

DERVENTIO EXCEL SWIM SQUAD



X NEWS MAY 2006

We have a busy month Guys!

Representatives on Camps

I firstly want to congratulate all the swimmers who attended the British Youth Team Camp & those on the District Team Camp for exemplary efforts.

The coaches who look after swimmers on these camps always call the home coaches to inform them of their progress.

The calls I had in respect of Joe Keane, Rebecca Harrison & Emma Smithurst from Slovenia were all glowing about their commitment & professionalism.

Just as the calls received from Norwich about Livvi Sefton, James Shand, Sarah Gibson, Anna Butler & Evie Keane.

Well done guys! You did me & the rest of the team proud!

Competitions...

We have a couple of weekends of competitive action in early May.

The Youth swimmers are at Coventry for their district championships & everyone will be in action the following weekend at Sheffield in the Radford open.

As I have said to you guys on the poolside, things over these last few weeks have really started to move on.

Make sure that you all continue to pay attention to details like eating sensibly & now that the summer is finally starting to arrive, pay special attention to your fluid intake.

Attached to this newsletter is a dehydration chart prepared by Coach Simon Ferrarelli.

This is a great guideline for you & it should be used.

Also, please don't forget to TXT me with your results. It will cost you no more than the usual 5p that it normally costs.

How far do you want to go....

I thought you may find this interesting....

At the Commonwealth games last month, the medal count from the British team equated to 1 medal per county in the country.

Think about that...statistically have 1 future medallist at Commonwealth level in our programme.

Now...what did Derbyshire actually get?

2 medallists collecting four medals!

Our target is to surpass that.

So are you going to be one of the swimmers who steps up to mantle?

Are you going to make that decision here & now that everything you do in training should be better than you have ever done it before?

Is your out of the water preparation going to be better? Stretching, eating, drinking, sleeping. Are you ready to take it on?

Because I am!

Coaching Down Under

As you are all aware, I will be off to Oz for the next three weeks.



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This will give a fantastic opportunity for us at Derventio to find out more about high performance swimming in another part of the world.

Australia has for the last fifteen years or so, been the highest performing nation in world swimming in comparison to their population.

They have invested massive amounts on research & development in sports science & made sure that this knowledge is disseminated throughout the coaching community.

There is also a culture of finding individual solutions for individual programmes with a real emphasis on Fast Swimming as the number one priority.

If you think about it, that is exactly what we are all about.

Derventio is in existence for one reason & one reason alone...To get swimmers swimming faster!

Obviously we are always looking for another edge!

Maybe there are a few we can gain by adapting some ideas from down under & turning them the right way up!

Coaching Cover

During the time I am away, you guys will have the usual support of Simon & now Sue will take over three nights per week through this time.

Can any of the parents/coaches who regularly help me a great deal by assisting during the sessions, please chip in with Sue as I know it will help the sessions be more productive for our swimmers.

Swimmers, as I say to you regularly, It is YOUR responsibility to get the most out of your sessions.

Listen to your coaches', take on board what they say to you & do your best to perform to the best of your ability.

It goes without saying that I expect you to treat all coaches on deck with the utmost respect.

If anyone doesn't then they are not welcome as part of this high performance team!

Mouse!

No we don't have a rodent problem at any of our pools!

If you can get hold of a broken mouse or two, I have an idea to use them to help your technique.

If you can get any, cut the wire off & take the ball & it's cover out of the bottom (basically any removable part). Then stick them in your wet bag. Ideally we need two per swimmer...

Mark



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