

I would like to say a special thank you to Di and Ossie as they have been such reliable volunteers over the years. They are always so friendly and approachable, and they both add to the welcoming atmosphere we like to create at Wimborne Wagtails. And they add some laughter too, and are always willing to listen and help with the teaching of swimming, and keep a close eye on swimmers both in the water and on poolside to make sure they are safe at all times.

I think we should all put our hands together to show our appreciation for Di and Ossie, our stalwart volunteers.

We are now awarding the Elsie Stone Cup for a mature swimmer and this goes to Wendy. Wendy has endured several operations and the fact that she kept swimming on Saturdays and during the week has helped her greatly to recover and to regain her fitness. Unfortunately, Wendy has demanding family commitments at the moment so she could not make it this evening. Let's all put our hands together for Wendy, the winner of the Elsie Stone Cup. I am sure Elsie will be smiling down from heaven.

The Endeavour Award for the most improved swimmer goes to Harry! Harry has been swimming with the Wagtails on a regular basis and he is now making great strides. His swimming technique has improved immensely, and he swims consistently. He is not one to waste any time in getting his lengths in. He is also a lovely boy, always polite and smiling, so we are very pleased to have him among us. Well done, Harry. Keep up the great swimming! We are proud of you!

The Endeavour Award Special Mention goes to Greg, Laura, and Sarah Moore. These wonderful swimmers have shown

immense dedication in wanting to improve their swimming technique and their swimming speed. All three have done incredibly well, and all with a smile. Greg is making great improvement in using his goggles for swimming the crawl, his back stroke and his breathing technique is improving, and he has generally has made great progress.

Laura too, has improved immensely. I have seen her progress from not being able to swim the crawl or back stroke, to now swimming beautifully and fast. She is now showing great swimming technique in the water.

Well done, Laura. Your progress always makes me happy.

Sarah Moore has done amazingly. Every time she attends she focuses on the amount of lengths she wants to swim and then exceeds that number. She really has grown in confidence from using woggles to support herself to now swimming completely unaided. Sarah faces many obstacles in her daily life and I applaud her for her achievements and determination, despite all odds.

And finally, I would like to give a special mention to our ever-smiling and always cheerful Sean. Sean also faces many challenges in his daily life but his swimming keeps him going. He has made lots of friends in the pool and his swimming technique has greatly improved with the help of his support worker.

Every swimmer in the pool deserves a great round of applause for keeping swimming, for staying determined, and focused on their goals. And most of all, for honouring us with their presence whenever they can attend.

It always makes me happy to see you all progress every week, and for me that is so rewarding.

Keep up with the swimming as it is good both for your physical and mental health, and it builds great friendships within the Wimborne Wagtails.