

Derventio eXcel Swim Squad



DX General News 03a – Apr 2006

Intro...

Well done to all the swimmers at the counties – hope you have been watching the swimming in Melbourne. As one of the press articles said – Dare to Dream!

Committee Corner

From the chair...

In the first issue of this newsletter I said that one of the priorities of the committee would be to lay out medium to long-term plans. The first step in doing this is to be clear about two things – our goals and our values. Simply our goals describe what we want to achieve and our values describe the things that are important to us. In one of our workshops earlier in the year we 'pooled' our ideas on what should be included and grouped these into the main points.

Firstly our goals: Clearly we are about winning. Whether at regional, national or international levels, we are about the highest levels of achievement ... very much brought to life by our swimmers' success at the Commonwealth games recently. However we are more than that. We want all our swimmers to reach their full potential both for personal achievement and to contribute to the overall performance of the squad.

We intend to set the standard in swimming and squad management. We have an ambitious agenda and we want to be seen as 'best practice' in and out of the pool. We want to develop a strong sense of community, not just amongst the swimmers, but also amongst parents, DX partners and the Derbyshire clubs.

Secondly our values: It is deliberately in our name ... we are about eXcellence. We will achieve this by being the best prepared through our commitment to training.

We value teamwork, in and out of the pool ... teamwork amongst and between swimmers, coaches and parents. Finally, and as importantly, we value having fun. This journey is far too long and demanding not to enjoy it (almost!) every step of the way.

I hope this matches what you would like to see in and from Derventio eXcel. As always we value your feedback. *Simon*

E-Mail and Website

The DX web site is now more up to date and is being revamped. Many thanks to Richard Peat for his help with this. Check out www.derventioexcel.org.uk.

Northern Launch

Details will be announced soon.

Commonwealth Games

Well done to Derbyshire Swimmers Ross Davenport Dean Millwain and Stephanie Hill.

Diary Dates

A list of events has been prepared:

9 April – Notts and Derby Junior (Diddy) League

22/23 Apr – City of Derby Short Course

29 Apr/1 May – District Youth Champs at Coventry

6/7 May – Radford Open at Ponds Forge

7 May – Notts and Derby Junior (Diddy) League

3/4 Jun – District Age Group Champs at Coventry

10/11 Jun – District Age Group Champs at Coventry

25 Jun – Notts and Derby Junior (Diddy) League

27/31 Jul – National Age Group Champs at Ponds Forge

1/6 Aug – National Youth Champs at Ponds Forge

10 August – start of reduced summer programme and welcome break for parents... Swimming will continue over the summer.

Derventio in the Press...

Recent news releases and articles include:

Jamie Broom and DX were mentioned in the Times on Sat 11 March as part of the full page article on the Southport school in Australia.

Five of our swimmers have been selected for the Midlands Camp in April – this is being held in Norwich.

Emma Smithurst, Rebecca Harrison and Joe Keane are going to the National Youth Camp in Slovenia in April.

Erica Brown attended the English Open Water development training camp in Cyprus in February. Full details are on the web site (Glory board page).

From the Head Coach

Education in OZ... "As you all know, I will be attending the Australian Coaches Conference as well as a number of their best swimming programmes during early May.

This is a great opportunity for all of us in DX as we will be able to learn from what happens over there where swimming is a very high profile sport. I already know that their club structures are different as well as their coaching philosophies. I will be looking to see what can be used in our squad in order to make the best of our swimmers talent & raise their performance.

As far as the coaching cover goes, I will be putting up a timetable on the boards so that you all know who is covering the sessions and when."

Yours in fast swimming... *Mark*



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Derventio eXcel Swim Squad

2006 Open Air Swim Camp ...

Preparations for the trip to Sliema in Malta are underway. Please ensure your payments are set up.

Pauline Harrison has kindly arranged for a coach to go from Moorways, Belper and Chesterfield to Manchester (and back!) – this is a private arrangement so please make sure you pay Pauline as soon as the coach is confirmed. Closing date for payment is 31 March.

A bag pack has been arranged for Tescos in Long Eaton on Saturday 24 June to help fund the swimmers on the trip. More details later! One further north is planned for 17 June but details are still to be confirmed. Attendance is needed to gain the individual benefit! Parental supervision may be required.

Please make sure that the insurance declarations are completed and returned. There are some still outstanding (and you do not want to be named!)

Watch This Space...

DX Open Meet: Date has been set for April 7/8 2007 at Ponds Forge. This is the Easter weekend. Next newsletter will have more details to announce.

Glory Board

Following the counties, there are several more names on the glory board on the web and at Moorways and the Manor. Currently the following have National Qualifying times (apologies to any omissions – get the boards updated if your name is missing!):

Bethany Moore	Emma Smithurst
Evie Keane	Ellie Taylor
Fona Donnelly	James Lovatt
Joe Keane	Fiona Donnelly
Katie Lockey	Kelly Towle
Livvi Sefton	Richard Sellers
Rebecca Harrison	Sarah Gibson

Counties

Well done to all the swimmers for their results in the Counties. On an individual note, there were several new PBs set and the glory board has new entries. New county records set by **James Lovatt** (Swad) (ten!), **Richard Sellers** (DPSC), **Emma Smithurst** (CoD) (five!), **Erica Brown** (Ches'field), **Rebecca Harrison** (CoD) (three!) and **Sian Hodgkiss** (Ches'field).

The Victor/Victrix Ludorum (based on points for wins, etc) went to the following DX swimmers:

1	Rebecca Harrison	Co Derby
2	Emma Smithurst	Co Derby
3	Olivia Sefton	Trident
4	Katy Lockey	Co Derby
5	Joanne Reeks	Derby Phoenix
6	Grace Morris	Co Derby

7	Ann Morris	Co Derby
8=	Evie Keane	Derby Phoenix
10=	Danielle Goodlad	Chesterfield
10=	Fiona Donnelly	Co Derby
10=	Stephanie Peat	Dronfield
13=	Bethany Moore	Dronfield
13=	Sarah Gibson	Etwall
15	Eleanor Barlow	Derby Phoenix

For the boys:

1	James Lovatt	Swadlincote
2	John Davey	Matlock
3	Darren Hodgett	DerbyPhoenix
6	Grant Hodgkiss	Chesterfield
7	Michael Glossop	Chesterfield
9	James Shand	DerbyPhoenix
9	Matthew Lintern	Chesterfield
15	Chris Steeples	Etwall

Feedback Corner

Thank you for returning all the questionnaires. The points raised are being looked at by the committee and main topics identified. Some have been addressed and others are being looked at. A full breakdown will be given in the future. Some points raised were:

Communication: Land training times, need liaison between parents and coaches, updating and presentation of board at Moorways.

Training: Parental expectation and understanding of performance targets, individual swimmer appraisals.

Competitions: selective for individual age groups, more notification of events.

Calendar: needs to be updated and forward looking.

Up and Coming Meets – Entry Forms

Thank you for returning the forms for the Northampton meet. Sue and Gail will be collecting the forms for the Age Group Midlands in April.

Social

Next major event will be the end of season BBQ!

Sponsorship, Donations and Fund Raising

As mentioned last month, a donation of £3,000 has been received from the Chatsworth Estate thanks to Jackie Moore. The following swimmers collected the cheque.



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STOP PRESS

This page includes a few extra items that should have been included in the first edition. There are no changes to the first two pages.

Photo – not a caption competition...

Swimmers who collected the cheque from the Chatsworth Estate were:

Bottom row left to right: Sian Hodgkiss, Grace Randles; Luke Randles; Michale Glossop; Grant Hodgkiss.

Second row: Rebecca Durnall; Phillipa Brown; Laura Wagstaffe; James Watkinson Third row: Beth Moore; Danielle Goodlad; Steph Peat; Steph Porter; Matthew Lintern

Back row: Michelle Peat; Erica Brown; Paige Goucher; Alice Brooks; Gabby Hignett

Glory Board - Update

If you have any National Times, please make sure you get your details onto the DX website.

Sian Hodgkiss - Sian will be swimming in the British Championships / European trial at Ponds Forge in April in the 200 Breaststroke. Good luck to Sian.

Erica Brown - Erica who is a talented distance swimmer has recently returned from an England Open water training camp in Cyprus. Erica will also be competing in the British Championships / European Championships in April over the 5km distance.

Bethany Moore - Beth had a fantastic Derbyshire championships achieving two national times in the 100 and 200 backstroke. Beth will now compete in the national championships at Ponds Forge in August.

Pool news

Following significant community pressure, including the support of local Councillors and MP's, Chesterfield Borough Council has confirmed that they 'propose' replacing the 25m pool at Middlecroft in Stavely as part of a whole site redevelopment of the sports centre. This represents a U-turn by the Council that had decided to close the pool without any plans for a replacement. Despite this good news the pool is still programmed to close at the end of May 06, with the projected date for any new pool opening at the end of 2007 / beginning 2008.

DX North will therefore lose its Wednesday morning venue in the near future. Negotiations are taking place with North East Derbyshire District Council to access pool time at either Clay Cross or Eckington.

Open Meet

The Level 1 license for the Open Meet has been received. Adverts will be placed in the Swimming Times June issue.

Fliers are being prepared and parents will be asked to help promote the event by taking them to other galas.

Club Shop

Yvonne Hagget has stepped down from the shop and Ruth Smithurst has taken over. Many thanks to Yvonne for her sterling efforts over the last three years. Paul Haggett is still doing the laminated wet/wipe boards. Please pass all requests for kit to Ruth.

There will be some new additional items of kit that will become available. Keep a watch on the web site and notice boards.

Sponsors

You may have noticed some company names on the backs of the jackets. These are as a result of donations by a variety of companies such as:

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