

October 2011 round up of Daventry Dolphins swimming news by Lesley Sharp

Daventry District Sports Awards

We congratulate Aqua squad member, Mr Mike Smallwood on being awarded the Sportsman of the Year at the Daventry District Council sports awards. He was nominated by the club and we are very proud that we have some input with his Triathlon training. He now goes on to the County Awards at Corby on the 10th November.

ASA Inter-counties Team Championships

Daventry Dolphins swimmers Emma and Jack Bond represented the Northamptonshire Amateur Swimming Association (NASA) County Team at the prestigious Inter-Counties Team competition held at Ponds Forge, Sheffield. 38 English Counties, Welsh and Scottish regional Teams took part. Their dad Steve was invited to officiate.

Flitwick Dolphins Open Meet

17 Daventry Dolphins swimmers and the Head Coach Rob Sharp spent the weekend at Biggleswade for the Flitwick Dolphins Swimming Club open meet recently. This level of competition, subject to achieving qualifying criteria times allows entry to County and Regional Championships.

It was a fantastic weekend of racing from these young swimmers, winning a bucketful of medals, 51 personal best times, 81 new or improved NASA County qualifying times and another 2 Club recordsoh and the Dolphins were 4th best Club out of the 19 clubs taking part

There were sibling rivalries as well. ..brother and sister Sophie 14yrs and Joseph 11yrs both won an amazing 10 gold medals each, winning every event they entered. Twins Jack and Emma Bond aged 13yrs tried to out do each other in the medal count and our other set of twins Charlotte and Kimberley Mann 13yrs were also spurring each other on, with Kimberley being runner up in all the breast stroke events. Anya Bennett broke the 11-12yrs girls breaststroke record (Kimberley Mann) by a staggering 7 seconds and during that race she broke her own 100m breaststroke record by nearly a second, which she set at the Club Championships last month.

Results in event order:

100m freestyle

1st Sophie Iacovides 14yrs: 1st Joseph Iacovides 11yrs: 1st Jack Bond 13yrs: 2nd Emma Bond 13yrs: Anya Bennett 8th: Ellie Davies 10th: Emily Sharp 13th

200m back

2nd Rachel Sullivan 13yrs; 2nd Jack Bond 13yrs: 5th Emily Sharp 11yrs

100m individual medley

1st Sophie Iacovides: Joseph Iacovides: 2nd Jack Bond; Emma Bond 2nd; 4th Anya Bennett: 5th Kimberley Mann 13yrs: 5th Laura Collins 16+: 5th Keely Saville 9yrs: 10th Charlotte Mann 13yrs: 12th Annabel Murphy 10yrs: 15th Ellie Davies 12yrs:

50m breast

1st Joseph Iacovides: 1st Sophie Iacovides: 2nd Keely Saville: 2nd Kimberley Mann: 2nd Laura Collins: 8th Ellie Davies: 9th Annabel Murphy: 11th Serena Foster 11yrs.

400m freestyle

1st Emma Bond: 1st Joseph Iacovides: 3rd Jack Bond: 3rd Rachel Sullivan: 7th Annabel Murphy: 7th Emily Sharp: 7th Ellie Davies

100m butterfly

1st Sophie Iacovides: 1st Joseph Iacovides: 7th Serena Foster

200m breast

1st Anya Bennett **NEW 11-12YRS CLUB RECORD**: 1ST Laura Collins: 2nd Kimberley Mann: 3rd Caitlin Hanna: 6th Keely Saville

50m back

1st Sophie Iacovides: 1st Joseph Iacovides: 2nd Jack Bond: 3rd Keely Saville: 4th Serena Foster: 6th Kimberley Mann: 10th Ellie Davies: 10th Caitlin Hanna: 11th Annabel Murphy

400m individual medley

2nd Rachel Sullivan: 3rd Emily Smith-Williams: 6th Emily Sharp

100m breast

1st Joseph Iacovides: 1st Sophie Iacovides: 1st Anya Bennett: 2nd Emily Smith-Williams: 2nd Kimberley Mann: 2nd Laura Collins; 7th Charlotte Mann: 9th Ellie Davies

200m freestyle

1st Jack Bond: 1st Emma Bond 7th Rachel Coates: 8th Anya Bennett: 9th Aleicia Smith: 11th Emily Smith-Williams; 12th Emily Sharp: 12th Ellie Davies: 15th Serena Foster

50m butterfly

1st Sophie Iacovides: 1st Joseph Iacovides: 2nd Laura Collins: 3rd Emma Bond: 4th Rachel Coates: 6th Emily Smith-Williams: 7th Aleicia Smith: 7th Kimberley Mann: 8th Charlotte Mann: 11th Serena Foster

400m freestyle

2nd Jack Bond

200m Individual medley

1st Sophie Iacovides: 3rd Emma Bond: 6th Kimberley Mann: 9th Emily Sharp: 13th Serena Foster

100m back

1st Joseph Iacovides: 1st /Sophie Iacovides: 1st Rachel Sullivan: 2nd Jack Bond: 5th Rachel Coates: 6th Anya Bennett: 8th Aleicia Smith: 8th Kimberley Mann

50m freestyle

1st Jack Bond: 1st Joseph Iacovides: 1st Sophie Iacovides: 2nd Emma Bond: 6th Rachel Coates: 6th Charlotte Mann: 7th Ellie Davies: 12th Aleicia smith: 14th Serena Foster

Northamptonshire Amateur Swimming Association (NASA) **Junior Development Day Friday 28th October 2011**

7 Daventry Dolphins swimmers attended the latest County Junior Development Day for swimmers aged 8-11 years. The Camp was headed up by Jacquie Marshall, Director of Swimming at Northampton Swimming Club (NSC). She was assisted by Andrew Sharp, NSC Head Coach (former

Daventry Dolphin. Throughout the day, they took part in pool sessions, land training and had a swimmers quiz.

Swimmers attending were; Crawford Wright 9yrs / Kalam Marsh 10yrs / Bradley Bennett 10yrs / Kian Saville 11yrs / Polly Smith 9ys / Keely Saville 10yrs / Annabel Murphy 10yrs.

'2nd Corby 'Halloween Fun Gala

The Daventry Dolphins took a large contingent of swimmers over to the Corby East Midlands International pool for the '2nd Corby 'Halloween Fun Gala'. Some swimmers and officials got into the spirit of the occasion by dressing up in a variety of costumes. Some of us just wore the scary faces we were born with!

Some of the swimmers were making their debuts for the Team. This gave them a fantastic opportunity to compete in the 50m long course (Olympic) format. 2 lanes were allocated to each club, 1 competition lane and the second lane used for the purpose of practice and time trials. All individual races were over 50m and the stroke relays were 4 x 50m.

It was a close run competition and it was a shame that we didn't have the services of all of our older age group as the youngsters had to swim up. However, a great night was had by all and these results keep the momentum of fast times showing that training and performances are heading in the right direction.

Result:

1st Wellingborough 136

2nd Corby 127

3rd Daventry Dolphins 124

4th Market Harborough 93

Long course personal best times (pb) were recorded and many new or faster 2012 County qualifying times (cqt) achieved.

1st places:

Chris D'Agostino 11/u breast: Joseph Iacovides 13/u / fly and free:

Carey Davis 15/u back and open back: Sophie Iacovides Open free and fly: Kimberley Mann 15/u breast: Anya Bennett 13/u breast: Emma Bond 15/u free: Emily Sharp 11/u back: Alex Gibbons 13/u free:

Girls 11/u medley and free relays: Emily Sharp / Rachel Coates / Serena Foster and Megan Browne

Girls 15/u medley team: Carey Davis / Kimberley Mann / Sophie Iacovides and Emma Bond

The Team also won both fun relays:

The first 8 x 50m relay, whilst swimming, the swimmers had to carry a plastic pumpkin, keeping it out of the water and hand it to the next swimmer until all swimmers had completed. If the pumpkin was dropped, time penalties were accrued. The Daventry squad were: Emily Sharp /

Austin Evans / Emily Smith-Williams / Joseph Iacovides / Emma Bond / Jack bond / Sophie Iacovides / Johnathan Was.

The second 8x50m relay. The swimmers were given a plastic inflated coffin & skeleton. The girls kicked the empty coffin to the boys who in turn had to kick back carrying a bucket of legs, arms, head and torso bones. On completion, they had to assemble the skeleton in the correct order, with the team to complete the task being deemed the winners. The team were: Serena Foster/ Joseph Iacovides / Alex Gibbons / Josh Wilson / Sophie Iacovides / Jack Bond / Carey Davis and Johnathan Was

2nd places:

Girls 13/u medley relay team: Rachel Sullivan / Anya Bennett / Emily Smith-Williams and Alex Gibbons

15/u girls free relay – as medley

Mixed open medley relay: Carey Davis / Johnathan Was / Sophie Iacovides and Jack bond

Rachel Sullivan 13/u back: Josh Wilson 13 /u breast: Sophie Iacovides open breast

3rd places:

Emily Smith-Williams 13/u fly: Jack Bond 15/u back / 15/u free / open back: Chris D'Agostino 11/u free: josh Wilson 13/u back: Serena Foster 11/u fly: Emma Bond 15/u fly / Joseph Iacovides 15/u fly; Johnathan Was open breast

15/u medley and freestyle teams: Joseph Coleman / Joseph Iacovides / Josh Wilson and Jack Bond

Mixed open free relay team: as medley

Making their debuts were: Polly Smith 9yrs / Lucie Ward 9yrs / Kalam Marsh 10yrs / Bradley Bennett 10yrs /and Johnathan Was 18yrs.

Polly who only joined the club in the summer swam her first ever competitive 50m race and in doing so achieved her first NASA County qualifying criteria time, a fantastic achievement. Johnathan who has recently joined the Dolphins from Rugby SC also achieved NASA County qualifying times as did Christopher D'Agostino, Libby Ward and Katie Ward who achieved their first NASA County Qualifying times. Many more are predicted.

For further information about the Club please visit the website: www.daventrydolphins.co.uk or telephone Mrs Lesley Sharp, Secretary 01327 876873