



DX General News 09 – Nov 2007

Intro...

Christmas is almost upon us and it is getting closer to the Olympic trials ... No room to put in all the recent success stories, but these are on the various notice boards – with some copies of press releases on the web site.

Committee Corner

From the chair...

As the nights draw in, the hard work continues in the pool and we can celebrate excellent results at the Midlands Short Course event. We have delivered another successful Swim Camp, already another one in planning along with our second Open Meet next May and June. The National Panel of the ASA has accredited DX at the Performance level of Swim 21 and on the financial side we have been working hard with DASA and with the Region to find a more sustainable basis for DX - hopefully more on this soon. As always, thanks to all those that make all this happen. *Simon*

From the Head Coach

What a phenomenal performance we had at the Midland Senior and Junior Champs. Not only did we win the Junior Medal table, but also the combined medal table! Swimmers, you were very focussed and prepared well to swim fast. We need to keep up the high standards of professionalism now as we are only a few weeks away from the final round of qualifying meets for the Olympic, World, Youth and European Junior trials.

The Xmas timetable will be published shortly; it is crucial that whilst I am away on Camp in December and throughout the festive season that you keep your volumes high. Your lifestyle needs to stay professional; at this time of year, swimmers fall behind by overeating, staying up too late too often and some of the older swimmers make the mistake of inappropriate alcohol consumption. Remember, one alcoholic drink will compromise any intensive workouts for four days after consumption.

Many of you are at a cross roads in your swimming career: you have a choice; do you want to stay at the same level, or do you want to move on to the level above? It is your call; only you can make this winter the best, most professional block of training you have ever done. Seize the opportunity! Every workout counts. *Mark*

Success Stories

Well done to all the swimmers at the County Sprints. As would be hoped, the DX swimmers took the majority of the medals while representing their home clubs.

Chris Steeples has joined Livvi, Emma and Fee on the 2012 Development squad.

Dave Ellis is heading to Australia in January for a pre 2008 Olympic training camp.

Club Shop

Please see Ruth if there are any kit requirements. As with all orders, they are best "bulked" so watch out for e-mails on dates and what is available. Next order will be placed in February.

Diary Dates

There are three meets to take note off for early next year. Please will all swimmers enter the City of Derby Open Meet (under their home club name). Any swimmer who is within a realistic striking distance of Olympic Trials Qualification should be aiming at focussing on those events. All other swimmers should be looking at no more than two events per session.

We also have two meets for two separate groups of swimmers.

- One Group will be swimming at the Burns Meet. These will be those swimmers who have a realistic chance of qualification for Olympic Trials.
- The other group will be going to an open meet at Harrogate on the same weekend. This is no longer an organised "stay" meet; see Simon for contact details of local hotels if needed.

If you feel that you may be better in the other group, please don't hesitate to discuss with Simon or myself. Entries to Sue K or Simon as needed. Also, watch out for these dates:

24 Nov - Coventry

8 Dec – Speedo League

12/13 Jan – City of Derby (Sheffield)

26/27 Jan - Burns Meet (Sheffield)

26/27 Jan – Stay Meet (Harrogate)

1/2 Mar - Counties

8/9 Mar - Counties

15/16 Mar - Counties

31 Mar – 6 Apr – Olympic Trials (Sheffield)

31 May – 1 Jun – DX Open Meet (Sheffield)

Also: Mark on British Swimming end of year tour 24 Nov to 23 Dec with Emma and Livvi. Coaching cover will be provided.

SWIM21

The SWIM21 files have been submitted to the Regional Panel and forwarded to the National Panel for formal accreditation. **We are now pleased to announce that DX is accredited at Performance Level as well as Competitive Development.**

Compliance, Workforce Development and Athlete Development is an ongoing process and we ask all members to actively participate in maintaining our status at SWIM21 Competitive Development and Performance levels as part of our role in the Network Pathway for Derbyshire. We will be working closely with DASA and the East Midlands region as well as all the Derbyshire Clubs to fulfil our role at the Performance Level in developing both the coaching and swimming within Derbyshire to continuously raise performance level standards.

The committee thanks all members for participating and their help in achieving accreditation. As part of the Network Pathway, we will be working with the other Performance level clubs within the East Midlands region in pursuit of excellence.

DX Open Meet...2008

Planning for the Derventio eXcel 2008 Open Meet continues and the licence application has been submitted. The meet itself will be held over the weekend of 31 May and 1 June 2008 and results are eligible for entry into the 2008 Nationals.



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DERVENTIO EXCEL SWIM SQUAD

Website, E-news and News

Help is needed – any willing students want to take on the web site maintenance as a project?

Club Captains

With Jamie Lovatt moving onto University, it has presented an opportunity for a change in the Club Captains. The Captains take the lead in certain activities and represent the club at key events. Richard (Sellers) is stepping up to take the Mens role, while Becky retains her role as the Ladies captain.

Coughs and Sneezes

If you are feeling ill, first question you have to ask yourself is "Am I really ill, or just very tired?". If you sure you are ill, the golden rule is: if you have a high temperature, take 24 hours rest; if you do not, train, but inform the coach and swim aerobically. Remember, fatigue can manifest itself in symptoms similar to colds and flu and full time athletes need to be fatigued! Prevention is better than cure, so keep warm after training as this is when the body is most susceptible to infections. Hats and warm jackets are essential parts of the winter training gear.

Pool News

The work at **Ripley** continues ... The final programme of certification testing on the construction work has meant that the new 25 metre main pools and smaller teaching pools at both centres will now open in Spring 2008, to coincide with the opening of the new Alfreton Leisure Centre.

Etwall – a "spotters" course is being held on Monday 26 November. If you are a regular at Etwall, please attend the course as it saves the club money. The "course" will entail being shown where the emergency bells and whistles are and then proving you can get out of the pool on your own. It would be a good idea to bring a swimming costume and towel ...

Xmas timetable

This has now been part published and is effectively 9-12 on 24, 27, 28 and 31 Dec. All at Moorways. Sat 29 at Ripley as normal. Programme as normal from 2 Jan.

As a social outing, Go-Karting is being arranged by Matt S for Sun 30th. See Matt for details.

Support Training

Just to remind you all that DX are hosting a Team Managers Level 1 and 2 Course on Tuesday Nov 27th starting at 6.30pm prompt at Alfreton Town Football Club. Please arrive by 6:15pm. This Course is open to all and is a qualification which is vital to the squad in the organisation of Swim Camps and Open Meets.

Caliper Testing

The pubescent & post pubescent females are having skin fold data collected by caliper measurements in order to assist Mark ascertain a fuller picture of the physiological status of the girls as they approach and also reach maturation. This can help to highlight earlier any changes in the girls physiques that may affect performances. Females in particular can fluctuate in their physical make up and these fluctuations can have a negative impact on training and therefore performance. Karen (Rose) is taking the measurements and the testing data will only be accessible to her, Mark and the swimmer. Parents can access their child's data if they wish. The testing will take place every 4-6 weeks and will be analysed in conjunction with swimmers

height & weight data. Please see Mark or Karen if you have any specific questions.

2008 Open Air Swim Camp ...

Documents relating to a proposal for the 2008 Swim Camp to Yeroskipou in Paphos Cyprus have been sent out and other options discussed at a recent meeting. The National Team Championships falls a week earlier so we are able to travel anytime from the Friday evening until Sunday. Watch out for e-mails relating to what is finally proposed and when payment is due.

2007 Open Air Swim Camp ...

Many thanks to all those who helped make the Open Air Camp in Mallorca a big success.

Palma Swim Camp 2007

This year's chosen destination for the swim camp was Palma, Majorca, which is an island off the Spanish coast. We all arrived at Manchester airport at around 5am, most of us having to get up around midnight to catch the bus or to make own way there. Lots of us had last minute panics as the staff strictly imposed weight limits on the luggage. Ask Dave or Matt for further details.

Upon arriving at Palma, we had just enough time to get changed and something to eat before going straight to the pool for our first, and some maybe thought it could have been our last, training session.. You would have thought that the term 'warm weather camp' would have created the assumption that it was going to be warm - this was definitely not the case. The pool may well have been refrigerated! It wasn't long until blue lips became a regular sight, and penguin tactics came into affect as we all huddled together. The highlight of each session, and the thing to look forward to, soon became the showers as everybody ran off poolside and into the changing rooms after each session. The journey to and from the pool was quite a nice relaxation period; until the younger girls made up songs about some of the lads, and this was a signal for half the bus to turn into a choir!

The food was good, not nearly as repetitive as the previous year, and free time was occupied with Bingo, as many of us took on the bingo masters (all the old ones with nothing better to do) with the help of Simon's national bingo league experience, some of us came out of it 60 Euros better off, or a cake or two.

Most of us had a sea front view from our rooms, which, I think it is fair to say were of quite a good standard. By the time it got to Friday, most of us were anticipating our session off, thanks to Mark's point scheme of +1 point for positive things, -1 point for negative things, and we had to reach 10 points by Friday for the session off. It was spent by an afternoon at the beach followed by a "Ball" in the evening, which admittedly all the girls put a great deal of time and effort into.

And then, by some miracle, we managed to get Sunday evening off as well, as we accumulated another 20 points!

We were treated to a meal at one of the sea fronts restaurants. We had a 9 Euro allowance, and the rest was to be paid for by ourselves. So most of us had pizza and a coke, then treated ourselves to a rather large ice cream. We then flew back to the UK that evening to arrive home around 9pm. We all got a good rest until Wednesday morning, when we got back into our usual routines.

Overall, it was a very good camp, and I think all of us will be looking forward to the next one, whenever, and wherever it will be.

By Robert Guest

Derventio eXcel is a partnership between all Derbyshire Swimming Clubs, Derby City Council, Derbyshire County Council, South Derbyshire District Council, Amber Valley Borough Council, Chesterfield Borough Council, Derbyshire Amateur Swimming Association, British Swimming, Derbyshire Sport, the University of Derby and Derby College. It is one of a select number of squads that are endorsed and supported by British Swimming.