

DERVENTIO EXCEL SWIM SQUAD



DX General News 04 – Jul 2006

Intro...

Good luck to all swimmers in the National Championships. The summer break will be a time for reflection and refuelling to start the next swimming calendar with renewed vigour!

Committee Corner

From the chair... Derventio eXcel – progress and the challenges ahead

Looking at the journey since last September, I think we can say with some confidence that we are moving in the right direction.

British Swimming speaks highly of our programme; the results in the Midlands speak highly of the coaching team and the swimmers.

We have secured better quality swimming time for the northern training group and extended the hours available.

We have worked hard to improve the organisation structure and this is helping us manage activities on quite a wide front. We launched the Malta swim camp, the 2007 Derventio Open Meet, the newsletter and improved the website. We have re-launched our sponsorship strategy, re-qualified for Swim 21 and maintained a flow of releases to the press. And more ...

Over the next year our most urgent task is bring in more financial support. We are currently living beyond our means – our reserves are being depleted each month. We don't need to panic, but we do need to focus more effort to support Jackie Moore on commercial sponsorship and Julia Brown on local authorities and other funding bodies. Please offer them your support.

Communication goes hand in hand with financial support. Commercial sponsors do so to get their name in the media, but also all of our financial supporters appreciate positive public attention.

We need to refine our strategy and planning work to increase the amount of work that can be delegated to sub-groups.

Mark is going to help raise our general understanding of the swimming development programme. It is a long journey and we would all feel more comfortable if we understood a little more about the route map.

Along with this we intend to develop some simple performance measures that allow us to track overall progress under the programme, to make sure that it is working on all fronts.

Mark will be increasing his personal presence with the northern training group. This has already started and he will be taking it a little further.

We will continue to build strong relationships between Derventio and all of our Derbyshire swimming clubs – we know the swimmers benefit when they get the full support of both.

Beyond these I am sure there will be plenty more to do, but if we can make the progress I have outlined above I am sure that at the next AGM we will all be reflecting on another good year of progress. *Simon*

From the Head Coach

Well guys, what a great season so far; not only did we top the medal table at age group Midland Champs, but we came second in the youth event with a small (18 swimmers) group. The total PB rate was 84%, a truly fantastic achievement showing good performances in depth from all the swimmers in the team.

Now it's time to make sure we stay focussed on the run in to the final meets of the year. Everyone is in good shape and so we need to make sure that we stay fuelled correctly, hydrated and train with better focus and concentration than ever before. Let's finish the year off in superb form & leave nothing to chance! Bring it on! *Mark*

Derventio in the Press...

Recent news releases and articles include: Jamie Broom and DX were mentioned in the Swimming Times in June as part of the full page article on the Southport school in Australia. Similarly, Joe Keane has featured in the magazine.

Well done to all the swimmers for their results in the Midlands. There was a good "splash" in the Derby Telegraph on Evie Keane and Fiona Donnelly.

There is a steady stream of press releases prepared by Chris Keane and include the British Champs, Midland youth and age groups and Radford Open Meet.

Logo

A new logo for DX logo is being launched and will be phased in on the kit as orders are taken. There are no changes to the hat. The first change will be on letters!

Social

Next major event will be the end of season BBQ! A date has been provisionally booked for 9 Sept, but this is the same date as the Schools Games in Glasgow. If it is to go ahead, a willing team of volunteers is needed for the preparation and after care...



Derby CC



Derbyshire Sport



Chesterfield BC



SPONSORS and PARTNERS AREA British Swimming

DERVENTIO EXCEL SWIM SQUAD

Swimming Info

Mark has handed out some useful notes on swimmer development provided by British Swimming. This includes top ten questions asked by parents.

The committee are also looking to get more guidance on how to manage expectations and balance the potential conflicts between swimmer, coach and parent.

2006 Open Air Swim Camp ...

There are some "stragglers" on the payments. Please check to see if you have to make your payments up to date as this helps to minimise the admin.

Details on the flights are on the web in the original information packs. Thanks to Richard Peat for getting the general information on Malta.

Coach Transfer: Look out for information from Pauline Harrison regarding pick up times. The pickups will be in Belper, Chesterfield and Moorways with an aim to get to Manchester Airport for about 17:30.

Pre tour meeting: This is for Swimmers and Parents and will take place at Moorways on Wednesday October 4th at 7pm.

Bag Pack: A bunch of swimmers and parents arrived in Asda Long Eaton on what turned out to be a quiet Saturday. Despite that, and a number of punters queue hopping, the amount raised per swimmer at Saturdays Bag Pack was £50 - £1451.00 in total. This will be deducted from any balance outstanding for the swim camp for the swimmers who helped out. Any accounts that have already paid in full will be reimbursed.

There could be a chance to repeat this in September, maybe at the same venue. Neil and Andy S would be grateful if a couple of parents could come on board and organise it. The hard work in testing it has been done!

Swim Camp 2007

Investigations are nearing the final stage as to destination for 2007 camp. The same basis for selection of an appropriate destination is being used. Watch your e mails for information...

DX Open...

Work on the organisation is progressing steadily and we are received first entries from visiting clubs.

DX swimmers have been given entry forms to complete and return: swimmers will be able to amend the entry times prior to closing date so please pass the forms to Sue or Gail as soon as possible. Payment for the event is not necessary with the entry form. The entries will allow Jim and Yvette to practice on the system!

All DX Members are requested to help raise individual event sponsorship from organisations and local

businesses. The aim is for each to raise four or five sponsors at £25.00 an event. The sponsors will be mentioned on website and Open Meet programme.

Volunteers are still required to help - especially for Omega Suite. Anita has passed out CRB forms for all helpers. Please return them as soon as possible.

Hotel details for parents wishing to stop will be available shortly. See the web site for more details.

Northern Launch

The Official launch of the North Training group will take place on Tuesday the 25th of July at the 'Winding Wheel' in Chesterfield, starting at 7.30pm.

This event will provide an opportunity to formally launch the squad, raise profile in the north and offer an opportunity to attract sponsorship. Following an introduction Simon and Mark will talk about the progress and success of the north group. This will be followed by a promotional video presentation and a guest speaker.

The evening will end with a buffet and an opportunity to discuss the evening over a drink. Thanks go out to Jackie Moore, Julia Brown, Lorraine Goucher and their team who have worked very hard to coordinate the event and to produce the presentational Video / CD.

British Swimming Visit

A visit was paid to the north training group on Wednesday the 28th of June by Fred Kirby, British Swimming Coaching Coordinator. The general feedback from Mr Kirby was positive he will also continue to provide support for the squad to keep moving forward and keep producing national and hopefully international swimmers in the future.

Fred Kirby had made a similar visit to the southern group and met the coaches and Chairman. He commented that we were one of the most progressive clubs in the country.

Bill Sweetnam is a regular at L'Boro and has seen the swimmers in action in training. His presence makes them go faster!

AGM

The AGM was held on Sunday 2nd July in line with the new reporting year agreed at the previous AGM. The club survives on volunteer effort and all assistance is appreciated. There is a "formal" post still to be filled.

At the AGM there were brief presentations by Simon (Taylor – Chair) as well as Mark and Andy (Lord – treasurer).

Up and Coming Meets – Entry Forms

Please pass forms for the Mansfield meet to Sue or Gail if not already done so...

DERVENTIO EXCEL SWIM SQUAD

Northampton Open Meet

Well done to all the swimmers at the very hot week end in Rugby. The open air park was a welcome relief to swimmers and parents and allowed for some social R&R on the playground and water park. Twelve swimmers got at least one gold in their age groups and the overall medal tally was Gold = 31, Silver = 23 and Bronze = 17. More importantly, most swimmers achieved some new PB times with fast swimming across the board.

Derventio took the top club slot. Well done to Darren Hodgett for his haul of 8 Gold medals – rumour has it that he should have got the “best boy” award... Other medal winners were Alice Brooks (2), Phillipa Brown (2), Anna Butler (2), Gareth Carter (2), John Davey (6), Michael Glossop (5), Paige Goucher (3), Ella Graham (7), Robert Guest (6), Ashley Hurdman (6), Matthew Lintern (3), Ryan Lovatt (6) Jodie Minter (4), Emily Pratt (2), Matt Smithurst (3) and Sasha Wisdich (5).

Glory Board

Joe Keane has returned from his first experience of international competition, having competed for Great Britain at the Junior European Championships, which took place in Palma de Mallorca from 6th –9th July 06. Joe was in the 4x200m freestyle relay team and the youngest of the four. The team qualified for the final and finished in a creditable 5th place. Emma Smithurst, Livvi Sefton and Rebecca Harrison are representing the Midlands region at the UK Schools Games being held in Glasgow in September.

David Ellis took part in the recent Disability National Championships, taking gold in the 100m Breaststroke (S13 category) in a time of 1.15.40. This puts him at number 6 in the world rankings!!

Website

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.

Diary Dates

A list of events has been prepared:
27/31 Jul – National Age Group Champs (Ponds Forge)
1/6 Aug – National Youth Champs (Ponds Forge)
31 July – start of reduced summer programme
4 Sept – normal training resumes
7-9 Sept – UK Schools Games (Glasgow)
16 Sept – ESSA Schools Div Champs (Rugby)
14 Oct – Speedo League
22 Oct – Nat County Team Champs
23 – 30 Oct – Open Air swim camp (Malta!)
4/5 Nov – Midland Long Course Champs
11 Nov – Speedo League
12 Nov – Derbyshire Sprints (Ponds Forge)

18/19 November – Mansfield Open (Major Oak)
9 Dec – Speedo League

Nationals Preparation

There will be a Team Meeting for all swimmers at the Nationals on Monday 24th July at Moorways, 5:00pm – 8:00pm [Swimmers from the North are allowed to arrive slightly later!]. The meeting will take place on poolside during the last 30 minutes of the session. Please bring an extra towel & T-shirt.

Sponsorship, Donations and Fund Raising

Fundraising is vital to the squad's long-term future and we need to continually raise significant money. Jackie Moore, with the help of Jo Matthews, Steph Smith and Andy Lintern, are looking to attract sponsors on two levels. Jackie has a range of benefits and packages that can be offered to sponsors.

First, they are looking for businesses that will sponsor an individual swimmer for £500 annually (the money will go into central funds and not to the swimmer).

The other level of sponsorship is for £5,000 as a Business partner. The intention is to attract around seven major sponsors; each year one would be asked to sponsor either the Open Meet or a Swim Camp as well.

If anyone knows of any family, friend, business associate or company that might be interested in sponsoring DX at either level, could you please contact Jackie, Andy, Steph or Jo, ideally with a contact name if possible, and they will follow it up. This will then give consistency to what sponsors can expect and allow the club to manage its external stakeholders.

Thank You and Farewell

Sue Holden has played a fantastic role over the past year and supported Mark in the coaching. It is with no small regret that we see her leave Derby for new challenges and wish her well for the future.

Similarly, there will be some changes in the water as swimmers leave DX to return to their home clubs and new members join the early morning starts. The leavers will all have gained a wealth of experience from their time in DX.

Summer Timetable

Starting from Monday 31st July & returning to normal Monday 4th September. Swimmers expected to train as much as is practicable.

	M	T	W	T	F	S
AM	Ches 5:30 – 7:30	CC 5:30 – 7:30	Eck 5:30 – 7:30	QLC 5:30 – 7:30	Ches 5:30 – 7:30	Off
PM	Moor 4:45 – 8:15	Off	Moor 4:45 – 7:15	Moor 5:15 – 7:45	Moor 4:45 – 8:15	Off

CC – Clay Cross

QLC – Queen Street

Eck – Eckington

Ches – Chesterfield

DERVENTIO EXCEL SWIM SQUAD

Pool news

1 - Pool Time in the North: It came down to the wire, with the 25m pool at Middlecroft closing at the end of May, alternative pool time was required as a matter of urgency. A deal was struck with North East Derbyshire District Council at the last moment with a start in early June. There are now Tuesday morning sessions at Sharley Park, Clay Cross and on Wednesdays at Eckington.

The new pool time is working very well, the programme is now more geographically accessible for all swimmers in the north, it also increases the amount of pool time available to the north by 2 hours. Lorraine Goucher played a key role in securing this extra pool time.

2 - Head Coach Visit : Mark Rose visited the north training group for a 2 day period. This gave Mark an opportunity to give an input into the programme and to see the swimmers train first hand from the pool side. There will be other visits in the future.

3 - Ripley: Over the next year, the gym and pool at Ripley are being rebuilt and hence there will be disruption for the parking during this period. The pool arrangement will not change. There is more info on the boards at Ripley and completion is due for August 2007. Land training is cancelled at Ripley until further notice!

Club Shop

Merchandise - Diana Swimwear up and running on website. As we are dealing directly with Diana and to keep postage down. Orders for this range will take place in November, March and June each year.

Coaching Excess

Congratulations go out to the Italy and all people of Italian extraction on their success at the FIFA World Cup 2006. Despite the Italian domestic game being consumed with scandals over match fixing and corruption, the Italian team showed true team spirit and were victorious in the final on Sunday the 9th. Everyone at the Monday morning training session at Chesterfield expected to see Simon in a state of elation and joy. 'It has still not sunk in' said Simon looking a little worse for wear. Let's hope that Simon can follow in the footsteps of his countrymen and translate this into more success on the poolside.

Championship Lifestyle: Mark, Karen and Simon were joined by Doug and Dave (Phoenix), Spencer (CoD), and Keith & Mick (Trident) for a post Midlands celebration at the Varsity on Friargate recently. Mark demonstrated the attributes and dietary requirements admirably (but the photographs are being withheld by co-conspirators). The chaperone and Team Manager for the evening, Neil Towle, said that he thought swimmers were better behaved.

Midlands Open Water Championships

After the recent heat wave, it was back to cloudy and blustery conditions at Bosworth Water for these championships. With water temperature at a decidedly chilly 17 degrees (apparently 16 is the minimum required to continue somebody said), the swimmers entered the water with a certain amount of trepidation.

The course consisted of a 1K loop, thus requiring three and five laps respectively for the 3K and 5K events. The 3K and 5K events (Men and Women) all started together - a total of 37 swimmers, 13 of which took part in the 5K category. The three Derventio eXcel swimmers however came up with the goods, each of them winning their category.



Erica Brown won the Senior Ladies Category in a time of 1:01:17.4 (and was 3rd overall, with only two senior men ahead of her). Gareth Carter won the Junior Men's title in a time of 1:05:56.6 (and was 5th overall in the Senior Men's category). Joanne Reeks won the Women's 3k 12-16 Age Group category in a time of 41:26.4.

Erica is a super swimmer and an old hand at this Open Water Swimming, but Joanne and Gareth did superbly for a first attempt at Open Water Swimming, as it certainly requires differences in how you swim. For example, on a 1K loop, there were just six buoys (big yellow things!), at intervals of approx 160m apart, and that was your ONLY guideline. You were therefore having to lift your head out of the water every few strokes to ensure that you hadn't drifted off course (swimming clockwise, you always had to have the buoy on you right shoulder). The blustery conditions also meant that the water could be quite choppy at times. Swimming for so long also meant that as well as having very tired arms, the ankles were aching from being held in a similar position for so long.

Certainly all three of them had plenty of lanolin and Vaseline applied before the race - although somebody did say that they queried whether it actually did any good.

There were certainly some tired bodies at the end, but the overall impression was "great, what's next".