



Haverling Dolphins

www.haverlingdolphins.co.uk



Newsletter

Oct 2009

**Annual Club
Membership
Was due 1st Sept
£20
per Swimmer
Some are still
outstanding.**

Heading

Chaffords Training

Wednesdays 6-7pm every other week
This open to all Squad and top
Development swimmers.
Next session 4th November

Time Trials 31st Oct 3.30pm

£5 per swimmer 25m & 50m in all
strokes & 100m I/M. Kit on sale,
Raffle, Tuck shop and fundraiser lets
get these times make a real effort.



**Family
Presentation
Disco
Saturday
19th
Dec 2009
7.30-11pm
@**

**The Most Holy Redeemer Church
Hall, Petersfield ave, Harold Hill**

Running Training

Come on everyone your missing out
on running training every Saturday
afternoon at 1.50pm @ Bedfords Park
its open to all, squad & sibilings, from
short flat course to more challenging
hilly and longer runs. Your ability
your choice ring Celia Badley on
07791 118842 or Rob Leak on
07720 509180 see the notice board
poster for further details make it
worthwhile come & join in.

**Joint 1st Place Bethnal Green
East London League 18th Oct 09
Congratulations team
Well done to you all for your great
swims see we can do it!!!**

Dates For Your Diaries

21st Nov East London Dagenham Pool
Chief Coach Report

Squad Swimmers

Last Season is over with some really
encouraging signs. The hard work
put in is beginning to show. The
number of personal best times
achieved was amongst the best the
club has seen. Now with the new
season underway our aim is to get
as many swimmers to the Essex
Championships as possible. There
are a number of swimmers who are
so close to achieving that goal, with
just a little more effort this could be
achieved. We even have Shelley
Maker promising to work hard and
try for her qualifying times.
Good luck and enjoy. You n do it!!

Campions Pool

Due to enforced pool hygiene and
Safety Rules by the school.
No Outdoor shoes in shower area
or poolside. All showering with
shampoo etc to be done in the
changing rooms not in poolside
showers. All rubbish ie; drink
bottles, bottle tops, sweet
wrappers must be cleared up and
put in a bin. The poolside,
Changing areas and viewing
areas must be clean and tidy at
the end of each session.

Failure to comply with Campion's
School rules will lead to loss of
pool time!!!
Please Help us

Fantastic News
JACK PETCHEY FOUNDATION
Awards were presented to
Steven Leak for his Change in
Attitude and commitment towards
training
&
Mark Jones for his kindness and
help with the younger squad
members at Gala's and in training
WHO'S NEXT

Learn To Swim/ Development

Due to the pool closure this
course will now run to 14th Nov

There will be no lessons
sat 31st October

CLUB TIME TRIALS WILL
TAKE PLACE 25m & 50m
Swims 3.30pm £5 per swimmer

During this course we have
been able to move lots of swim-
mers into new groups, thanks to
your co-operation and train-

provement in their ability.
The new Course will start

21st November 2009

Cost of 13 week course £61.75

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