

Dolphin News

Issue 2 - March 2024

What's New

Welcome to the second edition of Dolphin News. This is a busy time of the season where the training schedules are getting tougher to prepare swimmers for the Welsh and British Nationals. March also saw the first publication of the Team Dolphins magazine. If you missed the first edition or any of the newsletters follow the link below:

<https://www.torfaendolphins.com/volunteers/newsletter/>

St David's Day Meet



TDPC held the annual St David's Day Meet on the 3rd March. This is normally held in conjunction with the Torfaen Leisure Trust but unfortunately the evening session had to be cancelled due to lack of TLT learn to swim entries.

The day saw the Dolphins Development and some Transition Performance Squad battle with eight additional clubs in what turned out to be an excellent afternoon of competition. This was a sell-out event but it ran smoothly despite record number of entrants.

The spectator gallery was full making a great atmosphere for many first time swimmers to experience the noise and the thrill of competition.

Many thanks to all the volunteers and officials who helped to make this event so special for all the swimmers.

Committee News

Swim Wales Engagement Session February 27th 2024

Here are a few key points from this quarterly online meeting with Swim Wales

Free Swimming Initiative

The Welsh Government is planning to reduce spending on the free swimming initiative. This is a worrying trend for all swim clubs as we are dependent on a continuous supply of swimmers trickling through to membership. Swim Wales is currently lobbying Welsh Government to explore options.

Pool Sustainability

Swim Wales has started an initiative called Aqua Zero. This explores ways of making pool management and maintenance more sustainable and energy efficient. Swim Wales is working with experts to look at ways to make this financial viability for pools throughout the Principality.



Cynwys

Cynwys is a Swim Wales initiative looking at a new Inclusion framework. This will culminate in a policy due to be launched in May. Prior to this, there will be more consultation with clubs to ensure the policy is fit for purpose. Torfaen Dolphins will ensure we are part of that discussion.

Club Report 2024

Following the Swim Wales Audit in the Autumn of 2023, Swim Wales will be publishing its Club Report 2024. This will be coming out soon and a copy will be made available on the TD website.

Swim Wales Membership

After signing a new constitution and submitting a development plan TD has renewed its annual membership to Swim Wales. These documents will be made available on the TD website shortly.

Alongside the obvious benefits of being affiliated with Swim Wales, the membership also provides access to numerous resources such as Ein Clwb.

For more details on this topic read the membership section later in this newsletter.

TD Fund Raising

TD has organised a bag packing fund raiser in Cwmbran Asda on Saturday 20th April at 09.00 - 14.00hr. Money raised will go towards subsidising events and tours during the year, such as coach hire for competitions and minimising costs for tours. More details to follow shortly.

TD Annual General Meeting

April is the month we generally hold the TD AGM. If you are interested in an Executive role such as Chair, vVce-Chair Secretary or Treasurer, contact Lewis on Hello@torfaendolphins.com. The date of the AGM will be released shortly.

Grant Application

Congratulations Becky on your grant application success for the Sport Wales - Be Active Wales Fund. Sport Wales have awarded the club £4 840 alongside an additional club contribution of £ 2 103. This money will be spent for swimming and triathlon coaching courses, backstroke wedges (x6), Medicine Balls (x5), stretchcordez paddles, jump mats, dyanometer and impact mats (x10).

A big thank you to Becky for making the application and Ray Morgan for providing a list of equipment needed.

Membership

A big thanks to Sarah-Lou Spinks for this month's membership update. Six swimmers have joined TP1 morning sessions following a successful trial period. We have had two transfers into the Development squad. One swimmer from Newport whilst the other joined us from Rhondda. A big welcome to all new swimmers

A number of swimmers will be having trials for the foundation squad in the coming weeks and an update will follow in the next edition of this newsletter.

Our current waiting list to join the club is 6 swimmers. Membership are working hard to get as many of these swimmers into the water and off the waiting list as quickly as possible.

There are no changes with the Performance Squad.

Please note that if you have recently joined the club and have paid the affiliation fees with Swim Wales, you **do not need to pay again in April**. Swim Wales have moved to 12 month membership so it is important to remember the date of application for future reference.

For all existing members of TD, please ensure you have renewed your membership to include the TD subscription. Without this you will be unable to compete in competitions or be covered by the Swim Wales insurance policy. All subscriptions for existing members are due by the 1st April so please hurry. You can check your status in your Just Go account.

For all TD members, when applying for Swim Wales membership it is important that you apply for **competitive membership** and also pay for **Torfaen Dolphins Club membership**.

If you have any questions regarding membership use the email address below

membership@torfaendolphins.com



Upcoming Club Events

There are two major events hosted by Torfaen Dolphins.

On May 11th we will be hosting the Wyvern League final in PALC. This is a great afternoon of swimming allowing our junior members to compete against five other teams for the Wyvern Trophy. Torfaen are the current champions and are looking to retain the title

On the 8th & 9th June, we host the Torfaen Dolphins Long Course Gala in Cardiff International Pool. This is the flagship event of our season and funds raised at this event support the club throughout the year.

We can not manage these event without the help of volunteers. If you haven't already done so please get in contact with Mark by email on secretary@torfaendolphins.com or any of the team managers to volunteer your time.

Welfare Officer update

Having performed the role for some time, Hayley Nowell has decided to step down as Welfare Officer. The Executive Committee would like to thank Hayley for her knowledge, advice and support during this time. Hayley will be solely missed but a big welcome to two members who will be sharing the Welfare Officer role. Kara Enoch & Alec Mills will gradually be taking on the responsibility as Welfare Officers over the coming weeks.

The Welfare Officer contact details can be found on the Torfaen Dolphins website alongside a full list of committee members at

<https://www.torfaendolphins.com/about-history/committee/>

Website update

The Torfaen Dolphins website has been updated with a new tab this month. The tab is called News Stand and gives access to the latest and archived editions of the newsletter and magazine. If you are new to the club the website can be found at the following address and contains a wealth of information to help you better understand the workings of the club.

www.torfaendolphins.com

Welsh Nationals

Torfaen Dolphins were out in force during the Welsh Nationals held in Swansea from the 22nd to the 25th April. It was a great weekend of swimming with TD swimmers showing not only their prowess in the water, but their good behaviour around the pool and superb discipline prior to competition, making us one of the most respected clubs in Wales.

There were personal bests and even a number of Welsh junior records showing that the commitment of our swimmers to the training plan devised by our expert coaching team continues to work. Ray's presence at poolside gave swimmers the opportunity to fine tune their pre-competition routine and get pumped for their swimming event.

A big thanks to Tom our Head Coach and all the coaching team for their time and support offered to our swimmers over the weekend. Also a big thanks for the very vocal encouragement offered by families in the spectator stands. It's a long day sitting in the hot and humid conditions of a swimming gala but the enthusiasm shown by the travelling TD support gave our swimmers an edge whilst competing.



British Nationals/ Olympic Qualifiers

Good luck to Carys, Dylan, Gracie, MegT, Meg W and Thea as they journey to the London Aquatic Centre for the British Nationals/Olympic Qualifiers. Starting on the 2nd April to the 7th April, our swimmers will be competing against world class athletes. A full report will be published in either the next edition of the magazine or newsletter (whichever comes first).

A big thanks to Torfaen Leisure Trust for providing a lane in PALC during the Easter holidays, allowing our swimmers to be fully prepared for this event.

This newsletter will be published regularly throughout the year. This will be supplemented with a magazine that will focus on training and lifestyle tips for developing and competitive swimmers. For all back issues go to the TD website.

Let us know what you think about this newsletter by either talking to members of the committee at poolside or emailing Mark on secretary@torfaendolphins.com. The aim is to keep swimmers and parents informed about club activities but more importantly, it acts as a resource for swimmers who commit a tremendous amount of time to a sport we all love.