



DX General News 07 – Feb 2007

Intro...

Not long to the Counties. This edition contains some more information about the Open Meet plus the normal requests for help. Note that there are some new ways in which you can help with raising funds.

Committee Corner

From the chair...

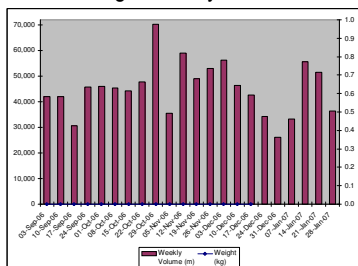
Getting into the heart of the season with the Counties upon us and the Midlands just round the corner. Alongside the hard work in the pool, the demands of the Open Meet preparation and stepping up to the increased demands of Swim 21 (Performance level) are keeping many of us busy. Work on the Swim Camp continues and we hope to make a comprehensive communication shortly.

Simon

From the Head Coach

Singapore and Oz... Working with the best youth swimmers in Britain has to offer once again provided more reinforcement of my opinion that it is not always the most talented of the athletes on a team that deliver the best results. It is the swimmers that consistently do the best job in training and lifestyle. They are the ones that arrive prepared, on time and commit to the pre-pool work. They apply themselves technically well and nail the technique points fed back by the coach. They ensure that they swim fast when needed with high levels of skill. In essence they leave no stone unturned in their quest to be the best they can be. How many of you are prepared to do whatever it takes?

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 a swimmer is performing.

Mark

Diary Dates

Watch out for these dates:

24/25 Feb – County Champs start... (Queen's St, Eckington, Queen's St)

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

22 Apr – Speedo league Final

5-7 May - Midlands Youth (Coventry)

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

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

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

Club Shop

Please see Ruth if there are any kit requirements before the Midlands. See your home clubs for any kit for the counties.

Successes Stories

David Ellis represented Great Britain at the IPC Disability World Championships, at Durban South Africa, in the S13 category last December. He just missed out on a medal, finishing 4th in the 100m breaststroke and 5th in the final of the 200m IM. Well done David!

Emma Smithurst was selected to attend a British Swimming female end of year tour to Singapore and Australia, which included the opportunity to compete at the Queensland State Championships. Emma put on an impressive display of British swimming prowess in front of the Aussie swimmers. She took silver medals in the 4x50m Medley & Freestyle and 4x100m Medley Relay Teams. In her favourite events: the 100 & 200m Butterfly, she took 7th and 5th places respectively in the open category.

ESSA School Championships: At the end of Nov 06, Ecclesbourne school swimmers Fiona Donnelly, Sasha Wisdich and Ellie Taylor were joined by Laura Young (Derby Phoenix) and Louise Griffiths (Belper Marlins) to qualify for the National finals in the 4*50 m freestyle and 4*50 medley junior relays. At the Finals in Harrogate on Sat 3 Feb they took 3 secs of their entry time to come second overall in the medley.

The **glory board** is not being repeated here but please add your details to the web site and other notice boards. This is a good place to record your National and British Champs representation.

Pool News

ETWALL SPOTTERS NEEDED – the club saves money by using parents to act as spotters. The role is not onerous and gives you the opportunity to chat with the coaches – and get a better view of the swimmers! Please see Alan Wisdich so that we can arrange another course and set up an informal rota.

Pool usage has become pretty stable at Chesterfield on Monday / Friday and then at Eckington on Tuesday/Wednesday. All PM swims are at the Manor. Sharley Park is out of action at the moment due to extensive repairs - this may continue until March or even longer.

The redevelopment at Ripley continues. Watch out for changes to the parking later this year!

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. 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!

Donations

Many thanks go to Severn Trent for the donation of some water bottles. They have been distributed to some of the swimmers as a small gesture to reflect their commitment to keeping log sheets up to date. It is also a good reminder for the hydration workshop.



Derby CC



Derbyshire Sport



Chesterfield BC



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DERVENTIO EXCEL SWIM SQUAD

DX Open Meet...

Saturday and Sunday 7/8 April 2007 should be well established in the diary. It is oversubscribed - four weeks before the closing date. Please make sure your entry times are correct.

YOUR CLUB NEEDS YOU – recent galas have shown how important it is to be well prepared. It is not sufficient preparation to turn up on the day and ask what you can do to help. Please volunteer for specific activities well in advance and then attend whatever practice sessions are needed. For example, at present, there are only two people with experience of the Omega suite. This is the heart of the Meet's organisation, timing and results service and more helpers are needed. Please see Andy Smithurst or Jim Guest.

There will be a push on seeking sponsors in the New Year and some "delegation" of tasks that have not yet been allocated.

In relation to sponsors, there have been repeated requests for members to seek donations from their local businesses, employers, etc. In return, the company will have its name in programme against the race and the sponsor's name will be announced. With notice, it will be possible to include simple logos in the programme and a representative can have attendance at meet if they wish. They can also present the medals to the race winners – excellent photo op! *All this for £25.00 a race.* The last date for any details will be 10 days prior to the event – ie 28 March. Invoices and receipts can be arranged – see Andy S for details.

Any donations for raffle prizes should be passed to Jo Matthews.

Protection and Welfare

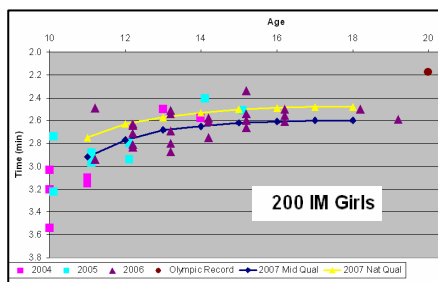
Any swimmer or parent with any concerns about Child Protection issues can contact Anita Shand by email, phone or in person.

Please could those people who have CRB check forms but have not yet completed and returned them to the Welfare Officer please do so as soon as possible, if further forms are required please contact Anita.

Please could all be aware that a new section has now been created on the website. It can be found on the LH Navigation Bar entitled "Welfare".

Club Progression

The committee is looking for ways to monitor and demonstrate



the clubs progression and some recent IM results have been fed back. Thank you to all of you who provided details. These

are being stored and analysed to see how it can help.

Social

Many thanks go to Sue Keane and Richard Morris for organising the last minute Christmas party. While there were not many present, they all had a good time.

2006 Open Air Swim Camp ...

Feedback: Thanks to all those who gave feedback on the Malta trip. The most popular topic to mention was the overwhelming amount of PASTA... There were only 14 responses, which was disappointing. The preparation (planning and information) was considered good or better by 80% with no negative comments. The travel and transit arrangements received similar "approval". The accommodation was where the first "poor" or "terrible" comments arose, with the food being the least liked. There were some constructive comments about the training facilities but these were generally considered "good" or better. The feedback has been useful and has helped in planning for this year's camp.

2007 Open Air Swim Camp ...

The sub group is getting quite close to finalising the details. There will be a letter to all members to outline some proposed changes and then a meeting for all parents and swimmers. This will be on a Tuesday evening around the Alfreton area when the details have been finalised.

Fund Raising and Promotion

There will be a couple of links appearing on the website shortly - one for Amazon and one for Buyat.co.uk. People will be familiar with Amazon already, but the Buyat will not be so familiar. This will have the Derventio name attached to the domain name. Via this link, people will be able to buy online from stores such as Thorntons, Marks & Spencer, John Lewis, Tesco, ELC, HMV and Game. There is no additional cost, but if people access Amazon or the stores via the weblink on the Derventio website, the squad will earn a small commission. All this will build up, so hopefully family and friends can be persuaded to purchase via our website too. The increased traffic may then be able to be used to help with other revenue streams.

Singapore and Australia By EMMA SMITHURST

I slept for most of the 13 hour flight to Singapore. It was really hot in Singapore but it also rained – heavily. We even had to train in the rain. During our first session in the pool, it was raining so much we couldn't see the other end.

At the complex where we trained there were three 50 m pools side by side (there wasn't a 25 m pool anywhere, all the schools had 50 m pools). The nutritionist who came with us was really helpful, watching our diets and making sure that we were keeping hydrated. We did school work straight after training, we could hardly stay awake; the tutor who accompanied us made sure we kept up to date and did our mock GCSEs.

Shopping in Singapore was good, and really cheap, so we visited many shopping centres! We travelled to and from the pool and our shopping expeditions in tramp vans! Mark is the worst driver ever – breaking the seats and speeding over road bumps! On our 14th journey in the van Mark actually got to the pool without getting lost! We saw a great deal of the area just trying to find our way back to the hotel!

We didn't see much of Australia as most of the time was taken up by competing. The pool was just like Ponds Forge, but much colder! I swam well and came back with 1 gold, 7 silver and 1 bronze medal, gaining PBs and Midland and County records.

In the open butterfly events I experienced swimming against Jessicah Schipper, the butterfly world record holder. I gained a lot of experience swimming at international level, which will hopefully prepare me for London 2012.