going as far as Swansea and Sheffield. Thanks to her dedication and support many swimmers have won numerous medals – too many to count. Steph's swimmers adore her, not only for her technical expertise but also her unwavering support and encouragement. We are so proud that she has won this award."





Members Spotlight

Max Lucas (9)



1. When did you join Denbigh Dragons?
I joined when I was 7 years old
2. What is your favourite swimming stroke?
Front crawl
3. When & where was your first competitive gala?
Swim Conwy Invitational Meet in Llandudno was my first gala 21st September 2024
4. What were your thoughts about being at the gala?
I felt very nervous for my first gala because I thought I was going to come last.
5. How did you feel at the end of the day, after your races?
After my races I felt glad that I came first.
6. Are you looking forward to racing again?
I'm looking forward to racing again so that I can win some more medals and PB's.
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 don't be worried, it's not too scary, it's fun.

Isabelle Owen (12)

1. When did you join Denbigh Dragons?
March 2022.
2. What is your favourite swimming stroke?
My favourite stroke is Breaststroke.
3. When & where was your first competitive gala?
Chirk Christmas Cracker, Wrexham 2023.
4. What were your thoughts about being at the gala?
I was excited to take part in my first Gala, but I was also very nervous and worried about getting everything right.
5. How did you feel at the end of the day, after your races?
Relieved and I felt happy that I had taken part and was proud of my effort.
6. Are you looking forward to racing again?
I'm looking forward to my next Gala although I'll be nervous it's also thrilling when you are actually racing and it's nice to be part of a big event.
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. It might be scary, but it will be worth it and you'll be glad you did it. You never know you might just win.





Club Kit Funding



Another Thank You for the funding we received for the new Team Kit – DLL Community Grant. Photo was taken of some of our members looking very smart in the clothing.



Swim 10k Cancer Research UK

She is only 11 years old however Cerys has been swimming the extra mile this November! She has successfully completed the Cancer Research UK Swim 10k in November challenge with help from the Dragons and her own commitment and determination. Cerys is overwhelmed and extremely grateful to everyone for their words of encouragement and support and for the generous donations to the charity. If you would like to donate Cerys' just giving page can be found at

<https://fundraise.cancerresearchuk.org/page/ceryss-giving-page-185>





Volunteers Needed

We are excited to inform you that Beth Jones (senior member) and Hayley Scott (parent) are stepping up to assist poolside. Both will be starting on their Level 1 Coach Training in January.

Also would like to congratulate Gwenann Parry for her achievement in becoming a British Swimming Official/Judge (J1).

After the AGM held 1st December, we desperately need the following posts to be filled to allow the club to continue. Paula and Denise have stepped away, as their children are no longer with the club –

- Treasurer
- Secretary

Without these 2 vital roles being filled the club won't be able to function which is a crisis for us.

If an issue is not being able to do Committee meetings, we can look into doing them through Zoom/Teams to accommodate rather than meeting up at a local pub.

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** children. Any initiatives that can thought about to raise money, increase club memberships or even identify an opportunity to support the club in other ways – all help is greatly appreciated.

Sponsorship

We would like to thank the following companies who have agreed to continue their sponsorship again this year, 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 business wish to join us, please visit our website where the latest Sponsorship package is available.

Swimming Kit

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

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

Further information of where to purchase the items are on previous Newsletters, Denbigh Dragons website and Facebook page. They also have discount codes too from swimming retailers – in some cases up to 20%.





Christmas Break

Last session: Thursday 19th December 2024

Return: Monday 6th January 2025



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 2025
Edrych ymlaen i'ch gweld yn 2025

