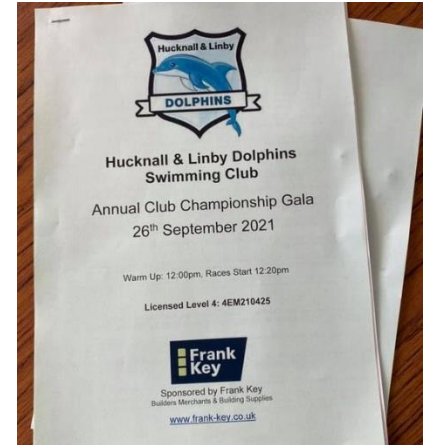


CLUB GALA

September kicked off our return to swimming with the annual club championships. Having missed a year due to COVID-19 it was amazing to see our swimmers at their best. 134 PBs were achieved at the event, and we raised over £300 in the raffle.

It was amazing to have spectators return to the pool, and we hope to be able to have this at Hucknall once the building work has been completed.

Many thanks to all our volunteers who made that event happen and especially David for completing all the timings.



OPEN MEETS



The return to competition also saw the return to open meets, with our swimmers again smashing their PBs. We competed in Major Oak, Festive Frenzy and Bramcote open meets, in a short space of time, and this has led to many swimmers being called for NOVA trials and achieving county times for the championships in February.

Our next competitions are the county championships, including teams at the county relays. We also have the Radford Open Meet in March, as well as the Matlock and Ernehale Opens meets. Gala competitions will also be resuming this year, and more information will follow.

COACHING TEAM

We are grateful to Frank Key for sponsoring our new coaches kit – meaning all our volunteer coaches look fabulous poolside! We are fortunate to have so many dedicated coaches for our lanes, and this means we can continue with our small group coaching and supporting our swimmers as individuals.

If you are interested in joining our coaching team please get in touch! Full training and support is given and no prior experience is needed.



CHAIRPERSON COMMENTS

I have been a part of the club since 2014 and a member of the committee since the end of 2015. I joined the committee originally as Membership Secretary, and more recently taken on the Chairperson role, and have seen the club go from strength to strength. We are pleased to be competing in county relays once again, having swimmers who I can see progress weekly and every open meet we enter, swimmers are

HUCKNALL & LINBY DOLPHINS

NEWSLETTER

January 22

achieving their best. I hope for the next year that we have more swimmers competing in county championships – earning their silver hats! Swimmers going on to regional competitions and most of all for our swimmers to enjoy what they do.

HEAD COACHES COMMENTS

There were very few competitions available for us to take part in during 2021, which gave us the opportunity to go back to basics, working on key skills, technique, speed, and endurance. This meant that when competitions started to be scheduled towards the end of 2021, our swimmers were raring to go! The hard work paid off with PB's being smashed every weekend. 2022 starts with a more competitive focus from the outset and the training plans reflect this. The swimmers are keen to prove themselves and we are already targeting several meets and competitions. Many of our younger swimmers will be eligible to compete for the first time this year, so we are looking forward to some very exciting competitions!

Please note that time trials will resume on the last Tuesday of the month at Hucknall for those attending those sessions or specifically invited. Also, look out for the Swimmer of the Month' award which will be restarting soon.

KEY INFORMATION

SWIM MANAGER: <https://hucknallin.swimmanager.co.uk/>

MAIN CONTACT: dolphinshucknallandlinby@gmail.com

CLUB CHAIRPERSON: Kathryn Brewster

HEAD COACH: Claire Richards

WELFARE OFFICER: Louise Gospel (lougospel@virginmedia.com)

TREASURER: Sam Morrison

SESSION TIMES:

Day	Venue	Time	Squad
Monday	Hucknall Leisure Centre	8pm-9pm	Junior Performance, Senior Performance Masters
Tuesday	Hucknall Leisure Centre	7pm-8pm	Junior Development, Junior Performance
Tuesday	Hucknall Leisure Centre	8pm-9pm	Junior Performance, Senior Development Senior Performance, Masters
Wednesday	Southglade Leisure Centre	7pm-8pm	Juniors, Junior Development Junior Performance, Senior Performance
Friday	Southglade Leisure Centre	7:30pm – 9pm	Cubs, Junior Performance, Senior Performance Masters
Saturday	Hucknall Leisure Centre	7am-8am	Junior Development, Junior Performance Senior Performance, Masters