



**W**elcome to the new Spring/ Summer term at Havering Dolphins. This promises to be a very exciting season for all of us, with a lot of new and interesting things going on and of course loads of swimming! Read on to find out more...

### OUR VERY OWN "SUPERHERO"

The Club would like to congratulate Lynette, who has been chosen from hundreds of nominees as one of only four winners of the BT Childline Awards. She has been presented with this award for all of the help and support that she has given to Hannah and the Harding family during Hannah's illness. It is well deserved and she certainly is our 'everyday superhero'. If you would like to read Lynette's story go to:

[www.childline.org.uk/extra/BTAwards2006.asp](http://www.childline.org.uk/extra/BTAwards2006.asp)

### A NEW MEMBER

**Congratulations** to one of our development teachers, Jane and her family on their new arrival, a baby girl called Keziah who was born on Sunday 26th February weighing in at 7½ pounds. A big thank you to Jane for her continued support and commitment to the Club and we hope to see her again soon.

### NOTICEBOARDS & WEBSITE

Have you read the Champions School and Hornchurch Sports Centre notice boards or looked at the website recently? If you have any information, news or pictures that you would like put on either of these then let us have them. It is your Club so please help us with your ideas of what you would like to see to keep them interesting and informative.

### FEES

New course and Squad payment arrangements are coming into force in May so get those fees up to date! You will all be given a letter relating to the changes that apply to your sessions.

### LEARN TO SWIM

There are a few spaces available in the learn to swim and development classes due to continual improvement of the children. There is a maximum of 8 to a class in the beginner groups.

### ATTENTION ALL PARENTS!

Your children are your responsibility while they are in the changing rooms. Please therefore, make sure that they behave! We have had reports of some swimmers tampering with others belongings. **This must stop!!!**

### EARLY MORNING SWIMMING

The number of swimmers that are attending Tuesday and Saturday morning training sessions has fallen dramatically over the past few months. We have the facilities there so please use them! On Tuesday the session is at Champions School at 5.30am finishing at 7am. The Saturday morning session is held at Hornchurch Sports Centre from 7am until 8am, you do not need to be invited to attend so see you there!

### CALLING ALL SQUAD SWIMMERS

All squad swimmers are requested to ensure they have the full kit required for their training sessions and Gala's. This means floats, pull buoys and paddles as well as their own personal kit including costume/trunks, hat, towels, goggles, etc. Please order any kit you do not have as soon as possible and remember we hold a stock of goggles, costumes, trunks, Dolphin swim hats and t-shirts and bags, pull buoys, paddles, and floats. We can also order any other items.

### TRACKSUITS

All squad swimmers competing in the Essex Mini League or Open Meets are expected to have a Havering Dolphins tracksuit. Please see the letter regarding the options available to you. Anyone else that would like one feel free to place your order.

### GALAS & TIME TRIALS/OPEN MEETS

At last we have been allocated a place in the Essex Mini League, which is a fantastic boost to the Club and it gives the swimmers a chance to take part in a league. The swimmers will be selected by the coaches and told which races they will be competing in. A fixtures list is posted on the notice boards and website.



Plans for another time trials afternoon at Champions School on Saturday, 3rd June 2006, for length and above swimmers are well underway. Put this date in your diaries. Entry forms will be available shortly. We will need a number of volunteers to ensure that the afternoon runs smoothly so please let us know if you can help.

We also have some Open Meets organized, see the notice boards and website for details. Entry slips and fees for these meets must be returned before you are entered. ASA affiliation forms for those competing in Open Meets are urgently required to be returned with the £17 per year fee as soon as possible.

### FOR ALL FOOTBALL FANS

Some top Premiership football clubs have donated a number of signed shirts for us to auction to raise money for our Club. Interested?, then see our notice boards for further details.



All bids must be received by 29th April (date extended) so come on place those bids and help us raise some cash for our kids!!

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