

DERVENTIO EXCEL SWIM SQUAD

DX General News 19 – Oct 2009

Introduction

There have been a few changes over the past few months, so apologies for not getting this out sooner.

Committee News – Karl Davidson (Chair)

The AGM was held on 14 July in Matlock. The chair and treasurer presented reports on the previous year and a new committee was elected. Following the meeting, there was a discussion session with representatives from DASA and Derbyshire Sport on the pathway development. Since the AGM, Rob Hignett has decided to stand down as Chair and I have taken up the reins. Many thanks go to Rob for his hard work and efforts in managing the transition between coaches and with the start of the pathway development.

"I am aware of the honour that has been given to me and the responsibility that I have to maintain the achievements, influence and prestige of Derventio eXcel. I shall try to strengthen the performance pathway for swimming in Derbyshire in which Derventio eXcel fulfils a key role. I look forward to the challenges ahead."

DASA has issued the following statement: *"Derbyshire Swimming wishes to thank Rob for his work, energy and commitment to Derventio eXcel as Chair and is pleased to see Rob will stay on to provide the benefit of his experience to the executive."*

There has also been a change in the treasurer, with Neil Sefton stepping down after several years of sterling work for the club on the committee. Peter Marshall has taken up the reins at this challenging time. **Karl – chair**

From the Head Coach

I hope you've all enjoyed some time away from the pool throughout the summer break. By the looks of things, you have all come back highly motivated and relishing the season ahead. We're now settling into the new season and have already done some great work on strokes and skills. This will continue as the volume and intensity of training increases over the coming weeks and months. I am holding "one to ones" with you all, so please see me if a meeting has not been arranged.

Stay focussed on your goals for the season, apply yourself to the best of your ability in all that we do both in the pool and on land and keep a positive attitude at all times both for the benefit of your team-mates and yourself. I look forward to a hugely successful season for all of us in DX. **Andi**

Pathway

All swimmers will receive a pack "inviting" them to Derventio. This is the same pack that is being sent to other swimmers not currently in DX and is to provide

everyone with the same information. It is also to renew all the consent forms and advises on parent membership.

Visiting Coaches

GB Olympic coach Ben Tittley was in attendance poolside in early September. Ben, who coaches several athletes on the World Class programme at Loughborough (including Liam Tancock, Ross Davenport and Lizzie Simmonds), ran the session at Moorways. Ben was also poolside with the Derbyshire team recently.

Open Meet 2010

British Swimming have finalised their dates for the 2010 British Championships (incorporating Commonwealth Games Trials). They will be taking place at Ponds Forge starting on Monday 29th March concluding on Saturday April 3rd. This obviously clashes with the DX Open Meet over the Easter Weekend and we have been asked to move our Open Meet. We have agreed to do so.

The new dates for the DX Open Meet are now Easter Sunday April 4th and Monday April 5th. Sue Watson and Sue Keane are developing the details. All parents are encouraged to provide assistance in the planning and then during the meet.

Open Meet 2: DX are intending to run a second Open Meet in 2010. The format and dates for this meet is being discussed with British Swimming. At present, October is most likely. More information will be given when known.

Open Meets 2011, 2012 ...

The 2011 and 2012 Open Meets may not be on your radar yet. However, provisional dates have been set and it would be a good idea to make a note now so that they can be taken into account when planning future holidays:

2011: April 2 / 3 2012: April 28/29.

Club Captains

Many thanks to Bobbo for his work with the coaches over the past year – while he is still making guest appearances, his departure for Naval College allows Chris Steeples to fill his shoes in the Captains role. Jo Reeks stays as the ladies captain.

Long Course Swim Camp ...

There is the intention to run a Warm Weather Overseas Squad Camp around the February half term / British Championships in 2010. It is anticipated that the British Championships will be used as part of the qualifying for the 2010 Commonwealth Games in Delhi as well as the 2010 European Junior Championships, so DX are looking at the best possible preparation for this event. Details will be distributed with the new induction pack.

DERVENTIO EXCEL SWIM SQUAD

Website, E-news and News

Many thanks go to Simon Mounsey for keeping the web site up to date. Keep an eye on it for recent news and messages. The 'Global Correspondence' is being sent from dxinfodx@yahoo.co.uk. Any requests for communications to be distributed can be passed directly to this contact. If you are not getting e-mails – shout!

Pools and Sessions

North: Until the re-opening of Queens Park, the training plan at Staveley, Sharley, Dronfield, Brookfield and Ponds Forgee will be in effect. Andi expects all swimmers to be attending all 8 sessions each week. South Squad sessions are also open to all DX swimmers should it be possible for you to get to these.

South: We now have our full weekly training programme at Queens, Moorways, Etwall and Ripley available for all swimmers. The following attendance requirements apply to all squad members, unless agreed differently:

Girls 12 and Boys 13 = 8 Sessions per week
 Girls 13/14 and Boys 14/15 = 9 Sessions per week
 Girls 15-17 and Boys 16-18 = 10 Sessions per week

Success Stories

Nationals: Seems a while ago, but for the record: Oliver Davidson took Silver in the 100 and 200 breast stroke and Gabby Hignett Silver in the 1500m Open Water. Finalists were Catherine Williams, Connor Smith, Emily Alsop, Harry Webster, Jessie Westnidge, Matthew Mounsey, Molly Renshaw, Livvi Sefton, Sarah Vasey, Sophie Critchlow and Tilly Gray. Evie, Chris S and Kane made the Semi Finals. The Boys 11-14 Medley team made the finals as well as the Girls 11-13 team for 4*200, 4*100 and the Medley.

Programme

Date	Competition	Location	Enter as.....
NOV	7/8 Regional Championships (25m)	Corby	Derventio eXcel
	29 DASA Sprint Competition	Sheffield	Home Club
DEC	4-6 Northampton Open Meet (L1)	Corby	Derventio eXcel
JAN	09/10 City of Derby Open Meet	Sheffield	Home Club
	30/31 Burns Open Meet	Sheffield	Derventio eXcel
FEB			
MAR	6/7 DASA County Championships		Home Club
	13/14 DASA County Championships		Home Club
	27/28 DASA County Championships		Home Club
	29 – 03 Apr British Championships		Derventio eXcel
APR	3/4 Derventio eXcel Open Meet	Sheffield	Home Club
MAY	1/2 Regional Youth Championships		Derventio eXcel
	30/31 City of Sheffield Open Meet	Sheffield	Derventio eXcel (Not BAGCATS)
JUN	5/6 Regional BAGCAT Championships		Derventio eXcel
	12/13 Regional BAGCAT Championships		Derventio eXcel
JUL	8-10 British Open		
AUG	28 – 01 August ASA National Age Groups	Sheffield	Derventio eXcel
	3-7 ASA National Youth Championships	Sheffield	Derventio eXcel
	18-21 ASA National Championships		Derventio eXcel

Glory Board

Well done to Jo Reeks for recent open water performances. These include the 5K at the Bosworth Open Water which included performances by other DX swimmers. Sasha Wisdish winning the ladies 3K. Both featured in Swimming Times article on Bosworth! Jo claimed the 10K crown at the 13th Open Water swimming champs in Weymouth. She followed this with the 5K the next day! She has also been doing well in some triathlons!

Oliver Davidson has won Junior Sportsman of the year with Erewash Borough council. He got the award at a ceremony on the 16th Sep and is put forward in the Derbyshire sports Awards.

Well done to the swimmers who got recent National and British Champ qualifying times.

Protection, Welfare and Performance

If you have received your CRB documents for renewal, please let Lesley or Paul know and complete them as soon as possible.

Any swimmer or parent with any concerns about Child Protection issues can contact Paul or Lesley Webster.

County Teams - Sheffield

Well done to all the swimmers at Sheffield. Derbyshire came 14th equal – keeping a firm hold on Division 1. There were some excellent individual and team performances.

Open Meets

The Committee have reviewed the costs relative to Open Meet expenses. It has been decided by the committee that an additional payment of £3.00 is to be added to the overall competition entry fees where swimmers are representing Derventio Excel. This fee is essential if we are to cover coach and team manager passes.

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.