



DX General News 08 – June 2007

Intro...

Well done to the Youth team at the Midlands and good luck to the Age Groups. It will soon be the Nationals!

Committee Corner

From the chair...

Currently our management attention is dominated by getting ready for Swim 21 Performance accreditation and preparations for the AGM. Our Swim 21 submission reflects the real progress we have made over the last 12 months and of course highlights many areas where there is further work to do. Fortunately whilst the standard set is high, they do not expect perfection and will accept a basic level of achievement in some areas as long as accompanied by a clear plan of how we will improve. So fingers crossed

In a way this sets the scene well for the AGM on the 12th of June where I will take the opportunity publicly to thank the Committee and our many other volunteers for their commitment and support over those 12 months and then we will all get the opportunity to elect the new Committee members to lead us through the next stages of this journey. The AGM is the most important event of the DX calendar and whilst not always the most exciting, it is the opportunity for all members to voice their opinions, both through voting on agenda items or through raising other issues of importance (Items must be submitted in advance). Also, importantly, your presence shows your support for those elected.

I hope to see you there. *Simon*

From the Head Coach

Well a great weekend at the District Youth Champs now needs to be followed up by the age groupers at Coventry. With a full two weekends competition, it will be the best prepared swimmers who will consistently perform. We have a great team of swimmers that are doing a good job in attempting to out-train everyone. There may be the odd swim that doesn't go to plan; however, the swimmers who are doing a better job now day in, day out, in training, sleep patterns, food & drink wise will be the ones who are able to bounce back quickly. Attention to detail in every way is the step forward for all of us in this last phase of training.

Accept nothing less than

- your absolute best effort physically
- your total concentration to skills & technique,
- everything in your preparation being the best that you can make it,

Only then will you be on your way to achieving your potential!

Nationals: as many of you are now looking forward to this event with relish, I just want to remind you that if you want to be at your best, I advise you to stay close by in a hotel & stay from the night before your first swim onwards. The commute to & from the pool as well as the lack of somewhere to rest is always a negative influence on swimmers performances. To be at your best you need to be rested & relaxed, all done close by to the racing venue. *Mark*

Diary Dates

Watch out for these dates:

- 9/10 & 16/17 June - Midlands Age Groups (Coventry)
- 16 June – National Open Water Champs (Royal Albert Docks)
- 14- 15 July – Northampton SC "Non Nationals" (Braunstone)
- 22 July – Combined Open Water Championships - Bosworth Water
- 23- 26 July – Nationals Age Groups (Ponds Forge)
- 27 July – 1 Aug – Nationals Youth (Ponds Forge)
- 13 Oct – Speedo League
- 21 Oct – ASA Intercounty Competition
- 3/4 Nov – Midlands Champs, Braunstone, Leicester
- 10 Nov – Speedo League
- 24/25 Nov – English Winter Champs (TBC)
- 8 Dec – Speedo League

And then ... March 2008 – Olympic Trials ...

Success Stories

Press releases have been circulated in relation to swimmers performances at the British Champs, Youth Midlands and Disability competitions. These are available on our website or the East Mids ASA and include mention of:

British Champs: Emma Smithurst, David Ellis, Livvi Sefton, Joe Keane, James Lovatt and Richard Sellars for medals or setting new county records.

Youth Midlands: an extremely successful Midland Youth Championships, taking 20 gold, 10 silver and 11 bronze medals. Also, 1st places in the Mens 4X100m, 4X200m freestyle & 4X100m Medley Relay Team events. Medal winners too numerous to mention all by name!

Peter Taylor, who competes in the S7 category, recently returned from International competition, where he represented Great Britain at the International Para Olympic Championships, in Antwerp, Belgium. Peter was 3rd in the 400 free and helped take 2nd place in the 4*100 free relay.

David Ellis returned from the British International Disability Swimming Championships with a bag full of medals (4*G, 2 *S and 1 * B) and new British record in the 100m backstroke. At the German Open Champs, David secured 2*G, 3*S and 2*B in the Breast, Fly and IM.

Emma is heading to Antwerp on 17-22 July as part of the GB team in the European Championships. Mark will be there as part of his GB role.

The *Glory Board* on the web site gives details of National Qualifiers and is not being repeated here. It is getting fuller and there are about 22 names already down for 84 events. Please add your details if you are not shown. It was last updated at the end of May.

Protection and Welfare

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".



Derby CC



Derbyshire Sport



Chesterfield BC



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DERVENTIO EXCEL SWIM SQUAD

Pool News

The redevelopment at Ripley continues. Watch out for changes to the parking later from 4 June! Access will be from Derby Road in front of the Leisure Centre (and no longer possible from Cedar Avenue). Pedestrian access will still be possible from Cedar Ave.

Amber Valley BC hopes to agree a four phase programme for completing the front car park by 19 October 2007 (including the demolition of the old swimming pool. Inevitably there will be disruption during this last stage.

The Sports Hall is the first to reopen and this is proposed for w/c 25th June. The new pool is due to open to the public on Monday 13 August.

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. 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, or cannot open attachments, then tell someone!

Social

Would anyone be interested in an "end of season" or "pre season" BBQ or similar? If so, please let Mike Moore know...

SWIM21

Derventio eXcel is currently accredited with Swim21 under Competitive Development. We are currently working to achieve the Performance Level accreditation in line with our role within the Derbyshire swimming community. This follows the Swim21 network pathway for Clubs and can be viewed on the East Midlands web site (under the Swim21 section!).

It is important for all registered ASA swimming clubs to achieve Swim21 accreditation (which is essentially a quality management system). It is recognised by local authorities and swimming bodies, thus providing access to pool time and much needed funding.

The management system is separated into three categories (compliance, workforce development and performance). The Swim21 guidelines are already being actively followed by the committee, club members and swimmers. This allows the administration of the club and the swimming performance to maintain the professional standards we need to demonstrate as a Competitive and progressive club, in and out of the water.

There will be some changes as we work towards the standard and amend policies and procedures and updated documents will be given on the website. We are aiming to submit documents for the next regional panel in July.

2007 Open Air Swim Camp ...

Flights, hotel and pool are all booked for the Camp in October (22-29). Details will be on the website soon. The next instalment will be due in June with the balance in early August.

Age Group Midlands

Early finish as normal on Friday. Saturday training as normal for Youths.

Club Shop

Please see Ruth if there are any kit requirements before the Nationals. Last date for any orders is 20 June. No hat requests please!

DX Open Meet...2007

Thank you to everyone who helped with the Open Meet and helped to generate over £10k of funds. The preparation and planning paid off and apart from a few minor problems, there were no major issues over the week end. The "lessons learned" included the need to mirror the programme for the spectators benefit and that you can never have too many poolside helpers. The success of the Meet was two fold – firstly it proved to be a major fund raiser. Secondly, it helped to reinforce DX's presence in the swimming community. It showed all the Derbyshire clubs working together.

Major thanks are due to Neil Sefton for securing the Meet sponsorship by Lovells. The efforts of all those who secured race sponsorship or provided prizes for the tombola is greatly appreciated.

DX Open Meet...2008

The Derventio eXcel 2008 Open Meet will be held over the weekend of May 31 and June 1 2008. We have had confirmation that the dates would still be eligible for entry into the 2008 Nationals and are not planning the long distance swims.

We hope we are able to count on your continued support to make it as successful as this year's event. Please could you let Andy S know if you are likely to be away on holiday and unable to help out over the weekend. We understand that most schools will be off that week.

AGM

The AGM will be held at Manor College, Ashgate Road, Chesterfield at 7pm on Tuesday 12 June. Please make every effort to attend as it is your "club" and this gives you an opportunity to formally discuss Club issues. Also, a minimum number of attendees is required to meet "quorum"!

If you cannot make it, then questions can be submitted to the Secretary (Kevin Shand) in advance (and please make any apologies for non attendance). Notices are posted at Moorways and the Manor for notification of any business items and nominations.

Summer Programme

The Club is going to try and run as full a programme as possible! Subject to final confirmation the provisional programme is:

Mon AM - Chesterfield 5.30-7.30
Mon PM - Moorways 5.00-7.00
Tue AM - Sharley Park 5.30-7.30
Tue PM - (2-4pm) Ecclesbourne School, Duffield - open air!
Wed AM - Sharley Park 5.30-7.30
Wed PM - Moorways 5.00-7.00 (plus - when coaches available & swimmer demand appropriate - Manor College 5-7pm)
Thu AM - QLC 5.30-7.30
Thu PM - Moorways 4.30 – land training, 5.30-7.30 swimming
Friday AM - Chesterfield 5.30-7.30
Friday PM - Moorways 5.00-7.00

No Saturday sessions...

Swimmers are encouraged to keep their volume up, fitness up and weight down in preparation for the Olympic trials in March 08.