

DX General News 17 – March 2009

Intro...

Good luck to everyone for the Counties. It is a chance to swim fast and reap the benefits of the training and dedication shown over the last year. Success will be measured in many ways, but the main aim is to enjoy the events and remain positive.

Outline details on recent and future events are given in this overdue newsletter. If you have any ideas or thoughts for articles, please pass them on to Alan or to the committee.

Committee Corner

Following the whole membership presentation at Matlock meeting in January, progress has been made on a number of fronts:

- Analysis of our current financial position future forecasting has been developed jointly by Neil Sefton and David Joy of Derbyshire Sport.
- Open meet planning is gathering pace; the closing date for entries has past. Please ensure you are clear about your duties on the weekend of the event. Event / race sponsorship is also crucial.
- Head coach recruitment (see separate comments)
- The strategic review of the Performance pathway in Derbyshire is close to completion. This is being presented to the first DASA Shadow Strategic board in early March.

The next few months will be crucial with the County and British championships upon us. Just around the corner are the Regional Championships and National finals. I would like to finish by taking the opportunity to thank Keith Bewley, Keith Kelly and Kim Hill for their hard work and dedication on the poolside during this difficult period of transition.

Rob Hignett – chair

Keith's Korner

I am very pleased the way the swimmers have been training and expect numerous personal best times at the County Championships - even though the swimmers are in heavy training. For those attending the British Trials (*Zi Chen Liu, Molly Renshaw, Catherine Williams, Emma Smithurst, Olivia Sefton and Chris Steeples*), their taper period has started.

We are doing the Stoke meet and the Div 1 at Sheffield at the end of May. The information on Stoke is already in hand and details of Sheffield are to be sent out.

Keith B

Talent Development Group

Just to reiterate that the Talent ID session is still running on Tuesdays 5.15 - 6.45pm at Moorways. "Well Done" to all those who attend this session regularly. A great improvement can be seen, not only in swimming skills and land training skills, but also in all lifestyle aspects that are needed to be "Professional" Swimmers. Keep up the good work.

North Squad

I have been working with the North Squad over the last few weeks, and in the face of all the issues surrounding the swimmers who live in North Derbyshire and Derventio as a whole, these swimmers have shown great maturity and commitment and have continued to work hard and maximise the situation. Well Done.

South Squad

I have worked with the South Squad for longer; during this period of change even though I have had reduced time working in the South at the current time, I have by in large seen swimmers continue to work hard and give their all to the programme. This period of change is harder for some swimmers than others; however, I have seen swimmers grow with maturity and as people along with the situation. Should any swimmer feel they have questions or concerns over their swimming to please feel comfortable to approach myself or Keith to discuss it. *Derbyshire should be Proud.*

Kim Hill

Head Coach Recruitment

Following a large amount of interest in the advert for the above position, we were able to shortlist six strong candidates for interview last Thursday (5th March).

As DX is an important element of the performance pathway in Derbyshire and beyond, we have been fortunate that the shortlisting and interview process includes representatives from the Talent Development Team of the ASA, the coaching team at British Swimming, the ASA East Midland Region, as well as Yvette Guest and myself from DX.

Following the interviews we are hoping to be able to make a decision by Monday, 9th March, and subject to relevant clearances/checks, inform swimmers and the wider membership accordingly.

Once again I would like to thank you for your patience on this matter, and should you have any queries in the meantime please do not hesitate to contact me

Rob Hignett – chair

Derventio eXcel Swim Squad

Open Meet 2009

Date for the diaries next year – the Open Meet is planned for the Easter Week end, April 11 and 12.

A draft schedule of jobs has been distributed and is on the web. This includes a representative from all full and part swimming families to provide the help that is required to make the event run smoothly. It is a major fund – and profile – raiser for the club. The more help that is given will make it easier for everyone.

As you will see from the schedule, there are still a number who have not confirmed their availability as yet, especially on the Health and Safety Group. We do have a responsibility for this over the weekend. If any of you do have changes to your availability please let Andy S and your Team Manager know ASAP.

2009 Camps:

Dubai – This was a great success and many thanks to Andy and the team for arranging it. The swimming and overall experience will be long remembered.

Counties – Fri and Sat Training

Friday night training at Moorways

Going into the county championships, I am keen to ensure that swimmers are rested as well as prepared. Therefore please note that this training session is reduced to 2 hours for the next 3 weeks for those competing in the age group or youth events.

Please note however that Keith is prepared to stay on for the full 3 hours for those who are not competing.

Saturday morning

Over the counties, we will monitor attendance at these sessions to see if we need to cancel one or the other at any stage. Talk to the coaches for more information!

Website, E-news and News

Simon Mounsey is doing an excellent job in keeping the website live and working with Derby Uni to manage the overall structure and content.

Please make sure that your e-mail address is up to date – if you are not getting messages from Andy, then you are missing out on news and updates!

Protection, Welfare and Performance

Any swimmer or parent with any concerns about Child Protection issues can contact Paul or Lesley Webster, by email (paul.webster13@ntlworld.com), phone (01332 691825) or in person.

Pool News

The information from **Ripley** at the end of last year suggested that there the new pool would be opening soon. However, from conversations at the centre, the delays are ongoing. Full details and background on the reasons for the delays were given in the Amber Valley Newsletter that can be found at Ripley. As we get updates, we will keep you informed.

Etwall – This is still on progress for opening in Summer 2009...

Parents and swimmers in the North are being kept informed separately about progress, pool availability and times. Rob Hignett is coordinating activity.

Diary Dates

The diary continues to develop ...

7/8, 14/15, 21/22 Mar – Counties

16-20 Mar – British Champs, Ponds Forge

11/12 Apr – DX Open Meet

2/3 May – Midlands Youth

16/17 May – Stoke

30 May/1 June – City of Sheffield (Ponds Forge)

6/7, 13/14 June – Midlands Age Group

July – Nationals

The City of Derby Short Course (L2) is on 25/26 April. This is first come/first in and is filling up. If entering, do so through your home clubs.

Glory Board

It must be remembered that Derventio eXcel encourages swimmers to succeed at their appropriate level, and this will vary from swimmer to swimmer. However, the National stage is one arena where the club will be given a high profile and provides an easy benchmark to acknowledge. The club will be looking for ways to recognise achievement on a wider basis.

So far, National Qualifying Times have been obtained by: *Matthew Mounsey, Connor Smith, Emma Smithurst, Molly Renshaw, Catherine Williams, Kane Hagggett, Livvi Sefton, Chris Steeples, Zichen Liu and Evie Keane.*

If we have missed anyone, then let Sue Keane know!

Other achievements are welcomed and news of any school, triathlon, open water or other related activities is welcomed for the newsletter.

Telephone Tree

It has been decided that there is a need to establish a telephone tree in order to pass urgent messages quickly. The training cancelled due to the weather conditions is a prime example of the need to communicate effectively. To this end, Yvette is collecting phone numbers and contact details so that each person passes on the message to two or three others. More details in due course.