



# Haverfordwest Seals Swimming Club

## Haverfordwest Seals Swimming Club

### Newsletter July 2010

Greetings to you all. Thank you all for your support and commitment to the club. We are extremely grateful to all the coaches & the committee in assisting with the running of Haverfordwest Seals.

Also we are very lucky to have the support of Jake & Todd Watson who manage the website. We are aware that information needs updating and we are in the process of doing so. Thanks for your patience.

Have a look on - [www.swim-haverfordwest.org.uk](http://www.swim-haverfordwest.org.uk)

Sharon Thomas has taken on the role of running our Swim Shop. The shop is available every Monday evening upstairs on the balcony and there is also a list of stock on the club notice board.

You can also contact Sharon on [sharon.s.thomas@btinternet.com](mailto:sharon.s.thomas@btinternet.com)  
07530 687345

### Badge Sessions August 19th & 26th

We have chosen to hold certificate and badge sessions on these evenings. Normal swimming times apply where you will have the chance to swim for a badge. Each distance badge & certificate £2.00  
If Thursday's not your normal swimming session and you want to try for a badge, come along.

### WHIT WEEKENDER – APRIL 2010

What a wonderful weekend. Well done to all our [Seals](#) who took part in this local event. It was wonderful to have a meet in our own pool and it was fantastic to see so many swimmers from other clubs taking part. We have received positive comments regarding the organisation & the venue, so another Thank you to Ann Adams for organising it and to the Leisure Centre for welcoming the event. There were moments when singing and dancing was the highlight of the day... Fun and enthusiasm was greatly on display. Well done to - Lucy Billing, Matthew Roach, Huw Cooke, Ben Mottram, Beth Meopham, Alicia Jones, Liam Fitzpatrick-Smith, Kelsey Williams, Jordan Harding, Lucy Harding, Rhiana Galvin, Hollie Thomas Tesni Galvin, Claire Fitzpatrick-Smith, Jordan Thomas, Rhys Thomas & Kate Matchett.

### Open Meet Entries

Details of forthcoming open meets will be put on the club notice board and in the club folder (available to see alongside the club shop on a Monday evening). Open meets are subject to having entry times. Prior to the entries being required an eligibility list will be put on the notice board so that everyone can find out which events they are able to enter.

Could all entries and fees be handed to Dave Cooke at least 10 days before the closure date (also on the notice-board).

Coaches will also tell their swimmers to look at the board when these lists go up.

You can check for further meet clarification on [www.swimwales.co.uk](http://www.swimwales.co.uk)

### British ASA Nationals July 28<sup>th</sup> – August 1<sup>st</sup>

We are honoured this year as we see **Kelsey Williams** qualify for the British Nationals in 200 & 400M and 100 & 200m Breast stroke. .  
What a fantastic achievement Kelsey.  
'Da iawn ti.'

We wish Kelsey lots of 'Good Luck' from all at Haverfordwest Seals and hope Allison and Nev enjoy the trip to Sheffield.

### 3-8<sup>th</sup> August British Gas Summer Nationals in Cardiff

Another event taking place over the holidays where we have 5 Seals swimmers representing Pembrokeshire. These swimmers all started off with Seals and have moved through the squad and now train under the guidance of Paul Dowey. Good luck to all these swimmers Tesni Galvin, Rhiana Galvin, Hollie Thomas, Jordan Harding & Kelsey Williams.



Last Friday (23<sup>rd</sup>) Haverfordwest Seals presented Kelsey (centre) with a 'Good Luck' card and a small token towards her trip.

**Remember** Seals will not be swimming from August 2<sup>nd</sup> – 15<sup>th</sup>. We'll be back on Monday 16<sup>th</sup>. Have fun and keep safe.

We are always looking for support and help within the swimming club. If you feel you have any time to spare please contact a member of the committee. If you would like to share anything in our Newsletter please contact Judith Billing. We value your input

Thank you – Diolch

COLOURS GALA - SEPTEMBER 26th