

Seals Newsletter – Spring 2018

Fixtures:

Full details are available on the fixtures webpage. This page is kept up to date and is the best point of reference for events, entries and results.
<http://haverfordwestsealsswimmingclub.weebly.com/fixturesevents.html>

Please ensure your entries are submitted prior to the closing date. Late entries will not be accepted.

Inter-District Gala Results

- Tenby Dolphins 170 v **Hwest White** 268
- **Hwest White** 197 v Hwest Navy 187

West Wales Regionals

Well done to all swimmers involved. The relays were spectacularly exciting with Haverfordwest Seals coming third overall – amazing achievement!!

Urdd Swimming Gala

Well done to all swimmers involved.

Primary School medallists include:

Y3/4: Finley Bennett – Gold in 25m Breast
Y5/6: Dewi Thomas – Gold in 50m Back
 Eleanor White – Silver in 50m Fly
 Amy Knowles – Bronze in 50m Back and 100IM
 Boys Medley Relay – Silver
 Girls Medley & Freestyle Relays – Silver

Secondary School medallists include:

Y7/8: Rory Andrews – Silver in 100m Free
Y7/8: Boys Freestyle & Medley Relay – Gold
Y7/8: Girls Medley Relay – Bronze
Y7/8: Mixed Medley Relay – Silver
Y9/10: Sean Barrett – Gold in 100m Breast & Bronze in 100m Fly
Y11/12: Lucy Harding – Bronze in 200IM



Pembrokeshire County Swimming

Note: **County Squads** are reselected after the NT Gala this April.



Punctuality

All swimmers must ensure they are poolside at least 10mins before each training session or gala to start dryside warm up.

Gala Etiquette

During galas:

- Remain poolside – No wandering. If you have to leave poolside make sure you tell a coach where you will be.
- Know your warm-up times and be ready for your warm-up session.
- Seals hats and t-shirts to be worn at all events – you are representing your club, be proud ☺

New Officials

Congratulations to the **Haverfordwest Seals new officials** – Tom Moses, James Allen, Helen Allen, Frankie Robinson, Lucy Harding, Jane John and Elin Gilderdale.



A big thank you to Vincent Davies, Care in Hand and Phoenix Bowl for their recent kit sponsorship.



Above are some Haverfordwest Officials supporting a Swim Wales event in Jan 2018.

Water Bottles

All swimmers should have a decent sized water bottle for poolside training. All kit should be labelled clearly with your swimmers' name.

If you have any kit that your swimmer no longer needs or has grown out of, pass it on via the Facebook page to another Seals member.

Calling all creative Seals...



Can you design a new
'celebratory' logo for
Haverfordwest Seals 50th Birthday?



Your logo design will need to be one colour and submitted for consideration by the committee **by 24th April.**



The winning design will
be put onto special
anniversary swimming
hats!