

Packed Autumn Schedule Ahead for Tenby Swimmers.

Now the summer is behind us, everyone has returned school, and the Tenby Dolphins swimmers are back in the pool with bundles of renewed enthusiasm. The normal program of swim training sessions is back in place, and judging by the attendances so far, the interest levels have not been diminished and they are all applying themselves well and enjoying the training once again. This is good news, because there is a packed competition schedule ahead!

During the holidays, many people took family vacations or eased off from the intensive training a little. However, the senior swimmers have not been idle. Several competitors entered the Welsh Regional Nationals at the National Pool in Swansea over the weekend of 4th to 6th of August, and prior to this three members of the club travelled to Sheffield to take part in the relay competition at the prestigious National Age Group Championships. More on this later!

Dolphins Swimmers.

Most of these press reports have concentrated on the achievements of the members of the Junior and Senior Squads at various galas and open meets. However, we also have a very important group of swimmers who attend the "Dolphin" training sessions on Friday evenings and Saturday mornings. These sessions which are also run under the expert guidance of coaches John and Steph Amos, are where our younger and less experienced swimmers have fun whilst all the time improving their swimming technique and stamina. It is amazing how quickly they advance, and seemingly in no time at all many achieve the necessary qualifying times for progression to the Junior Squad.

Currently the members of the club who take part in the Dolphins sessions are:

Zara Bakewell, Bethan Battani, Harry Baxter, Dominic Belli, Chloe Beynon, Thomas Beynon, Dylan Bolton, Daniel Bridle, Megan Bridges, Jessica Brown, Jemima Childs, Imogen Childs, Harry Cook, Megan Cook, Sam Collinson, James Crowney-Richards, Tiah Culleton, Erinna Culleton, Jack Davies, Olwen Davies, Dylan Davies, Lottie Dessent, Emily Dilks, Harrison Duckett, Morgan Duckett, Jamie Ebsworth, Caitlin Edwards, Joe Evans, Gabriella Fecci, Kai Fecci, Nico Fecci, Samuel Foley, Hazel Fox, Caitryn Griffiths, Lowri Griffiths, Ronan Griffiths, Thomas Griffiths, William Griffiths, Sally Harvey, Abigail Hicks, Kaitlyn Hicks, Tudor Hurle, Charlie Jackson, Sarah Jackson, Bethan James, Edward James, Rebeccah James, Kieran Johnson, Samantha Lee, Kirsty Lewis, Dazy Lloyd, Micheal Lloyd, Johnathan Mattick, Abigail Merritt, Sarah Merritt, Annamae McBeth, George McBeth, Henry McBeth, Amy McGregor, Andrew McGregor, Callum McLean, Jonathan Morris, Genervive Murrey, Daniel Murrey, Hannah Muskett, Holly Parris, Josie Parris, Niamh Parsons, Mathew Pilot, Liam Pilot, Stephen Pilot, Georgia Pool, Alex Probert, Thomas Rees, Safiya Rooney, Zac Rowell, Kesia Scaife, Dana Taylor-Bowen, Erin Taylor-Bowen, Oliver Taylor-Bowen, Cain Thomas, Rosie Thomas, Stephen Ward, Lauren

Watkins, Ashley Willars, Dylan Williams, Lilliray Williams, Chloe Wilson, Elliott Wilson, Nathan Wilson, Francesco Zerashi.

By all accounts there is some very promising swimming talent amongst the group, and we look forward to seeing you all moving up the ranks in the coming months and years.

In fact there is a Junior Gala in Pembroke on 1st October, for swimmers aged 7-10. All the Dolphins session swimmers should check the notice board because some of you may have been selected to represent the club for the first time. If so, good luck and have fun!

Competition Results.

The biggest event that took place during the summer holidays was the National Age Group Championships in Sheffield. This is an extremely tough competition, where the best in Britain vie for success. Entry to the championships is tightly controlled, with all swimmers having to achieve the very difficult qualifying times before they can compete in any event.

Club member Danny Brown, who now attends and swims for Kelly College in Devon, qualified for the 14/U breaststroke events and performed well, but unfortunately no one else from Tenby managed to reach the necessary standard this year. However, there are also relay competitions at the championships, and a Pembrokeshire Aces team comprising Daniel Brown, Andrew James and Lewys Canton together with Simon Johns from Fishguard were entered in the two 14/U boys relay events.



Daniel Brown, Simon Johns (Fishguard Flyers), Andrew James and Lewys Canton who recently represented Pembrokeshire Aces at the National Age Group Championships in Sheffield.

Together with their supporting families, the boys made the long trip north. Regrettably, they were hit with a bit of bad luck when Daniel fell ill the day before he was due to travel, and was very much under-the-weather for the whole weekend. Nevertheless, he battled on and the team put on a good performance and thoroughly enjoyed the experience. They would like to pass on their thanks to John Amos who honed the swimmers skills at several special training sessions at the WNP Swansea before the event.

The other competition that took place in August was the Welsh Regional Nationals. This event is only open to swimmers who have not achieved a national qualifying time, so barring Danny Brown, everyone from Tenby within striking distance of the event qualifying times was eligible.

However, probably because it was in the middle of the holidays, we had a bit of a low turn out for this. It is a good long course competition, so hopefully next year we can generate a bit more enthusiasm. The swimmers who did travel were: Eleri Canton, Lewys Canton, Bethan Davie, Matt Davie, Jack Lear, Coral Lewis, Sam Lewis and Holly Watkin-Rees.

Lewys put on a typically good performance, setting personal best times in every event and coming away with a bronze in the 13-14 boys 100m freestyle. Despite missing out on the podium places, several of the other swimmers reached the finals and also set good PB's in their events.

Forthcoming Events.

We said it was going to be busy. Look at this lot! Check your diaries now!

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| Saturday 23rd Sept. | Pembrokeshire Gala Pembroke Leisure Centre 3pm. Ages 9, 11, 13, 15, Open. Please watch the notice board for selection news. |
| Saturday 30th Sept. | Dyfed Fast Water Meet Llanelli 1.30pm (Bus from T.L.C.) Ages 9, 11, 13, 15, Open. Please watch the notice board for selection news. |
| Sunday 1st Oct. | RAOB Junior Gala Pembroke Leisure Centre 3pm. Ages 7, 8, 9, 10, Please watch notice board for selection news. |
| Saturday 7th Oct. | Llanelli Sprint Meet. (Entries now closed). |
| Saturday 14th Oct. | Speedo League Round One. Ages 11, 13, 15, Open please watch notice board for selection news. |
| Sat 21st & Sun 22nd Oct. | Swim Swansea Junior Open.
Ages 8&U, 9, 10, 11. Entries on board.
This is a very popular meet with the younger swimmers. There was a huge entry last year, and is a great opportunity to test yourselves against swimmers from all over the country. |

Sat 28th & Sun 29th Oct. Pembrokeshire Age Group Championships.
Ages 7, 8, 9, 10, 11, 12, 13, 14, 15 & Over.
Details on board when available.
ALL JUNIOR AND SENIOR SQUAD TO ENTER.

Saturday 4th Nov. Neath & Neath Valley Open Meet.

If that was not enough, during September, October & November, the Pembrokeshire Senior League Matches will be also held. Please check board for details because the dates are yet to be finalised.

It should be noted that there may be some disruption to Senior Squad training sessions for the home galas.

There is also a planned sponsored swim coming up on the Friday before the October half-term holidays. It is planned that the swim will take place between 6-12 pm, but we will have more details of this in the coming weeks.

Club News.

During August two of our senior swimmers, Matt Brown and Carl Amos received their GCSE results. It seems that the "hard-work" paid off then! Well done guys!

Continuing with the education theme, we would like to wish long time club swimmer Joann Randles the best of luck when she heads off to university in Surrey. Also, it's welcome back to Sophie Stanford who has now completed her studies at Kelly College.

In August Kelly College also featured for Gemma Amos, Holly Watkin-Rees and Coral & Sam Lewis, who attended an intensive course for a week. By all accounts they had an awesome time, and dates are already being pencilled in for a repeat visit!well, by the swimmers at least!

In the last week the Nofio Cymru/Swim Wales squad selections for 2006-2007 have been announced. We are pleased to report that Danny Brown remains in the South West Wales Regional Squad, and Bethan Davie has been selected for the South West Wales Regional Skills Squad 2. Well done to both!

Paula Belli has decided to hand over the club swim shop to a new volunteer. Thanks to Paula for her efforts, and excellent service over the past couple of years. Pam Davie has taken now over the reigns, and the usual range of club swimming kit and goggles is still available. In case you didn't know, it is also possible to order a huge variety of the latest swim gear through the club. We are expecting a delivery of the latest catalogues very shortly, so members and parents are encouraged to come along and have a look.