



DX General News 09 – Feb 2008

Intro...

These things always take longer to get ready than intended! As always, if there is any news or items you want to get to a wide audience, then let me know. If you do not tell me, then it cannot go in!

Normal entries in this newsletter – updates on successes, a contribution from “our own correspondent” and info on the camp and meets.

Committee Corner

At the last committee meeting (5th February) the following matters were the main agenda items:

- Club funding – maximising income and securing grant funding going into the future.
- Swim Camp – Italy 2008 planning and preparation
- Open Meet 2008 – The need for all parents to help on the day of the open and the need to maximise sponsorship income with the help of parents.

The date of the next meeting is the 4th of March 2008

Rob Hignett – vice chair

From the Head Coach

Physio Simon Scott to Work With The Team

We have been lucky enough to secure the services of Simon Scott to assist with the development of swimmers within our programme. On Friday the 22nd February, Simon will be at Moorways where he will do 20 minute screening slots on a number of swimmers in order to identify any imbalances & prevent injuries.

If you wish to take part in this, please put your name in to a slot on the timetable on the Moorways notice board & bring the £15 fee for this service, with you, on the night. It is hoped that this will be a regular occurrence. The feedback will initially be given to me as coach & then passed on to the swimmer.

Please note!

Every swimmer at our level is in effect a full time professional athlete. You all will be carrying a handful of ‘niggles’. With this in mind, it is important that the swimmers (& parents) take on board the advice as a development tool & not an excuse to miss workouts or to be used if performances do not go our way.

I have seen many times, a swimmer go through a screening exercise, have a weakness pointed out & then decide that they are ‘injured’. This will not be happening in our programme!

Weaknesses will be addressed & turned in to strengths!

Club & Coach Funding

We are now getting very close to the point where we have an additional part time coach in the programme. Sport England funding has been gained through the Regional ASA & the County ASA development plans. The advert for the job is due to be released any time now. We will be interviewing, appointing & the coach will be starting before the end of this financial year (March).

The role of the coach will be to provide additional flexibility & support within the programme. They will be based in the Derby area, however they will need to be able to go everywhere within our programme.

It is hoped that this will allow an even better working relationship with all of Derbyshire’s clubs & coaches as well as obviously closer working between Northern & Southern training groups.

County Development Days

Simon & I will be running two development days for the generation of swimmers below the current Derventio squads.

One of these workshops will take place at Moorways on Friday the 28th March. This will be an educational session on the building blocks needed for world class skills. If any parents of current Derventio swimmers would like to attend, please feel free. We will be in the dance studio at the dry centre of Moorways, starting at 7.30pm. The estimated finish time is 9.30pm. Please do remember that this event has been laid on for the younger swimmers throughout the county & their parents, with this in mind, if any Derventio parents attending, could sit towards the back, which would be appreciated.

The ‘X’tra mile...

As an elite athlete in any sport, you need to know the difference between the very good ones & the exceptional ones. The exceptional ones tend to do more than their competitors. Obviously there has to be a certain amount of talent, but the individual athlete choices are the key.

The athlete that will find corners to cut in training, excuses to miss workouts regularly & then pay no attention to their social lifestyle & the influence it has on their athletic lifestyle has no chance of ever making the best level or of ever seeing their talent fulfilled.

It is the athlete who finds a way to make the sessions early, finds ways to avoid missing workouts, insists that the fuel they take on board is enough & of appropriate quality that will have the best chances of fulfilling their potential.

They ensure that they get the rest they need as a priority when not training. They manage their lifestyle well &



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Derventio eXcel Swim Squad

because of all these sacrifices & commitments, they have the ability to focus fully on the job in hand when training.

Many times, I hear swimmers & parents bemoaning the fact that the performances they have aren't where they want to be. The question that all swimmers need to ask themselves is: 'Am I doing enough work of enough quality to swim at the speed that I want to?'

If for example, you are a male & want to swim 51.0 for 100m free, then are you doing what is needed to swim 51.0 for 100fr? If you aren't, the second question you have to ask yourself is why?

Do you do enough sessions? Do you miss regularly? Do you get out early? Do you arrive late & miss the pre pool work? Does your lifestyle affect your workouts?

I hear the same statement many times...

'Well I do all the sessions!'

Do you? ... When? Or are you doing some of all the sessions? Do you miss a session every week or so due to one reason or another? Do you arrive late & get out early?

I have never seen a swimmer who genuinely does all the sessions all the time, not perform to a high level.

However, you need to make sure that your self management of homework, eating, work, social life is organised so that you can commit fully.

Take a look in the mirror swimmer! Just imagine what you are capable of if you have come this far with all that compromise!

The Burns Meet showed a definite split in our swimmers performances. Those that swam and trained consistently through the December period showed this with some very good swims. Those that compromised their training did not swim quite as well.

Mark

2008 Long Course Swim Camp ...

Details are on the website.

Neil Towle is arranging for a coach transfer to Leeds/Bradford airport.

Details will be circulated closer to the time.



Club Shop

Please see Ruth if there are any kit requirements. As with all orders, they are best "bulked" so watch out for e-mails on dates and what is available. We are looking to place an order for DX Swim Hats or further kit in time for the British Champs, so there will be a closing date at the end of February.

The next order will be in time for the Midlands so please be aware if you need any kit. Hats the most likely requirement!

Diary Dates

Entries to Sue K or Simon as needed. Please remember – no DX kit or hats to be worn at the counties.

Watch out for these dates:

1/2 March – Counties (Eckington)

8/9 March – Counties (Sharley Park)

15/16 March – Counties (Queen St)

31 March on – British Champs (Sheffield) **Olympic Trials**

20 April – Diddy league

3/4 May – Midland Youth Champs (Coventry)

18 May – Diddy league

31 May/1 June – DX Open meet (Ponds Forge)

7/8 June – Midlands Age Group (Coventry)

14/15 June – Midlands Age Group (Coventry)

22 June – Diddy league

24/27 July - National Age Groups (Sheffield)

28 July/3 Aug - National Youths (Sheffield)

Precise dates for the summer programme and when training will restart in September will come later this year. Needless to say it will be sometime in August and September!

Website, E-news and News

You may have noticed that there has been less updating to the web site recently. This was due to a shortage of "Webmaster" skills. We have approached the School of Computing at the University of Derby for some help. In the interim, one of the lecturers has agreed to do any necessary maintenance on our current site in his spare time. Longer term, students on the Internet Computing degree course are working on a redesign of the site for us as part of their course work. We should then be given a choice of sites to pick from and one of the students will maintain the site.

As part of their work, the students may want to complete some "user surveys" and we have offered our mailing list to help with this.

One of the main communication routes is via e-mail,



sometimes supplemented by the web site and notice boards at the pools, so please make sure that you let Andy S know of any changes. If you think messages are not getting through to you, or cannot open attachments, then tell someone!

Derventio eXcel Swim Squad

Success Stories

Glory Board: Sue Keane is collating details of the swimmers with National and British Champs qualifying times. Please let her know if you think you may have been missed off – or have been when it is eventually published.

Qualifiers for the **British Champs** and hence the Olympic trials are:

Fiona D, Dave E, Sam F, Kane H, Laura J, Evie K, Ann M, Livvi S, Richard S, Emma S and Chris S.

2012 Development Squad: Livvi, Emma, Fiona and Chris went to Nottingham recently. There are 139 athletes on the programme and all the swimmers and parents attended lectures and Q&A sessions. The lectures included information on nutrition and talks by previous swimmers who had completed at the Olympics. There was a mix of lectures, with some for just the coaches. It also provided Livvi and Emma a chance to catch up with some of the swimmers they had met on the GB camp!

The swimmers will have a series of camps and meetings to attend. This may include swim camps in the US or Europe.

ESSA: At the Finals of the 50th Senior School team championships held at Ponds Forge on Saturday 2nd February 2008, Sasha Wisdich and Fiona Donnelly were joined by Laura Young and Ellie Taylor of Derby Phoenix to make up the Ecclesbourne School Junior Girls swimming team. The team had qualified in the regional heats at the end of 2007 for the finals in the 4*50 Freestyle and 4*50 Medley relays. There were 20 schools from around the country with Junior, Intermediate and Senior age groups represented, both boys and girls.



First up was the Freestyle relay and the girls posted the fifth fastest time to make the Final with a time of 1.59.81. Although they improved on this slightly for the Final, their overall position remained unchanged. Next up was the Medley. Ecclesbourne were third in the initial heats to make the Final. They then posted a time of 2:10:96 and were second overall. This was an excellent result for the girls.

Recent Meets:

Burns Meet: Some fast swimming was seen in a very competitive field with some “big names” turning out. These included Melanie Marshall, Liam Tancock, Lizzie Simmons, Chris Cook and Catlin McClatchey, to name a few. Not to mention Jamie Broom and the Derventio Swimmers!

Harrogate: well done to the swimmers who went to the land of the tea rooms for a long weekend.

Simon F reports that it was a fantastic pool, fantastic competition and fantastic racing from DX swimmers. The meet gave the DX swimmers chance to stand up next to some of the strongest clubs in the north of the country and the swimmers out prepared and out raced the opposition with some fantastic results. A great success so look out for the meet on next year’s calendar.

Other stories: Please let Alan Wisdich know if there are other successes to publicise internally – or Chris Keane if there is an item for a news release.

Far East and Aus – girls on tour

Livvi and Emma went to Singapore with Mark and the GB girls towards the end of last year. Livvi “reports”:

I had a great experience on the end of year tour. Firstly, two weeks hard training in the most amazing country club in Singapore; then to Australia for a really mentally and physically tough meet.

My memories of the training in Singapore are my massive fly heart rate sets on my own and being turned into a 400 freestyler! Well I could’ve been with the amount of 400 frees I got. None of us could wait until the next skill session with Peter the Australian guy, with his strange sound effects – WOOPA ... VROOM! Training session entertainment came when the wild monkeys went through out bags and started eating one of the girl’s constipation tablets ...

On our days off, we went shopping – the shops were incredible! The night safari where we got told by an Aussie to “go back to England” for taking a picture with flash on! We also went to the island – Sentosa. This was awesome! There was a large go-carting thing we went down to twice. Emma, me and a couple of others decided to go kayaking/surfing but took them back broke and ½ hr late. We were then told that the lifeguard had phoned to ask why girls were surfing on his kayaks! Oh dear...!

We then flew to Australia. We trained at Jamie’s old school – T SS – which was really cool. Apart from the fact that when Emma and I were later walking around Surfer’s Paradise, people kept asking why we had strange tan marks on our faces! We both had the most embarrassing sun burned goggle marked faces! We then had a weeks racing. It was so weird to go from watching little 9 year olds swimming to swim next to world champion Libby Lenton. I was really pleased with my results; two 3^{rds}, and a 2nd, and it was amazing to be part of the GB team and hearing the chant “clap clap GB”! The rest of the team were great and we got on really well. We arrived home just in time for Christmas and to top the whole experience – we had no luggage!



Derventio eXcel Swim Squad

Protection, Welfare and Performance

Any swimmer or parent with any concerns about Child Protection issues can contact Anita Shand by email, phone or in person. A section has been created on the website. It can be found on the LH Navigation Bar entitled "Welfare".

Please note that the Code of Conduct for swimmers has been updated and the new version is on the website.

Pool News

As you will all know, the pool at Ripley did not open as expected and remedial work continues. However, the plan is still to use the pool at Alfreton as well when it opens (spring 2008 was suggested). Then the intention is to split the squad on a Saturday morning (Age Groups to Alfreton, Youth to Ripley). This will partly depend on coach cover so watch the notice boards for more information. This will allow more space for the swimmers if nothing else!

DX Open Meet...2008

Planning for the Derventio eXcel 2008 Open Meet continues and the level one licence has been granted. The meet itself will be held over the weekend of May 31 and June 1 2008 and would still be eligible for entry into the 2008 Nationals.

Closing date for applications is 15 April. Entries are via your **home clubs** as it is a Derbyshire Event. DX will not be swimming overtly under its own banner.

The entry selection is by time with fastest swimmers (albeit it balanced across the age groups). If necessary, please discuss your individual entries and times with Simon F or Mark.

The individual race sponsorship can provide a significant source of funding, so please start contacting any local companies or businesses that you think may be interested. Andy S is co-ordinating and has sent out some details of what can be expected.

The whole event will only run smoothly if there are sufficient helpers and assistants. Andy S is assuming that at all DX families will be providing at least one helper and has circulated an initial list of possible roles and activities. Please see Andy if you can help out.

Sponsors

DX is always on the look out for sponsors or donations. If you can help out with fund raising, then please see a committee member. Tristen Smith is setting out a fund raising strategy and looking at possible packages to help secure additional funds.

DX Open meet – race sponsors:

An aspect of last years Open Meet that proved quite successful was the Individual Race Sponsorship. There are 240 events planned for the weekend (30 groups of eight) and each event can have a separate sponsor. A set amount is requested for each event (£25). The format is as follows; each event is classed by the age group, distance and stroke. Hence one company can sponsor the Boys 10 yrs 200 Free for £25. The Boys 11 yrs 200 Free is classed as a separate event and another company can sponsor this one, and so on. You can get sponsors for any number of events spread over the weekend. If a company wanted to sponsor all eight age groups for a particular race (ie all the Boys, 200 free events), then this would be £200.

A sponsor will get their name / business within the Meet Programme, mentioned by the announcer during the meet and we will attempt to also display on the scoreboard. There could also be a possibility of presenting medals with the associated photograph opportunities.

This is not an attempt to drain DX parents' pockets further; the trick is to use business contacts and networks. It should be possible for each family to get three or four race sponsor at £25.00 each.

Andy S will be keeping a log of which events are sponsored.