

### What's New

Welcome to the April edition of Dolphin News. This is the final session of the season leading up to the summer British Nationals in July and the Swim Wales Nationals in August.

Don't forget if you missed any of the newsletters follow the link below:

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

### British National/ Olympic Qualifiers

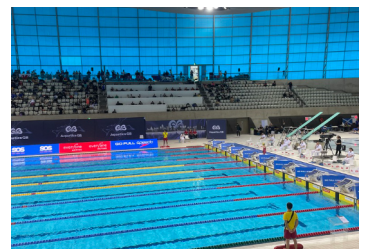
The British Nationals/Olympic Qualifiers held at the London Aquatic Centre, Stratford saw Torfaen Dolphin swimmers competing against the best in the country.

Carys, Dylan, Gracie, Megan T, Meghan W and Theodora represented Torfaen Dolphins and all competed to their best. In all cases, swimmers came close to or improved on their personal bests. Theodora swam in the youth and the B finals on a number of occasions. Meghan Willis and Dylan both qualified for Paris Finals with Dylan gaining a silver medal in the 200m freestyle.

It was a great week for swimmers and

parents. A big thank you to Tom our Head Coach and Ray for supporting our swimmers, together they ensured our swimmers had the right race strategy and preparation for competition.

For such a small a club we can be proud knowing that Torfaen Dolphin swimmers can compete at the highest level. Well done to all that participated and we look forward for many more entrants in the future.



# Committee News

April is a busy month both in and out of the pool. Here are a few things to be aware of

## Viewing Galleries

We have been informed that there will be refurbishment work undertaken in the viewing gallery in PALC starting on the 25th April and Cwmbran starting on the 11th May. During this work no spectators will be allowed access to the viewing gallery. No timescales have been offered by TLT but I will update once I have the information.

## Wyvern League Final

Torfaen Dolphins will be hosting the finals of the Wyvern League on the 11<sup>th</sup> May at PALC. Round one was held in Newport and round two was in Hereford on the 20<sup>th</sup> April (report to follow later in this newsletter). We look forward to watching some fantastic young swimmers and hopefully TD can retain the title. If you would like to support this event by volunteering speak to any of the coaches or committee members.

## Majorca Trip

I am sure you have all seen the messages posted by Rachel McGuinness to those of you going to the Majorca swim Camp in June.

Please ensure you are up to date with your payments and that you have checked your passport expiry dates and have valid European Health Insurance Card.

Rachel will be in contact over the coming weeks with an itinerary, but now is the time to start buying suntan lotions and getting prepared for a hard week of training.

## Quarterly meeting with TLT

Tom and the executive committee are in the process of organising a meeting with the Torfaen Leisure Trust over the coming weeks. This is an opportunity to talk about pool maintenance, pool hire and all things that help our club function smoothly. An update on the key themes of the meeting will follow in the next edition.

Some of the agenda items will include

- learn to swim transition into club membership.
- Pool maintenance in Fairwater.
- Water quality in both Fairwater and PALC

## Torfaen Dolphins Long Course Meet

Our L1 / L3 TD Long Course Swim Meet at Cardiff International Swimming Pool is on the 8/9th June. This year we have had an exceptionally high number of swimmer entries, as such we have looked at the running order of the events and have made some changes to accommodate all swimmers and to ensure that the meet is an enjoyable experience for all involved. The events we have moved in the programme are:

- Women's 50m freestyle from session 3 into session 4
- Men's 50m freestyle from session 3 into session 6
- Mens's 200IM from session 5 into session 4

By making these changes we are able to run the sessions to time and reduce the number of scratched swimmers. For an up to date meet pack go to the TD website under the events tab.

# Torfaen Dolphins Annual General Meeting

The TD AGM was held on the 24<sup>th</sup> April between 6 – 7.30pm in the Ironworks Suite in the Pontypool Active Living Centre. A big thanks for all who attended. Here are some of the key points from the meeting below:

Tom Croke  
Head Coach

- A great year of competition with TD swimmers competing in international competitions, British Nationals/ Olympic Trials and Welsh Nationals
- All coaching teams working closely together with shared goals
- Competition schedules devised for all squads
- Residential tours arranged for TP and Performance squads this year
- Reports received from Nicky (TP) and Matt (Development)
- Head coach would like to thank parents, families, volunteers, coaches and swimmers for making TD the award winning performance club of the year 2024

Stephanie Titchener  
Treasurer

- Membership fees are now covering club costs for the first time in two years
- Additional income from Galas and grants cover the cost of coach & volunteer training, coach accommodation and expenses, equipment, offset the price of tour, coach hire and summer and Christmas parties and a lot more.
- A big thanks to all those volunteers who have submitted grant bids, attended bag packing or contributed to fund raising in any way

The executive roles were unopposed and as such the following remain in post:

Lewis Robert	Chair
Dawn Bennett	Vice-chair
Stephanie Titchener	Treasurer
Mark Broom	Secretary

This year's summer break will be from the 5<sup>th</sup> to the 19<sup>th</sup> August 2024. This will allow a few weeks to get back into training before the club championships in September

A number of policies will be reviewed over the coming weeks and will be published in this newsletter or the club magazine. These will include communication pathways, code of conduct and a training camp agreement form. More details to follow.

Minutes of the AGM will be made available shortly, if any member would like to get involved please contact Mark on [secretary@torfaendolphins.com](mailto:secretary@torfaendolphins.com)

# Swim Wales Engagement Session

Held on the 23rd April 2024

## Key points from Fergus Feeney (CEO)

- Swim Wales are expecting a 10.5% reduction in their funding from Welsh Government & Sports Wales.
- Local Authorities are expecting a 7% cut
- Swim Wales were break even for last financial year
- No plans for rebranding following British Swimming brand change to Aquatics GB
- Five welsh athletes selected for the Olympics, the Paralympic team will now be announced in May.

## Key points from Dan Garforth Session

- Ein Clwb has been relaunched and has moved from Just Go to the Swim Wales website. This will remain password protected and relevant material will be published through the newsletter.
- The Swim Wales club bulletin is now released and will update members on a fortnightly basis
- Club Report has now been released. Further updates will follow after the TD Exec has had a chance to review
- Swim Wales AGM will be held on the 28th September 2024 in North Wales.

## Inclusivity

Amy presented a number of interesting slides on common terms used in inclusivity for those wishing to join the paraswimming pathway through to classification. I will provide more detail shortly once I have had a chance to speak to Amy about the best way forward. So watch this space as I will be look to do a full article on this topic!!

## Training & Development

The revised Assistant Swim Coach course has started. A new specification Level 2 Swim Coach course will start in June 24.

The starts & Turns CPD is now available and is suitable for Level 1 & 2 coaches

There are a number of courses coming up in May & June. These are available on Just Go or the Swim Wales Website.

## Welfare

TD is to register their Welfare Officer with My Concern. All new Welfare Officers should contact Zeta Cameron for an induction where registration on My Concern and an outline of the courses needed will be reviewed.

The club needs to ensure that members are aware of Child and adult safeguarding policies. This is something that will be reviewed shortly once our new Welfare Officers have settled into their role.

## Masters Swimming

A framework for masters swimming was presented from learning to swim to competition. There are three categories -

- learn to swim to include water safety
- Improvement where swimmers can swim between 50 - 200m
- Active - where swimmers can swim 400m+

Coaching courses are available and we will explore this pathway and provide a full review shortly

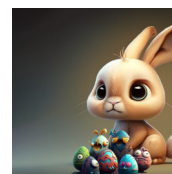
# Easter Raffle Prize Winners



Congratulations to our Easter Raffle prize winners

Rhydian & Martha

I am sure we can expect high energy levels in training resulting from the sugar rush after demolishing these mega hampers.



## TD Fund Raising

Torfaen Dolphins 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 training camps. Swimmers were split into two groups, the younger members did the first shift and the older swimmers taking over to complete a classic TD team effort.

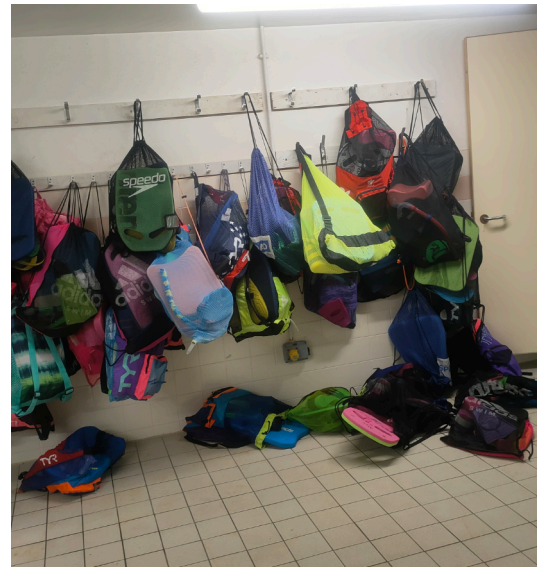
The money raised was **£501**, an amazing achievement



## Swim Kit

We have been informed by TLT that the storage room at poolside has been a bit of a mess with swimmers throwing their wet bags with snorkels and fins etc onto the floor at the end of training

This is expensive kit and a safety hazard. So to help resolve this situation, TLT have provided additional hooks to keep the bags off the floor and keep the storage room free from clutter. All coaches and team managers have been informed. so expect some nagging if you continue to use the floor rather than the hooks in future.



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## Wyvern League - Round 2

Lots of fun had at Wyvern Round 2 yesterday! (20th April). Excellent racing from TD swimmers across the age groups. Some swimmers stepping up an age group with confidence. Swimmers conducted themselves very well, showing great team spirit. Lovely to see them cheering team mates on. Another convincing cannon victory for TD, 2nd place overall and the team can't wait for the final at PALC on 11th May



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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](mailto: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.