



Derventio eXcel Swim Squad

DX General News 22 – July 2010

Introduction

The Nationals are almost upon us – last few training swims and time to focus on what the training is aimed at. An example can be taken from Chris, who is going great guns in Helsinki .. Thanks to Kim for keeping the blog alive with the news on his swims.

Committee News – Karl Davidson (Chair)

The draft minutes of the AGM have been circulated and the following were elected onto the committee:

Chairman- Karl Davidson

Treasurer- Peter Marshall

Secretary- Jackie Goodall

Committee Members- Kevan Allsop, Ashley Coleman, Adrian Jones, Chris Goodall

My Chair's report thanked DASA for their support and Neil Sefton and Andy Smithurst for their inputs and support.

The Derbyshire pathway although not perfect yet is starting to cement and the changes we needed are starting to happen (slowly). We have been involved in aspects of the pathway that we never envisaged, such as school galas - but it has amazed us how effective we can be - the grass-roots being inspirational. Andi and Kim have spent a lot of time visiting clubs and mentoring coaches and generally trying to pull Derbyshire into being one of the strongest counties in the country.

At the AGM Peter Marshall presented a commentary on the finances. The open meet this year raised significant funds which was a big contributing factor to our current financial position and we must thank all involved but especially Ashley Coleman and Andy Smithurst for pulling it together. At present we have just enough funding to get us through to the end of the financial year. However, due to government cuts a lot of our external funding will dry up. We have got to get other sources of funding and this will continue to be a concern.

As Andi was on paternity leave, Kim presented the coaches report (more later!).

Finally, a rule change was passed to allow DX swimmers to compete as DX at our own Open Meet.

The next few months are crucial to the future of DX and all efforts are being put into providing a sound footing for the squad. **Karl – chair**

From the Head Coach

As outlined at the AGM, the coaching team are very proud of the swimmers for getting on with the job. I have now been in place for just over a year and it is a good time to reflect and then set goals for next year as to what we expect to achieve as a performance squad.

Last year DX had 26 swimmers at Nationals with 80 swims. Of these 22 swimmers got placings in finals. At Inter-Counties DX were 14th in Division 1. At the Midlands Short Course Championships DX achieved 14 County records.

Outside of the pool we had nine swimmers at English Talent Camps and three AASE athletes.

British Champs were a great success with medals in the relays. Chris Steeples qualified for the European Junior Champs and will shortly be off to Helsinki.

We held our own at the Midlands Youth Champs. Midlands BAGCATS resulted in medals galore, National Qualifying Teams and top relay results.

We now have 28 swimmers qualifying for a total of 105 swims. Targets at National will be more PBs with everyone stepping up.

Plans for the forthcoming year will be to improve on what we've achieved. We will lose 2 or 3 of our top swimmers who will be moving on. We hope to have a Development Squad for swimmers who are just under the DX criteria and continue to develop the BAGCAT swimmers.

All 12 Derventio eXcel Relay Teams have now qualified for the National Championships in July and August 2010.

At the recent club meeting I outlined some issues that have been left uncommented on. Aside from the targets in the pool, there will be a bigger expectation to behave as a performance squad.

Now that the overall standard of the squad has moved forward over the last 12 months, it is time to change the mindset of some of the swimmers/parents in the squad. Nobody deserves to be in the squad based on times alone, you have to earn your place and conduct yourself as a performance level swimmer throughout the entire season. Decisions will be made that are in the best interests of Derventio as a whole – NOT individuals within the team.

Behaviour we must get rid of:

1. Parents sitting near/with team at competitions.
2. Actively working against coaches with things you say and do and the choices you make.
3. Poor nutrition pre/post training and competition.
4. Lack of support for annual competition plan (Cardiff).
5. Holidays during season/holidays outside of summer break.
6. Parental involvement – in coaching/swimming decisions - who knows best?
7. Turning up late for training/competitions – missing warm-ups, not swimming down correctly.





Derventio eXcel Swim Squad

8. Small minded thinking focussing on counties, Arena league, local leagues, club championships and entering non-sanctioned meets.

Behaviours we must adopt:

1. Support and respect coaching decisions whether you agree with them or not.
2. Seeing NQTs as the MINIMUM standard and to look above and beyond this as our goals each season.
3. Being performance level swimmers out of the pool and not just in it.
4. Absences from training to be made up in ADVANCE.
5. Making sensible lifestyle choices away from the pool.
6. Withdraw from 'minor meets' with home club if this conflicts with your ability to attend our 12 meets per year.

We have set out a training plan that we totally believe will allow you, as individuals within a team, to reach your potential. I'll give each swimmer my all IF and only IF you give your all to the programme.

Performance swimming is about a total commitment to the training and competition plan, NOT a pick and mix approach.

As coaches, we want you to want to be professional. It's no good doing it just because your parents or coaches want you to. It's a choice and a commitment that you must make yourselves.

I will have NO sympathy for any swimmer who underperforms at Nationals who hasn't followed and committed to the programme, especially over this training cycle (April – August). Make sure you have done absolutely everything you can to prepare in the best way possible.

I want the best for every athlete in my programme. I'll do everything I can to help you reach that but you must give me the same back. You might not like every decision I make, but trust in me - don't try and make me change what I believe in.

Parents – know your boundaries and help me to help your kids be the best they can be.

Andi

Midlands Youth and Age Groups - Results

Too many to mention, other than it was an excellent set of week end swims. Results and details on the ASA website and in the press releases!

Website, E-news and News

Many thanks go to Darren Wood for taking on the role of Webmaster. The "blog" area is proving a useful rapid update.

Open Water

DX swimmers turned out for the Midlands and Derbyshire Open Water championships at Bosworth Water on Sunday 11 July. Catherine Williams, Hannah Sullivan and Rosie Watson did 1500; Evie Keane and Scott T-C the 3K; and Sasha Wisdich the 5K.

Partnership 2010 Swimming Challenge

DX contributed to the Derby City Partnership week with a "2010 Challenge". This year, the focus was "Raising Aspirations" and linked the squad with ten inner city primary schools. It involved swimmers and coaches visiting schools and their swimming lessons, taking the new club mascot, the Derventio Duck.

The duck swam a total of 2010 metres through the week and the schools we supported were Dale Community Primary, Hardwick Primary, St James Junior, Peartree Juniors and Arboretum Primary.



Many thanks go to the swimmers and coaches who helped out. A particular success was at St Clares Special School with their very first intra house swimming gala. There were a number of swimmers who supported the schools notably Sasha, Rosie, Ellis, Scott, Gina and Evie. We have been asked by schools if they can be included if we do a similar event again. All schools will receive a certificate for taking part in the event.

St James Junior School said "Thanks very much for including us in the Derventio Swimming Club initiative last week. The feedback was brilliant: some of the girls were so keen to show off to the young people, that they managed to swim a width unaided, which they'd never managed before. Both staff and children found it a very worthwhile experience, so once again, thank you very much. Please pass on my thanks to the club."

Fund Raising -

DX 200 CLUB: Details of the DX 200 Club are on the website. This is an opportunity to win some cash for individuals and home clubs. The awards are based on a percentage of the takings, with the club awards to be given at the Counties in 2011. Entry is £5/month - see Alan Wisdich or Karen Lovatt for more details and the necessary entry forms.

The winners are shown on the website. At present, City of Derby and Long Eaton have had the most number of winners but Swadlincote has had proportionally more.

Derventio Open Meets 2011, 2012 ...

Still there and for ease of reference!

2011: April 2 / 3

2012: April 28/29.

Derventio eXcel is a partnership between all Derbyshire Swimming Clubs, Derby City Council, Derbyshire County Council, South Derbyshire District Council, Amber Valley Borough Council, Chesterfield Borough Council, Derbyshire Amateur Swimming Association, British Swimming, Derbyshire Sport, the University of Derby and Derby College. It is one of a select number of squads that are endorsed and supported by British Swimming.



Derventio eXcel Swim Squad

mail@derventioexcel.org.uk

Kit at Nationals

Hopefully the DX Nationals hoodies and polo shirts will arrive in time for the Nationals. Please note that only official DX kit with the logo should be worn for any official photo opportunities.

Nationals - training

A lane has been booked at Ponds Forge on Tuesday 27th July from 18:00-19:00 for all DX swimmers competing at National Age Groups - please let Kim know that you will be coming.

For those of you with rest days throughout the championships, we ask/recommend that (for best performance) you still attend Ponds Forge for light training on these days. The time of these sessions is to be arranged with us in advance. See Andi for more details.

Mental Training

A Sports Psychology talk has been organised for Monday 26th July at 6:30pm in the Sports Centre at Moorways and is for all Derventio swimmers. (Parents - we will let you know at a later date if you can also attend but at present, this is for swimmers only). We will train in the pool from 5:00-6:00pm only. The theme for the talk is: "Mentally preparing for a major meet"

For most of you, Nationals will only be a few days away and so this will get you all totally focussed and mentally ready to ensure peak performances are achieved. It will also give you the psychological skills to make you better all round athletes, to take forward into all future competitions. For me, as your coach, it's about you being able to deliver on the big stage and whilst you'll all be physically ready to perform, the mental side of things is so important come race day and this talk will give you that extra edge over your competition going into Sheffield and/or Sunderland this summer. *Andi*

Long Course Swim Camp ...

As outlined at Ripley, the Long Course swim camp is a week at the T3 complex in Tenerife from 18 to 25 Feb, 2011. The cost, including flights, will be a maximum of £830. We are flying from Birmingham and details on travel will be circulated nearer the time.

Everything is in place for this and early stage payments possible – see Peter for details.

Lincoln Vulcans

This is one of the first events of next season: remember to get your entry forms to Sue Keane. Chat to Andi about events if necessary. "Use the Lincoln Open Meet as a way to get your racing up and running for the season; I would like you all to enter at least 5 events please" - Andi.

Swim "Camps"

As part of our position in the DASA Swim21 programme and the Pathway for the Derbyshire swimmers, DX has arranged swim camps for particular stroke and skills development. These are being held at Alfreton and involve some theory, land training and drills.

The Committee would be very grateful for a volunteer to take on the co-ordination of the monthly DX Development Camps. The Clinics have proved very popular with swimmers and coaches and parents alike. They are also a source of vital income to the Squad as well as raising DX's profile amongst the home clubs. It is very important that we keep them going.

Helsinki or Swim?

Aside from being mentioned in the Derby Telegraph:

"Chris Steeples competed in his final event of the 2010 European Junior Championships today in the 4 x 100m Medley Relay. The Great British team of David Gregory, Braxton Timm, CHRIS STEEPLES and James Young swam to a time of 3.44.13 finishing in 4th position, just 0.55 of a second off Bronze. Chris swam an eXcellent split of 1.03.25 (His individual best being 1.03.91).

Chris has had an eXcellent championships and has done himself, his coaches, his club and team-mates proud on his first representation for Great Britain, he has consistently stepped up and improved from his 6 out of 7 swims, which is a testament to his professionalism, commitment and love of the sport.

Chris who is Derventio eXcel's Men's captain is a role model for all swimmers; he is also very keen to be involved and look after his teammates and pass on his experience and support.

Chris' performances should excite the other DX swimmers as they have not got long until the National Championships taking place in July and August and they have their chance to show what they can do.

(It is also interesting to look at the results to see where other current and future European Junior Age swimmers from DX would have been placed... This is exciting for the upcoming Nationals and future International teams)

Steeps is home now and continuing training for the Youth National Championships in August in both individual and relay team events for Derventio eXcel, before having a well deserved break in the summer holidays."

Kim Hill.

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Summer Training Programme:

BAGCATS should train once per day for the week after National Age Groups (2-6 August), with Friday 6th being the last session of the season. Your summer break then lasts until Monday 23rd August when we'll see you all back for the PM session at Moorways.

Youth swimmers will go onto their break immediately after National Youth and will also start the new season at 5pm on Monday 23rd August. The last session for those not competing at Nationals is Friday 6th August. Some Youth swimmers may also be competing at ASA Nationals/Commonwealth Trials in Sunderland (18-21 August) and you should follow the same plan as the Senior swimmers.

Senior swimmers will train through until Tuesday 17th August (on a slightly altered programme to be communicated soon) and then compete at ASA Nationals (18-21 August). You should then train on Monday 23rd, Tuesday 24th and Wednesday 25th August before having your break. Your new season starts on Thursday 9th September (PM session).

For those of you who are taking holidays outside of the summer break dates, i would like you to continue training after ASA Youth Nationals. You need to attend the number of sessions you will be missing once the new season begins on Monday 23rd August. The training times for these days are listed below:

| | | | | | |
|--------------------|-----------------|---------------------|-----------------|-------------------|-----------------|
| Monday 2 August | Etwall 5:30am | Monday 9 August | Etwall 5:30am | Monday 16 August | Etwall 5:30am |
| | Moorways 5:00pm | | Moorways 5:00pm | | Moorways 5:00pm |
| Tuesday 3 August | Queens 5:30 am | Tuesday 10 August | Queens 5:30am | Tuesday 17 August | Queens 5:30am |
| | Moorways 4:30pm | | No Training | | No Training |
| Wednesday 4 August | Etwall 5:30am | Wednesday 11 August | Etwall 5:30am | Wed 18 Aug | ASA Nationals |
| | Moorways 5:00pm | | Moorways 5:00pm | | |
| Thursday 5 August | Queens 5:30am | Thursday 12 August | No Training | Thurs 19 Aug | |
| | Moorways 5:00pm | | Moorways 5:00pm | | |
| Friday 6 August | Ripley 5:30am | Friday 13 August | No Training | Fri 20 Aug | |
| | Moorways 5:00pm | | Moorways 5:00pm | | |
| Saturday 7 August | No Training | Saturday 14 August | Ripley 6:00am | Sat 21 Aug | |
| Sunday 8 August | No Training | Sunday 15 August | No Training | Sun 22 Aug | |

There is then no training until Monday 23 August.

Thanks to City of Cardiff for:

LAWS OF COMPETITIVE SWIMMING

Law of Competitive Gravity

When left unattended, a swimmer will gravitate to the worst technique possible.

Law of Inertia

A swimmer at rest will tend to remain at rest unless acted upon by an outside force. A swimmer in motion will tend to rest as soon as possible unless acted upon by an outside force.

Opposition Principle

When asked to kick rapidly, swimmers tend not to; when told not to kick, swimmers tend to kick rapidly.

Laws of Acceleration & Momentum

The law of acceleration may only apply for 3 minutes after coach reminds swimmer it is important, then the law of Momentum becomes dominant soon to be replaced by the law of Inertia.

Law of Relativity

The position of the swimmer's body in relation to the position it is supposed to be in, may vary up to +or- 100%.

Law of Finite Attraction

Even after carefully explaining the efficiency and effectiveness of an ideal stroke rate, within 3 minutes swimmer will invariably lose the ability to count strokes and think about any related concept. See similar anomaly under Law of Acceleration.

Law of Historical Principle of Babylon

Within three minutes of the start of coach speaking, the swimmers begin hearing unrecognizable tongues. See similar anomaly under Law of Finite Attraction.

Law of Fluid Mechanics

The amount of fluids the bladder can retain is directly proportional to the difficulty of the middle of the current practice set. The same principle seems to apply to ripping caps and broken goggle straps, but no scientific evidence connecting the 3 has been documented.

More humorous wisdom...

Swimming is the only sport in which you go from point A to point A and work like hell to get there.

Breathing is essential in life, not in a 50 free.

When the going gets tough, the sprinters get out!

Actions speak louder than coaches.