

Notes on Some of the Competitions....

Coventry Open Meet - to be swum by all swimmers except those attending the GB End Of Year Tour 6+ events & No Rest!
District Short Course - All qualifiers to swim, including age groupers, again No Rest!
Gateshead & Whickham Meet - Only Olympic Trials Qualifiers or close to. Rest to Attend a stay meet TBC
City Of Derby Meet - All swimmers to enter under home club.

 Home Club Events <i>* Denotes enter as Home Club & Work as Derwentio eXcel Team</i>	 National Events	 DX Entered Meets
 PT Training Timetable <i>Min' 12hrs per centre</i>	 Training Camps	 GB Duty
 Test Session 5 x 1/200 <i>Swimmers to monitor via logs</i>	 Sports Science & Lboro <i>Including steptest</i>	 Bank Holiday Pool Closed

Swimmers to attend only the meets in the plan.
This will enable a correct load of approx 12 competitions per year at the correct load of four competitions at winning level, four at the same level & four at a higher level.
I.E. Counties/leagues/open at lower level. Districts/open/inter counties at current level.
Nationals/open/possible internationals at level up.

If you believe you have a realistic chance of ever making Great Britain's Olympic Team, then here is something for you read, to live by & to commit yourself to over the next 12 months.

The Trials for this event start in April 2008

To those aspiring for excellence in any sport, the ULTIMATE, is the Olympic games.

The Olympic Games & their Trials are without question an arena only for those athletes who reflect a tough & uncompromising competitive attitude. Attitude is everything & the prospect of winning is the only considered option.

The Atmosphere at the Trials can be unforgiving & unrelenting.

Those who swim well at the Trials, enter the meet knowing & expecting, hope is not in their mind.

All anticipated & and/or unanticipated obstacles have been dealt with in their preparation. The partnership of a talented athlete & a success driven coach is the central core for success – both must have the courage of their conviction & the total belief in their expectation.

Together they both must have endured & thrived on a preparation that by the unswerving commitment of both – will give a belief of superiority in any conditions or circumstances.

Consistent excellence in workouts, competition & in a championship lifestyle, are all dependant on each other in the final outcome.

Soft, compromising, rationalized unprepared athletes & coaches who do not appreciate that a reason is an excuse & an excuse is no reason & who do not expose themselves consistently in workouts to harsher & more challenging conditions than in the major meet themselves, will always be found wanting when their day comes.

Every time you waste a day or a workout, you are behind someone who has not.

The major meet podium does not recognise poor technique or skills, incomplete preparation, unprepared bodies or negative attitudes.

That is why it will recognise swimmers from our team who will possess none of the above negative attributes.

Holidays should be kept to the correct period & limited to no more than two weeks out of the water.

Enjoy the ride...

Head Coach Mark Rose

THE COACHING TEAM
HEAD COACH - MARK ROSE
COACH (HEADING UP NORTHERN GROUP)- SIMON FERRARELLI
COACH - JAMES STANNARD
ASSISTANT COACH - NEIL TOWLE
ASSISTANT COACH - SPENCER GEORGE
ASSISTANT COACH - KEITH KELLY