



Dartford District Swimming Club Summer Newsletter

Club Champs

The 100 meter Club Champs will be held on the 2nd (closing date 18th September) and 16th of October (closing date 2nd October). The 200 meter IM will be held on the 6th of November (closing date 23rd October). Entry forms are available to download off the website or from Stan at the desk on Friday nights. No late entries will be accepted beyond the closing date.

Opens

White Oak Open

This year's White Oak Open will be held on 4th October at Black Lion Pool in Gillingham. Entry forms will be available for download from the web site when they become available. Please note that the closing date will probably be in mid September quite soon after normal training resumes.

DDSC Open

Our open this year will be held on the 7th of November not on December 2nd as previously published. This change of date is due to Black Lion shutting to continue their refurbishment.

Summer timetable

The last normal training session will be Friday 31st July.

We re-commence on Tuesday 1st September.

The following sessions will be available throughout August with THE EXCEPTION of the last week in August where there will be

NO swimming Monday 24th to 31st August.

All squads Friday & Sunday morning normal timetable will apply.

Gold/Top Mondays & Wednesday 8.00-9.30pm

No Gym or Sunday evening session.

Bronze/Silver Mondays & Wednesday 7.00-8.00pm

Bronze swimmers attending the Grammar school sessions finishes on Tuesday, 14th July, re-commencing on Tuesday, 8th September.

Masters Wednesday 9.00-10.00pm.

NO SWIMMING ON TUESDAY, THURSDAY & SATURDAY

Safety Tips

Enjoy the water
and stay safe this
summer

Spot the dangers

Water may look safe, but it can be dangerous. Learn to spot and keep away from dangers. You may swim well in a warm indoor pool, but that does not mean you will be able to swim in cold

water. The dangers of water include: it is very cold; it can be deep; it is difficult to estimate depth; there may be hidden currents; there may be hidden rubbish e.g. shopping trolleys, broken glass; it may be polluted and may make you ill; it can be difficult to get out (steep slimy banks); there are no lifeguards.

Learn how to help

You may be able to help yourself and others if you know what to do in an emergency. If you see someone in difficulty, tell somebody, preferably a lifeguard if there is one nearby, or go to the

nearest telephone, dial 999, ask for the Police at inland water sites and the Coastguard at the beach.

Don't go alone

Children should always go with an adult, not by themselves. An adult can point out dangers or help if somebody gets into trouble.

Take safety advice

Special flags and notices may warn you of danger. Know what the signs mean and do what they tell you.



News

All swimmers need to keep a record or log book of 'times swum' in each of the different strokes and distances, together with the date and location of the swim. This is a very important record of times achieved and must be kept safe. These times will be needed to enter fastest or qualifying times in any Open Meets and County Championships. It is also a very good way of recording and tracking a swimmer's progress and achievements. If you are updating your PB or log-book please see your coach for your times from galas and Club Champs.

Please make a note of these dates in your diary. Some of the venues have yet to be confirmed.

September

Sat 12 Kent Junior League
Sat 19 RTW Gala at Tunbridge Wells

October

Fri 2 Club Champs 100m
Sat 10 NSL (Speedo) at Dover
Fri 16 Club Champs 100m
Sat 17 Dartford Home Gala

November

Fri 6 Club Champs I.M.
Sat 7 DDSC Open at Black Lion
Sat 14 NSL (Speedo) at Beckenham
Fri 20 Sprint Night
Sat 21 Kent Junior League
Sat 21 and 22nd Bexley Long Course Open at Crystal Palace
Sat 28 Relay Gala at Dartford

December

Sat 12 NSL (Speedo) tbc
Fri 18 Dartford Christmas Disco

2009 Postal Swim

Congratulations to the boys team of James Fiddimore, Max Parris and Charlie Knight who came in second overall in the 2009 Postal swim. Charlie swam 3175 meters and Max and James both swam 2575 meters. Charlie came second in the 9 year old boys category and Miren Elphick finished third in the girls 13 year old category. Congratulations to all the swimmers who took part this year.



South East Regional Championships

Three DDSC swimmers gained qualifying times at the Kent County Championships to compete in the South East Regionals which took place at Aldershot and Crawley, both long course pools. Congratulations to Miren Elphick, Andrey Brightwell and Grace Begley-Hunter who all placed well in their events. Hopefully we will have more swimmers in these championships next year.

Visit our website
at ddsc.org

Please send your comments and suggestions to comments@ddsc.org

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Squad Movements

Congratulations to the following swimmers who have met the criteria to move up a squad:

From Minnows to Dolphins:
Katie Defraigne, Theo Smith and Ruth Samson

From Dolphins to Bronze:
Harrie Jenson, Emilia Vine and Sebastien Sefedini

From Bronze to Silver: Ben Chambers and Jade Tinsley

From Silver to Gold:
Hannah Chambers

If any swimmers belong to Beavers, Cubs, Rainbows or Brownies please feel free to bring down your swimming log books so that you can have your badges signed off. If any of your troop members need to have their log books signed, please let them know they are welcome to come down to the club to have their badges signed off by one of the coaches as well, but please ask your coach beforehand.

This Terms Assessments

Congratulations to all the swimmers who achieved the following awards during this term's assessments. Badges can be obtained from Stan on pool-side during Friday evenings priced at £2.50, (£3.50 Bronze Swimming Challenge Award). To see if you have achieved a badge please check the notice board for the full list. If you didn't get an award, don't worry! Over the holidays we hope to give you the opportunity to earn a new badge - just let your coach know you're ready for some hard work!



This term's assessments awards

Congratulations to all the swimmers who achieved the following awards during this term's assessments.

Badge	Swimmer	Badge	Swimmer
Level 1	Sean Honan Kieran O'Rourke	Level 8	Ben Chambers Jade Tinsley
Level 2	Millie Goodwin Sean Honan Freya O'Shea Candice Reis	Level 9	Akwasi Appih Druanne Brown James Fiddimore Yalun Zhang
Level 3	Katie Defraime Ruth Samson Theo Smith	Level 10	Hannah Chambers
Level 4		5 metres	Millie Goodwin Sean Honan Freya O'Shea Candice Reis
Level 5	Harrie Jenson Ben Jones, Sebastian Sefedini Emilia Vine	10 metres	Katie Defraime Ruth Samson Theo Smith
Level 6	Caleb Fisher Harry Hunt Joshua King	Bronze Swimming Challenge Award	Harry Hunt Joshua King Chloe Noye Kate Parris Kirsty Reeves
Level 7	Ben Chambers Callum Littlefield Jade Tinsley	Water Skills 5 I (Please see Hazel for badges)	Jessica Goodwin Darcey Littlefield Liam Lockwood, Rosie O'Hare Sebastian Sefedini

The following swimmers will be moving into the second lane of stage 4 (10m badge available to these swimmers or level 3 if not already received) Noah Green Rosie Ludford Max Moulton

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