



Christmas Newsletter 2018

Christmas Already! Well Laois Marlins, it's Christmas already, that year just went so fast! Check out our Christmas Schedule below:

Junior Squad will finish for Christmas on Friday 21st of December returning to normal Squad training on Friday 4th January 2019.

Senior Squad, will have no swimming next Thursday 20th of December, but there is swimming as normal on Friday 21st and Saturday 22nd of December.

Senior Squad will have Special Training Times Christmas Week. There will be Squad Training on Thurs 27th, Fri 28th and Sat 29th- from 10 am to 12noon in the morning. Senior Squad will resume normal training times on Thursday 3rd of January.

Junior Squad, Training Development Program!!

We have introduced a new Junior Squad Training Development Program that offers some of the more experienced Junior Members Extra Training Sessions with Senior Squad. This is a great way of building up the strength and stamina of the Junior Swimmer, before they make the jump to full Senior Squad Hours.

This training is offered to swimmers at the coach's discretion. If you would like to know about the program and what is involved please have a chat with your child's swim coach.

Kilkenny Gala

We had 22 swimmers that took part in the Kilkenny Winter Gala, and all the Swimmers gave strong performances throughout, with PB's and Medals Galore. Plus Laois Marlins had

the Highest Number of Swimmers so far Reach the Skins Final at Kilkenny a total of 5 Swimmers, 2 Girls and 3 Boys!

Laois Marlins Christmas Gala Caused Waves of Excitement!

The Laois Marlins Christmas Gala was a Huge Success. We had a total of 9 Swim Clubs from all over the country attend the gala, with over 250 swimmers taking part in over 700 individual Swims!

With that many swimmers, we had to be tight on time and thanks to all the Help from Laois Marlins Swim Club Parents, the Gala not only ran like Clockwork, but there was a Super Atmosphere, and Great Food.

Many thanks, to all of you who helped and brought food. We received so many compliments from the other clubs about the food, the good spirit and the general friendliness of the Club as a whole.



Don't forget the Pool Party!

Pool party is all systems go for tomorrow.

Juniors 9am – 10am with food after.

Seniors 10am – 11am with food after.

We Hope to see you all there!

Development Gala – Open on its Plain Sailing; The Development Gala is open on its plain sailing. This is a great opportunity for Junior Swimmers to go for qualification times or for Senior Swimmers to Improve on their Weaker Strokes! Don't forget to enter, as this will close over Christmas. **Once again from Laois Marlins Swim Club, Merry Christmas & A Happy 2019!**