



DX General News 01 – Dec 2005

Intro...

Feel a little in the dark? This newsletter is to shed a bit more light on what is happening in the future and in due course will look back at key events.

AGM

The AGM was held at the Alfreton Leisure Centre on Sunday 20 November. Attendance was lower than expected. The committee was elected and Simon Taylor welcomed as the new Chairman. The 'new' committee is:

Simon Taylor – Chair
Kevin Shand – Secretary
Andy Lord – Treasurer
Mark Rose – Head Coach
Barrie May –Derbyshire ASA rep

Julia Brown, Carole Cherry (Swim 21), Lorraine Goucher,
Jackie Moore, Richard Morris, Neil Sefton, Andy Smithurst.

Kevin Shand, Andy Lord and Mark Rose reported on the past year. Mark has kept us informed with his newsletters and hence only Andy Lord's is repeated here.

In recognition of being first captains of the club and their inputs during the formative year, Mariesa Picknell and Adam Lockwood were made life members.

Treasurer Report: DX has done well with funding and controlling the expenditure in its second year. The results leave us in a strong position for the future. The timing of the accounting year presents a slightly rosy picture as much of our funding is local authority based (and may in future be other government agency based) which runs to the year ending 31 March. We intend to change our accounting year to end in March to match the funding cycle. The next period to March may show a deficit, which is to be expected and will be covered from reserves. The annual accounts were audited by David Brown (who also inspects DASA accounts).

Many thanks to our partners who have helped with funding or provided discounted costs. These include: the Local Authorities, Radleigh Homes, the Swim to the Top Business Sponsors, Derbyshire ASA (for direct grants and fighting for money on our behalf), Awards for All (part of National Lottery).

Most importantly – thanks to you the parents for paying your bills and fees. Thanks also to the individuals who have helped both within the club and outside (and apologies to any omissions):

- From DASA - Barrie May and John Hidle and probably others that we do not know
- Angela Carter & Pippa from Derbyshire County Council

- John Brown & Ian Wood from Derby City Council
- Representatives of District Councils for their help
- Julie Gibson for pressing, and liaising with, the local authorities
- Richard Morris for co-ordinating the business sponsors
- Sue Keane for chasing up the competition money and presenting it to me balanced up
- Yvonne Haggett for handling kit sales and purchases and presenting me with final figures
- Andy Smithurst and Neil Sefton for the swim camps
- Mark and Simon for trying not to spend too much

Future prospects: our problem is to keep the level of funding up for the future. It is difficult when you do not know what to budget with over the next few years.

The way forward is to continue to press for grants, donations, and sponsorship and to make sure our costs are contained. We will save while times are good and spend the reserves when times are not so good.

Committee Corner

From the chair...

First of all, on behalf of all members of the club, I would like to pay tribute to Julie Gibson, the committee and supporters who between them have got this club off the ground. It has taken a lot of passion, focus and hard work, and has been an all round tremendous achievement. The excellent achievements of all of our swimmers are testament to this – putting Derventio eXcel clearly on the map of swimming in Great Britain.

Building on these achievements we are now able to move into the next phase of DX. With our talented coaching team and dedicated swimmers I am sure we can be confident that the progress in the pool will continue. However we can now also take time to look more broadly at where we want to take the club. One of the first jobs is to lay out a medium to long-term plan, not just the swimming, but covering all aspects of the club's activities. This will mean considering the needs and aspirations of all of the stakeholders in the club, the swimmers of course, but also the parents and the various bodies which are essential for DX to fulfil its potential.

Following the successful completion of the "Derventio North" pilot, we can now move forward as one club, one squad and one community of parents. The parent community is one of the key foundations of the club; as we all know, the time and money it takes to support an 'elite swimmer' is not inconsiderable. We will be focusing on how we can improve the support for parents, but also how parent support can help improve the club. So many thanks for the many of you that have given of your efforts

Derventio eXcel Swim Squad

in the past, I hope you will be able to continue, but also thanks in anticipation for those prepared to add their support as we move forward.

Communication is one of the most important parts of many aspects of our lives, but is also one of the most difficult things to do well. This newsletter is part of our communication plan and we welcome your feedback.

Many thanks for your support. *Simon*

Up and coming events

An updated swim programme will be published soon. This will include known and expected Open Meets, plus the training schedule.

E-Mail

It has become apparent that some of the e mail lists used are not up to date, therefore could everybody e mail Andy at andy@рмаuk.co.uk with their up to date address.

Social

David Lloyd Centre - 29 December £5 per family. Please give names (and money!) to Sue Keane to confirm numbers – as soon as possible. Please also bring contribution to the supper!

Watch this space...

2006 Open Air Swim Camp ...

The committee are currently considering a Foreign Swim Camp for 2006. The venue and cost have not been determined yet and a decision will be made towards the end of January 2006. The most probable dates will be Sunday evening October 22nd 2006 until Sat or Sun the following weekend. Flights will dictate timing.

We are trying to find a suitable venue that will be in the same price bracket as last year £560. We will ask for sufficient team managers to provide appropriate groups. Please let Andy Smithurst know if you need payment arrangements (andy@рмаuk.co.uk).

DX Open Meet: We are investigating the possibility of holding an Open Meet in either December 2006 or early 2007. Further information will be circulated when details become more certain. It could be a major fundraiser and publicity event; therefore, we are looking to all families for assistance in some way. This does not have to be on the weekend itself as there will be a mountain of preparation involved. It is not too early to volunteer! Please contact Andy Smithurst (07875 468504).

Sponsorship, Donations and Fund Raising

Many thanks to our current sponsors (see Treasurer report). In addition, did you know that other companies have donated money to help individual swimmers? These companies are named on the backs of the jackets!

If you have any ideas or want to get involved in fundraising, then please see a committee member.

Derventio in the Press...

Recent news releases and articles include:
Derby Telegraph (3 Dec) Midland Long Course champs (32 Medals, 14 gold, 9 silver, 9 bronze)

From the Head Coach

Xmas timetable: Sessions have been spread around with the intention of making sure that everyone has at least some sessions close to home. I would like all swimmers to make a minimum of 1 session per day, but... I am looking for those swimmers who do more than the coaches ask!

On the Thurs 29th Dec, we are going to run a Tai-Chi session before swimming. This will start at 1pm prompt, be there early!! Swimmers, you will find this very useful as we will be learning about breath control, relaxation & focussing techniques.

Annual Plan: There are one or two events to be added to the plan. We are looking to do a level 1 meet in April/May of next year. We are as yet undecided as to which meet to attend. If it is further afield, we may do it as a stay meet. Again, we need to look at all the competition details of all the meets first.

National camp: This year it may not be possible to run a national camp as in previous years. This is due to the school term finishing a few days later & the national age groups starting a few days earlier. I am looking at the viability of doing some LC work as part of the preparation.

Adapted Main sets: The new main sets & weekly cycle of work need swimmers to concentrate & be able to hold their concentration as well as work hard. We need to make sure that we out train our opposition in every way & that includes organisation of your own targets in training!

Remember... BE THE BEST PREPARED! *Mark*

DX Profiles

Each newsletter we will be giving a brief profile on some of the characters who make up the swimming team or contribute to its smooth operation. This time, it is one of the two Club captains... Rebecca Harrison.



Rebecca started swimming at the age of six with Belper Marlins. She then moved to the City of Derby at the age of nine and started with DX at 13. Swimming achievements include 2004 national youth finalists 200m free, 2004 ladies county champion,

2005 Midland junior and open champion (pictured!) (400m and 800m free). In 2005 Becky was selected for GB national youth programme assessment. She is the current open and junior county record holder in the 200m, 400m, 800m free and 100m back.