



## DX General News 07 – April 2007

### Intro...

With the Counties well behind us, the next major event is the Open Meet. This will then take us up to the Midlands. Well done to all those who got Midland and National qualifying times. Please keep the Glory Board up to date.

### Committee Corner

#### From the chair...

While this week end is the Derventio eXcel Open Meet, we really want it to be a celebration of fast swimming by Derbyshire. We hope that the team spirit will be evident on poolside and from the spectators and provide a demonstration of the depth of Derbyshire talent.

The Meet has been made possible with the cooperation and inputs from the home clubs. Thank you to all who have helped and made it happen.

*Simon*

### From the Head Coach

World swimming moved on last week. For anyone who watched the World Championships from Melbourne on TV, it will have been an eye opening experience. A large number of international "big guns" made a step forward in their performances. One main ingredient was responsible ... skill levels were raised massively!

The level of professionalism from those athletes is on another level and it is consistently there! Diet, sleep patterns, high training volumes and consistently high skill levels have all combined to create the more developed, more professional athletes that we saw.

It is my feeling that there is a culture of compromise in GB, which is limiting the potential of British Swimmers. We at Derventio are going to buck this trend by refusing to compromise and by being more professional in every way! Our role models will be the International "names" who live and train without compromise. The Journey will be arduous with pain and sacrifice at every junction; however, it is the only way to truly achieve any swimmers ultimate potential.

DX has moved on significantly since its inception and we are well established as one of the top clubs in the country. Our targets and expectations will need to change to reflect this, while retaining the core elements that have allowed us to progress to date.

There will be several challenges laid down for the swimmers over the next few months. Among this will be for the Age Groups to outpace the Youth swimmers in dedication, skill levels and commitment; the Youth swimmers will need to demonstrate their ability and retain their differential.

*Mark*

**Log Sheets:** Please keep them coming. If you are sick and miss training for a day or more, then this should be noted and a log sheet still submitted. The volume is being looked at graphically and shows peaks and troughs to help with understanding how swimmers are performing.

### Diary Dates

Some of these will be in your diaries already...

**7/8 April – DX Open Meet (Ponds Forge)**

22 Apr – Diddy League

22 Apr – Speedo league Final

5-7 May - Midlands Youth (Coventry)

20 May – Diddy League

9/10 & 16/17 June - Midlands Age Groups (Coventry)

24 June – Diddy League

16-22 July – European Juniors (Antwerp)

23- 26 July – Nationals Age Groups (Ponds Forge)

27 July – 1 Aug – Nationals Youth (Ponds Forge)

23-27 Aug – UK School Games (Coventry)

### Manchester

The British Championships in Manchester saw several DX swimmers competing in time trials and heats. Qualifiers were allowed to complete time trials and this gave the opportunity to try for different events.

It was a great week that saw some good swims from DX.

Emma qualified for the European Juniors where she will have a very busy programme of events; her 200 fly at trials was not just the winning Junior time but also the third Senior!

Joe, Livvi and James came within a whisker of making the same team; they were that close that if you took a second and shared it among the three of them, they would all be on the team. Dave had a good week; he stated by breaking his own British record on the 50 Breast – twice!

It was a challenging week, with the evening heats and morning heats & finals catching many swimmers out. The word is that this programme will not be retained for Olympic trials and it will revert to the standard morning heats and evening finals layout.

Incidentally, it looks like the trials will be over the Easter period in 2008.

Swimmers at Manchester included: Ann Morris, Bethany Moore, Chris Steeples, Ellie Taylor, Emma Smithurst, Erica Brown, Evie Keane, James Lovatt, Jo Reeks, Joe Keane, Olivia Sefton, John Davey and Richard Sellers. Plus, making a welcome return from Australia – Jamie Broom.

Erica and Jo were the DX reps in the 5k event.

### Fame... ?

The *glory board* is not being repeated in full here but please add your details to the web site and other notice boards. It is a good place to record your successes.

At present, National Qualifiers include: Ann Morris, Bethany Moore, Chris Steeples, Ella Graham, Emma Smithurst, Evie Keane, Fiona Donnelly, Joe Keane, Kevin Wallbank, Livvi Sefton, Richard Sellers, Sasha Wisdich.

Apologies if anyone is missing from the list (taken from web site on 4 April!) but if it is, get your name on the web site!



Derby CC



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# DERVENTIO EXCEL SWIM SQUAD

## Website, E-news and News

The DX web provides an easy way of passing on information (and will soon provide an opportunity to raise money for the club). Please check regularly for updates and information. Richard Peat is doing a fantastic job keeping the site up to date and vibrant. Check out [www.derventioexcel.org.uk](http://www.derventioexcel.org.uk).

One of the main communication routes is via e-mail so please make sure that you let Andy know of any changes to e-mail addresses. If you think messages are not getting through to you, then tell someone!

## Club Shop

In order to get reasonable prices on the DX kit, orders have to be grouped as far as possible. Hence, there will not be another order in time for the Midlands. However, if requirements are given by the end of the Age Group Midlands, then it may be possible to get the kit in time for the Nationals. Please get your requests to Ruth as soon as possible.

The club has introduced an enamel badge that can be ordered through the web site and will be available over the week end at Sheffield.

## Pool News

The redevelopment at Ripley continues. Watch out for changes to the parking later this year! The new leisure centre is due to open in August. The front car park will close to allow demolition of the old centre and there will be a temporary car park of Cedar Avenue.

Discussions with the operators have started so "watch this space" for news of any pool changes or the reintroduction of land training on a Saturday. The venue will hopefully allow pool access for all swimmers from across the county.

## DX Open Meet...

First of all, thank you to all those helping with the Open Meet. If you have any final questions on roles or responsibilities then please see Andy.

Please remember that swimmers are representing their home club – **hence no DX hats please**. If in doubt, use your home club kit.

There is still some time to get any tombola prizes to the organisers. Please see Jo Matthews or take them along first thing on the day.

The week end is supposed to be fun for all and we hope that the hard work will pay off with good swims from all of the Derbyshire swimmers.

## 2007 Open Air Swim Camp ...

The Open Meet is taking all the organisers attention at the moment. However, there are still plans to hold an Open Air camp later this year. If you want to help out with the organisation, then please see one of the committee members to offer your services!

## Easter Swim Times

There will be no training on Good Friday (Ripley and Moorways) and on Easter Monday 9 April (Anywhere!).

There will be training on Good Friday in Chesterfield at Queens Park LC (5.30AM - 7.30 am) but no training Easter Monday.

## Videos

Mike Moore has made two videos for us to use during the Open Meet. These will be used at various times during the weekend on the main scoreboard.

The video have been placed on the You Tube website. In our quest for support and sponsorship please direct interested parties to this as examples of promotional activities we are able to provide.

(see [www.youtube.com/watch?v=ZGfsb1vINQw](http://www.youtube.com/watch?v=ZGfsb1vINQw))

## Swim 21 (Performance level)

Swim 21 is a management system which comprises three main sections (Work Force Development, Management Compliance and Athlete Development). It is closely linked to the Long Term Athlete Development (LTAD) and the network pathway from "learn to swim" to "performance level". This pathway is the ASA chosen route for swimming clubs to follow. DX is the performance training centre for Derbyshire home clubs and fully subscribes to the pathway.

DX has been accredited under Swim21 for a further year at "Competitive Development" level as this was the appropriate structure at the time. The club is currently working towards "Performance Level" and is targeting June for its audit submission. This is due to the changing role and DX's position in Derbyshire swimming

## Different Strokes...

No, not a plug for a TV show or a suggested name for the newsletter. With the World Champs there have been several articles in the press and comments on the importance of the fly kick. There is even a link to videos from the Derby Phoenix web site with Steve Parry commenting on it being the "fifth stroke". As the coaches will tell you, this is nothing new - but it is interesting to see how swimming is gaining prominence and publicity.

## Publicity and partners

A local radio station, Erewash Sound, is publicising our Open Meet. A summary of the meet has been posted on their website sports page, (see [www.erewashsound.co.uk](http://www.erewashsound.co.uk)).

In addition, the report will be used in their internet radio service sports show which airs every Saturday from 2:00pm-5:00pm. Local sports news, such as this item, will be incorporated into the first hour. Please tune in to their internet radio service which runs from Friday at 5:00pm to Sunday at midnight.

As an Erewash radio station, they are particularly interested to hear from representatives from the borough and how they are doing, so any contacts you can establish would be very welcome.

If you have any contacts or colleagues in the press, then please let Chris Keane know so that we can include them in any of our publications.

## ESSA – UK School Games

These will be held in Coventry in August. The regional teams will be selected from performances at Level 1 Long Course Meets between Oct 06 and May 07 with the regional youth champs acting as the final event for the rankings. There are forms to "express interest" in being selected on the ESSA website. Completion of the form does not guarantee selection and swimmers will not be precluded if not submitted.