

DX General News 16a – December 2008

Intro...

Well, what a run up to Xmas. Since the last newsletter, Emma produced new English records at the FINA short course world cup in Stockholm and Berlin during November and then Mark announcing his resignation from DX. The next few months will see the transition and it will be an "interesting" time for all...

Committee Corner

Dear parent's members and swimmers

You will all be keen to know how we are progressing with the appointment of the new head coach. Most of you will now be aware that the committee moved very quickly from receiving Mark's notice to producing an advert for all relevant website including British Swimming DASA and the ASAEM.

The closing date for expressions of interest is the 15th of December; to date we have had 12 expressions of interest a number of which are very interesting and of the right calibre. Neil Sefton is acting as link for all qualified coaches expressing an interest.

From the list of applicants, Neil Sefton and I will short list down to manageable number ensuring that the quality is of the required level. We are now planning to hold interviews in early January possibly the 7th to the 9th.

We will be looking for an appointment as soon as possible and to time this around the departure of our head coach. Making a quality appointment is right the front of our planning for this transition but at the same time this has to be affordable and fit with our financial planning framework.

This will lead me neatly on to finances (which remain challenging); this will have to remain the top priority for the Committee as we move into 2009. There will have to be a bigger focus from the membership on attracting additional funding in 2009 and beyond. Please therefore, do not be surprised if early in the New Year we hold a series of meetings at which funding raising is the main item.

Rob Hignett – chair

From the (current!) Head Coach

As we enter the winter training cycle, we need to ensure that we are delivering what is essential for fast swimming. It is easy to become distracted at this time of year. Diet can become compromised too often, sleep patterns altered and training sacrificed for social activities.

Ask yourself what you are doing in order to swim quickly:

- Ensure your training is only affected minimally by the festive season
- Ensure that dietary treats are occasional and not a daily occurrence
- Ensure, as much as possible, that sleep patterns are maintained.

You can still have fun and swim fast! However, ask yourself constantly if you are doing all that is needed to swim at the next level.

Be positive and the best prepared. **Mark**

Club Captains

Congratulations to Robert Guest and Jo Reeks – they are the Club Captains and will represent DX at formal occasions and act on behalf of the Head Coach as the need arises.

Talent Development Group

The Talent ID group has been running well over the two months I have been with DX, and has been good to get to know the swimmers better.

I have seen an improvement in most Swimmers raising their standards to what is expected however, there is still room for big improvements.

Tuesday evening sessions at Moorways are now up and running and have seen increasing turnout each week. If any of the Talent ID Swimmers have not been notified of this session please see the coaches. **Kim Hill**

Derventio eXcel Swim Squad

2008 Long Course Swim Camp ...

Many thanks to the helpers, team managers and coaches... The Camp could not be run without the volunteering of the Team Managers - many of whom will have taken some of their Annual Leave to supervise the swimmers. Mind you, the ability to develop team songs is a not a requirement...

Hopefully the "blog" details were of interest to swimmers, parents and families who could not go. Thanks to Alex Hignett for providing the words and details. Links are on the website if you missed them.

As always, there will be a Camp debrief. It would help in the organisation of future camps if you had any feedback (positive and negative) to let Andy S know.

Views from the swimmers... First timer Sarah Vasey reports...

Lignano - Italy Swim Camp 2008!!!!

Going to Italy was my first swim camp with Derventio eXcel and I really enjoyed it. I made lots of new friends - North and South. I think that the camp also gets you more involved in the club.

The target for all the swimmers over the camp was to give 10% more than their normal on effort, skills, diet, attitude and all round professionalism. I think that everybody achieved this target so Mark was very pleased. After each morning session in the pool, we walked to the beach as a club and did land training. This is the bit that everyone was dreading. But actually it was great fun! Each group was set different tasks including distance running and circuit training. That was the land training done, and then we did team building games. My favourite was the body passing game where you had to put your trust in other team mates and they passed you over them using only their hands, while you had to hold perfect streamline!

All the swimmers had to train very hard because the team managers were arranging a trip to Venice but if we all didn't train hard nobody would go. So we all trained hard and got to go to Venice. It was amazing! What was also amazing we had PIZZA! I think everyone enjoyed the outing. We also had another surprise that no one knew about but we were going to have a Halloween party! All the swimmers joined in with the games the team managers had planned! There was apple bobbing, face painting and mummification of the team managers! It was a really nice way to end the week.

I'd like to thank everyone who made this camp possible - especially Andy and Neil who did a lot of work over a long period of time to make it all come together. I would certainly recommend swim camp to every swimmer and I can't wait to go on the next one.

[Many thanks to Sarah for this report!]

Open Meet 2009

Date for the diaries next year – the Open Meet is planned for the Easter Week end, April 11 and 12.

A draft schedule of jobs has been distributed and is on the web. This includes a representative from all full and part swimming families to provide the help that is required to make the event run smoothly. It is a major fund – and profile - raiser for the club. The more help that is given will make it easier for everyone.

2009 Camps:

Dubai – at the swim camp meeting Mark outlined plans for 2009 including outline thoughts for the 09/10 long course camp ... The proposed Training Camp to Dubai will be during February 2009 Half Term. The swimmers will be to be hosted by families of Hamilton Aquatics in pairs or singles and those expected to attend have already been invited.

Website, E-news and News

The new look web site is up and running. While the content is developing, there will be several minor changes and the general details will be updated. The site is being maintained by a Derby University student, and their input is greatly appreciated.

The site is getting noted by Google and other search engines. If you do a search for "derby swim squad" we're in 2nd position on the 1st page. If you do a search for "elite swim squad" we're in the top position on the 1st page. This is very good as the site hasn't been up long. With a bit of tweaking we could also get higher on the first page for things like "Derbyshire swimming", "Derbyshire swim team", "performance swim squad", etc. We are hoping that there will be additional developments on the site over the next year or two.

Protection, Welfare and Performance

Any swimmer or parent with any concerns about Child Protection issues can contact Paul or Lesley Webster, by email (paul.webster13@ntlworld.com), phone (01332 691825) or in person.

Shop – DX Orders

A link to a swim shop set is being set up on the website so that DX can benefit from the potential commissions. Watch out for a link to SRS Leisure. The cost to DX customers is exactly the same as if placed direct or via Ruth. Please make use of this to help club funds.

Derventio eXcel Swim Squad

Pool News

The latest information at the **Ripley** pool suggests that there are remedial works planned to start soon, with the new pool opening in early 2009. This will be after testing etc. Full details and background on the reasons for the delays are given in the Amber Valley Newsletter that can be found at Ripley...

Moorways is closed on Mon to Wed 15/16/17 December. Therefore there will be no evening training on Monday & Wednesday for the full time group & Tuesday for the Talent ID group.

Etwall – on progress for Summer 2009...

Parents and swimmers in the North are being kept informed separately about progress on this key matter. Rob Hignett is coordinating activity.

Diary Dates

The diary continues to develop ...

28-30 Dec – Long course camp in Manchester

10/11 Jan – *City of Derby Open Meet (Ponds Forge) Level 1.* (Note – entries now closed and list of accepted swimmers on CoD website)

1 Feb – *Long Eaton Open (Queens St, Derby) Level 3.* Note – closing date is 9 Jan – get your entries in!

7/8, 14/15, 21/22 Mar – Counties

16-20 Mar – British Champs, Ponds Forge

11/12 Apr – DX Open Meet

2/3 May – Midlands Youth

6/7, 13/14 June – Midlands Age Group

July – Nationals

There was the possibility of doing the City of Leeds Christmas Cracker in December and the Burns Meet in January. These are not being targeted.

British Champs

A British championships preparation meet has been planned for January - Fri 16 and Sat 17. This will be at Loughborough. It is open only to those who have qualified for 2009 British championships. See Andy S for details. Closing date is December 13.

Christmas & New Year Training 2008/9

This was billed as “provisional” so watch out for any alterations. These will be distributed ASAP.

Training is as normal through to and including Tuesday 23 Dec. Return to normal timetable on Monday 5th January.

Southern Based squad:

Wednesday 24th – Moorways 8.30am – 12noon

Thursday 25th – Off

Friday 26th – Off

Saturday 27th – Off

Sunday 28th – Manchester Camp

Monday 29th – Manchester Camp

Tuesday 30th – Manchester Camp

Wednesday 31st – Moorways 8.30am – 12noon

Thursday 1st – Off

Friday 2nd – Moorways 8.30am – 12noon

Saturday 3rd – Dronfield available 7 – 9am

Sunday 4th – Off

Northern based squad.

Due to the extended closing of the pools in the north of the county, the timetable will be as follows:

Tuesday 23rd Sharley Park – 5.30am – 8.30am

Wednesday 24th – Staveley...TBC

Thursday 25th – Off

Friday 26th – Off

Saturday 27th – Off

Sunday 28th – Manchester Camp

Monday 29th – Manchester Camp

Tuesday 30th – Manchester Camp

Wednesday 31st – Join Derby based squad at Moorways

Thursday 1st – Off

Friday 2nd – Join Derby based squad at

Saturday 3rd – Dronfield 7 – 9am

Sunday 4th – Off

Team Manager Course Details

There are an increased number of swim camps being planned for 2009. We have a small group of Team Managers at present which we would like to increase to allow these camps to proceed. Therefore a team manager course is planned for 22nd January 2009. It will be held in Derby at QLC old bar - time 6.30pm to 9.45pm. It is a Level 1&2 qualification. If you want to help on one of the camps, the qualification is a pre-requisite. Please see Andy S for more details.

Derventio eXcel Swim Squad

DX Celebrations

The Derbyshire sports awards 2008 saw a good representation by DX:

Top team - 1st Derventio excel

Top junior team - runner up Derventio excel

Junior sportsperson - runner up Emma Smithurst

Disabled sportsperson - runner up Dave Ellis

Top performance coach - runner up Mark Rose

Success Stories

Recent Meets:

Lincoln Vulcans: At Ponds Forge, our swimmers once again dominated the pool with DX winning the best club. It was received by Jo Reeks and Rob Guest.

Inter Counties: These were at Ponds Forge on Sunday 19 October. In Division 1, Derbyshire were 11th overall and placed their best performance to date. It was the third consecutive year we have maintained our first division status with year on year improvement. Well done to all the Derbyshire swimmers – a fine performance for one of the smallest counties with a small swimming population.

Midland Short Course: Sat and Sun 1 / 2 Nov saw the usual congregation of parents and swimmers in Braunstone... There was a big spread on it in the Derby Telegraph and a summary is on our web site.

Stockport Open: Well, the least said the better probably. The boys swam well generally, but the girls were off the pace. Poolside temperature did not help and shows the need for good pool side preparation and experience in swimming on “new” pools. The “Skins” were entertaining with several DX swimmers picking up some cash.

Glory Board

It must be remembered that Derventio eXcel encourages swimmers to succeed at their appropriate level, and this will vary from swimmer to swimmer. However, the National stage is one arena where the club will be given a high profile and provides an easy benchmark to acknowledge. The club will be looking for ways to recognise achievement on a wider basis.

So far, National Qualifying Times have been obtained by: Molly Renshaw, Catherine Williams, Kane Haggett, Livvi Sefton, Chris Steeples, Zichen Liu, Fiona Donnelly and Evie Keane.

Other achievements are welcomed and news of any school, triathlon, open water or other related activities is welcomed for the newsletter.

ESSA

On Friday 7 November, several DX swimmers participated at the regional round of the English Schools swimming champs. Fee, Eve F and James L represented Ecclesbourne. The girls were joined by Derby Phoenix swimmers and came 2nd in both the 4*50 free and medley relays. James and some colleagues from City of Derby came 2nd and 4th respectively. All 12 divisions have swum and the top 20 fastest swims invited to the finals. Ecclesbourne are through to the Finals for the 4*50 free, but not the Medley.

Also at the schools gala were Laura Wagstaffe (representing Brookfield School) and Jade Thirkell (Tupton Hall School). Alex Thirkell was a time keeper/team manager for Tupton Hall School.

Sponsors

Fund raising:

As part of the sponsorship of the 2008 Open meet, we have a “Jaguar race day” at Donnington Park. There will be a limited draw (500) at £5/ticket; each swimmer will get four tickets to sell. The date for the race will be arranged with the winner of the draw. The date of the draw itself will be confirmed in due course. The draw will be co-ordinated by Tristan Smith. Elaine Vasey will be sorting out the distribution of the tickets.

EMDA Business Champions

There will be a meeting in January, probably at the Derby Conference centre. If you are interested in representing DX, then please let Neil Sefton know.