



DX General News 02 – Feb 2006

Intro...

The start of the new calendar year and the Counties, Midlands and Nationals are looming. This newsletter gives information on committee changes and an update on recent achievements.

Committee Corner

From the chair...

Thanks to all the parents who returned the questionnaires. Any others would be welcomed before the end of February. Comments are being reviewed and more details will follow. The familiar theme was on communication...

It's been a busy few weeks since the last news letter. We have been working hard to piece together our vision and long term strategy for DX at the same time as managing the immediate issues and framing our near term plan. Many thanks to all who are supporting this effort and also to those who are patiently awaiting our response to day to day issues.

One important step we have taken is to look at how we run Derventio eXcel and in particular define the roles of committee members and supporters. In this respect:

- Lorraine Goucher will act as Vice Chairperson for the committee. She will deputise for me as needed and will bring a county-wide balance to the leadership of the squad.
- Carole Cherry will continue to take overall responsibility for safety, welfare and Swim 21, and will be supported by Anita Shand as Child Welfare Officer.
- Sue Keane will continue in her role as competitions secretary, but will in addition become membership secretary.
- Barrie May will continue the links with Derbyshire ASA
- Jackie Moore will take over from Richard Morris as sponsorship champion. Jackie will develop a sponsorship strategy and with support of volunteers continue and hopefully grow the success we have had in this area in the past.
- Richard Morris will look after Communications and PR. Richard will make sure that we have a coordinated communications strategy and the material for use with our various stakeholders and in the media. He will work with the existing volunteers in this area, namely: Chris Keane and Rob Hignett (press releases), Richard Peat (website), Alan Wisdich (newsletters) and Paul Hagggett (video and still photography).
- Neil Sefton will be responsible for developing our long term strategy and ensuring that we put in place the plans and resources to achieve all of our aims.
- Andy Smithurst will continue to be responsible for fund raising and swim camps, and in addition lead the organisation of DX open meets. Both of these are major activities and there are teams being assembled to support Andy.

In addition we will have a Swimming Performance sub-committee which I will chair. Initially the subcommittee will include Mark Rose, Lorraine Goucher and Richard Morris. This sub-committee will be responsible for reviewing and agreeing training strategies and for monitoring overall performance.

This is quite a big step, but there will be more to come. If YOU are able to put your skills into action to support, then please let any member of the committee know. A big thanks to all those whose support today keeps the DX dream alive! *Simon*

Diary Dates

A list of events has been prepared by Andy (S). Key dates:

- 25/26 Feb – Counties at Clay Cross
- 4/5 Mar – Counties at Eckington
- 11/12 Mar – Counties at Queen St
- 4 -9 Apr – British Long Course champs at Ponds Forge
- 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.

Other events to note are:

- 15/26 Mar - Commonwealth Games (Melbourne Australia)
- 6/9 Apr – World Short Course Champs (Shanghai)
- 6/9 Jul – European Junior Champs (Palma, Majorca)
- 25 Jul/6 Aug – European Long Course Champs (Budapest)

Sponsorship, Donations and Fund Raising

A grant for £3,000 has been received from the Chatsworth Estate. Thanks to Jackie Moore for securing... More details later.

Derventio in the Press...

Recent news releases and articles include one in the Derby Telegraph (21 Jan) - Jamie Broom flying the flag in Australia as he heads off to Brisbane for two years to train with a GB coach.

E-Mail and Website

It has become apparent that some of the e mail lists are not up to date. If you are not getting updates, please e-mail Andy at andy@rmauk.co.uk to confirm your current e-mail address. 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.

Derwentio eXcel Swim Squad

From the Head Coach

Diet and Nutrition play an important part in the long term development... The role of a good balanced diet in high performance sport is vital. Without the correct fuel, any athlete will never reach anywhere near their potential. The energy demands upon any swimmer in our programme are massive. With this in mind, a high carbohydrate (preferably wholemeal) is essential. To enable the body to use this fuel effectively, a diet rich in fruit & vegetables is a necessity. Without this important factor, the energy from the carbohydrate will never be able to be used to its best effect.

Treats like chocolate & crisps should be in small amounts. This also applies to fried, or fat heavy food such as sausages. Swimmers don't have to be perfect with their diet; however they do have to be conscientious!

Log Sheets! These need to be sent in if they are not up to date. If swimmers do not complete log sheets then it implies that they have no interest in evaluating their training. Log sheets are an essential tool in your attempt to be the best prepared you can be!

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

Club Membership

Membership for swimming members at £100 which includes one associate member was due during January. If you have not done so already, please pay the treasurer (Andy Lord) by post or via Sue Keane or Lorraine Goucher as soon as possible. If any additional associate members wish to join, the fee is £20 (and all helps club funds). Talent ID swimmers do not have to pay a separate annual fee; their monthly swimming fee includes an element for this.

Watch This Space...

2006 Open Air Swim Camp ...

Meetings have been held to outline the proposed trip to Sliema in Malta. Due to the National County team championships it will be a Monday to Monday visit. Costs and other details have been given at the meeting and are available on the website.

Thanks to Andy Smithurst for chasing and coordinating the details. He got some mixed messages from the tour companies. Interesting things discussed...

Dubai - proposed by one company. We then found that mixed bathing is not allowed in Dubai. Should the Boys go to Dubai while the Girls go to Moorways (or vice versa?).

Gerona - has a retractable roof. They would not guarantee that the roof would be open for open air swimming!

Palma - The tour company could not decide if the pool was a 5 minute walk or 15 minute bus ride from the hotel.

Mexico - Long haul flight meant certain team managers would need too many tablets.

DX Open Meet: We are planning an Open Meet for Easter 2007. Further information will be circulated when details become more certain. It is likely to be a major fundraiser and

publicity event; therefore, we are looking to all families to assist in some way. Andy S is looking at the support and skills required.

Glory Board

Swimming requires long term development and results are not always seen immediately. However, one performance indicator is the Nationals. Currently, the following have Qualifying times (hopefully will be soon out of date – apologies to any omissions):

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

James Shand, Sarah Gibson, Anna Butler, Evie Keane and Livvi Sefton have been selected for a Midlands region swim camp in Norwich over Easter. They were selected on the basis of their excellent performance at the National Age Group Champs held in Sheffield last summer. The camp has been arranged to provide a development opportunity in 2006 for swimmers, in order to underpin British Swimming's World Class Age Group Programme. This will be an opportunity for these talented young athletes to further develop their swimming and will also include land based skills and lectures, etc. Sue Holden will be on the coaching staff.

The following have qualified for the British Championships in April:

- Emma Smithurst – 200 & 100 fly, 200 & 400 IM
- Livvi Sefton – 100 & 200 fly
- Rebecca Harrison – 400 free
- James Lovatt – 50 & 100 back
- Joe Keane – 100, 200 & 400 free

Coach Development

As part of any profession, continual development can be an essential part of their development. Derwentio is fortunate to have a head coach that is being selected by British Swimming to join them on camps and international functions. It helps to put the spotlight on the club and individual swimmers are more likely to be talent spotted. The support structure while he is away (as for any of the coaches) is being discussed through the swimming and long term performance group.

Social

Aside from congregating at the coffee machines and the salubrious seating at the Counties, no social events are planned! Next major event will be the end of season BBQ!

Xmas Disco

Many thanks for Sue Keane and her helpers for organising the disco at the David Lloyd centre. The event was well attended and everybody had a good time. The food left over found its way to a variety of good homes! The evening went well because of the good preparation, so well done to all.

