



## Haverfordwest Seals Swimming Club

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### Newsletter December 2010

Seasons Greetings to you all.

Huge thanks to everyone involved in Haverfordwest Seals. From the swimmers to the lifeguards, the coaches, the parents, the timekeepers, the meet organisers, the raffle organiser, the web-site technician, the trophy polisher.... **ALL OF YOU** for your continued support and commitment to our club.

Your efforts and hard work are valued and ensure Haverfordwest Seals is a successful club.

Please email - [hwestsc@hotmail.co.uk](mailto:hwestsc@hotmail.co.uk) with any ideas or thoughts to share.

Also, **please, please please** check the notice board for updated information regarding Seals. We are a large club and information needs to reach everyone.

Keep checking the website too for updates - [www.swim-haverfordwest.org.uk](http://www.swim-haverfordwest.org.uk)

### Message from the leisure centre....

All swimmers .....

Do you all remember to swipe your membership cards or register with the Leisure Centre when you come to swim? If not please make sure you do from now on.

Have you all got the equipment needed for swimming sessions? Sharon runs the Seal's shop & is normally around Monday evenings up on the balcony where you can order pull-bouys, fins, goggles etc. You can contact her on 07530 687 345 or [sharon.s.thomas@btinternet.com](mailto:sharon.s.thomas@btinternet.com) to place an order

### Club Championships & Long Distances

Well done to all you swimmers who took part in our recent annual event. Some great times were achieved and for many this was their first introduction to competitive swimming.

This event prepares our swimmers for other local galas where competitive swimming is the aim. Check out our diary dates (on the notice board) to see which meets you could enter. Speak to your coaches for further clarification on eligibility for swims. The local galas are where we like to see a good representation of Seals swimming, this is the aim of our club.

It was great to see the support too up in the gallery. Thank you

Congratulations to Seals swimmers Hollie Thomas, Kelsey Williams & Jordan Harding on their recent Welsh championship achievements.

Hollie & Kelsey have been selected for the Welsh Regional squad & Jordan with the Swim Wales Skills squad. Hollie has also qualified for next year's British ASA Youth Championships in 100m breaststroke.

*Fantastic achievements girls.*

They all train with the Pembrokeshire County Squad under the guidance of Paul Dowey, Pembrokeshire's Swimming coach.

**West Wales Regional  
Championships 2011**  
**Haverfordwest Leisure Centre**  
**5/6<sup>th</sup> & 12/13<sup>th</sup> February**

**This is an ideal meet for us as it is being held in our pool. The qualifying times and information is on the Club notice board by the changing village. Please read and if you are interested in entering all entries have to be logged with Dave Cooke on [cscooke144@aol.com](mailto:cscooke144@aol.com) by the 3<sup>rd</sup> January. Please bear in mind it's the festive season and it could be a big meet, so get those entries in!!**

**Christmas closures**

We will break for the Christmas holidays on Wednesday 22<sup>nd</sup> December & return on Wednesday 5<sup>th</sup> January 2011

Well done and Good luck to both Huw Cooke & Matthew Roch who have reached the Urdd National Championships to be held in Cardiff in January . Both swam for their

**15<sup>th</sup> January Swansea Valley Meet.**

We are able to access a bus to take the swimmers entered and a parent to this event. If you are interested in coming on the bus could you let Judith Billing know asap so that arrangements can be made. Pick up & drop off will be from the Leisure Centre. Times to be confirmed.

*We are always looking for support and help within the swimming club. If you feel you have any time or skills to share please contact a member of the committee.*

*If you would like to post anything in our Newsletter please contact Judith Billing - [jude19671@hotmail.co.uk](mailto:jude19671@hotmail.co.uk). We value your input  
Thank you*