



DX General News 13 – May 2008

Intro...

Well done to Dave Ellis

More on this below...

Please note that the AGM is coming up and the news on the camps, open meet, etc.

Committee Corner

As we approach the AGM we have started our recruitment campaign for the committee. Inevitably we lose a number of members, both those who have served for a period and would like to take a well deserved break and those whose swimmers are no longer in the squad and wish to dedicate there efforts elsewhere.

The nominations sheets are now out with a closing date of May the 10th. We have organised two volunteer evenings, on the 7th May from 6pm to 8pm at Manor and the second on the 9th May from 6pm to 8pm at Moorways (room to be advised). At these sessions we will look at how we best go about encouraging people to get involved in the club and how we identify the best way of using their skills. You will have the opportunity to look at the roles that need fulfilling and look at how to identify both your own and others skills. Your involvement in these sessions would be greatly appreciated. I look forward to seeing you there.

Simon Taylor - chair

From the Head Coach



Dave Becomes Derbyshires First Ever Qualifier for Paralympics & The first ever swimmer to train in Derbyshire to make the Olympics.

Dave swam at the Paralympic trials at the weekend and opened up the meet with an awesome swim in the first event on the first day – 200 IM. He had previously moved his own British Record down from 2.27 to 2.23, three weeks previously at the British Championships.

This swim though, tore the record book apart!

He needed a 2.23.55 to make the games. His actual time was 2.20.87! An awesome time and within touching distance of the World Record!

The next day, Dave then backed up this with another Olympic Qualification time & British Record in the 100 Br of 1.10.54!

This has meant that Dave will have the option of swimming a number of events at the games.

I'm sure everyone is proud to be part of the team that has helped Dave to achieve this exceptional honour!

Underwater Fly Kick

I thought you might want to have a look at something that I came across on the internet the other day...

Whilst looking at Monofins on the Finis website, I came across three animated demonstration videos that were the best I have seen as far as showing swimmers how & why the fly kick works along with the importance of flexibility in order to generate good quantities of power.

Take a look at:

<http://www.finisinc.com/products-monofins.shtml>

I think you will find it interesting & useful.

County Development Days

Two great sessions happened a few weeks ago at Moorways and Sharley Park. All swimmers did a great job and we are hoping to run more in the near future.

Log Sheets

These provide a great tool for analysing a swimmer's performance. However, some swimmers are not keeping theirs up to date. Remember, no logs – no analysis.

Coaching staff

The advert for an assistant coach is still running on the ASA, Derby City Council, East Midlands ASA and DX website. When filled the role will help the weekly routine as well as provide cover when GB or other camps are run.

Remember, be the best prepared! – *Mark*

2008 Long Course Swim Camp ...

No change to the details that are on the website. Main effort at moment is the Open Meet.

Neil Towle is arranging for a coach transfer to Leeds/Bradford airport. Details will be circulated closer to the time.

Payment schedules should all be in place. If you have any questions, or a reminder of when they are due, then please see Andy S, Mark.or Simon.

BUT – note that planning for the **2008 Long Course camp** has started. Keep your eyes open for some more information on this...

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. Best bet is to let her know if you need anything!



Derbyshire CC



Derby CC



Derbyshire Sport



Chesterfield BC



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Derventio eXcel Swim Squad

Diary Dates

Entries to Sue K or Simon as needed.

Please remember – no DX kit or hats to be worn at the DX open meet.

Watch out for these dates:

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)

Training will proceed as normal during the Midlands.

The “Non National” qualifiers meet is being arranged for 19/20 July and Simon will be giving out details very soon. It will most likely be a designated meet and long course.

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

On the 9th of May at Queens Park in Chesterfield we are holding a session for part time invitees who have met the eligibility criteria. This influx of new young swimmers will be a welcome addition to the north squad.

Website, E-news and News

Web: As mentioned in the last newsletter, Derby University students have been developing a possible new web site for DX as part of their coursework. Two groups presented their suggested sites and we have selected one for further development and implementation. The students have done some excellent work and their input is greatly appreciated.

There will be more information when the web site goes live.

E-mail: 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!

AGM

We are fast approaching the AGM which will be held on Tuesday 17th June 2008 at the Out of Town Inn, Ripley at 7.00pm, when Officers and Committee members will be elected/re-elected. Formal notification of the AGM will be sent to you nearer the time.

Please make every effort to attend. It is your club and your views are needed.

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.

Recent Meets:

British Champs (aka Olympic Trials):

Our swimmers were in excellent form at Ponds Forge. They were competing alongside the very best swimmers in the country, including Ross Davenport and Dean Millwain and once again, proved they were part of one of the most promising squads in the UK. Livvi, Emma and Fiona were all fine form with Livvi qualifying for the GB European Junior Championship team in both the 100m & 200m butterfly events. Livvi will travel to Serbia at the end of July with the squad. Emma is on the Olympic B team event in Canada the same week.

Other swimmers also had some excellent swims:

> Ann came close to qualifying for the European Junior Championships, making the ‘B’ Final in the 400 individual medley.

> Laura, Evie, Kane, Chris and Richard produced some very pleasing results, achieving personal best and National Championship qualifying times.

Mark Rose said: “Some of our swimmers are now progressing to international level, with Dave, Livvi & Emma being firmly in the spotlights. Also the talent emerging from the younger members of the squad is very promising for the years ahead. I am in no doubt that there will be more than one Derventio swimmer at the 2012 games”.

Well done to all swimmers!

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.

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.

Derventio eXcel Swim Squad

Pool News

It looks like the pool at Ripley is NOT going to be opening soon, with the unofficial dates moving slowly backwards. Changes to any training locations will be notified as the opening dates are finalised.

On pool time the additional time taken at Stavely on Thursday evenings from 6-8 is working really well the facility is brand new and despite some minor limitations offers good quality pool time.

DX Open Meet...2008

It is getting closer to the 2008 Open Meet. As you all know, the meet itself will be held over the weekend of May 31 and June 1 2008 and times gained would still be eligible for the 2008 Nationals.

The draft programme is on the web so please check your entries. Jim and Yvette have done an excellent job in getting the details sorted out and the event was well over-subscribed. Although the meet is on "fastest entries", the final list had to be balanced to reflect the proportions of the different ages entered as well to ensure that each age group had a reasonable representation.

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. The final list of helpers will be circulated soon and unless you comment otherwise, it will be assumed that your input is agreed. Please see Andy if you can help out or need more details.

DX Open meet (1) – Main sponsor

Tristan Smith is in the final stages of negotiating for a main sponsor for the event – watch this space. He has already obtained three event sponsors in Stratstone Jaguar, Womersley Fine Foods and Lovell with the possibility of two more still to confirm. Seamers of Derby have agreed to be the Event Programme Sponsors.

DX Open meet (2) – 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.

DX Open meet (3) – tombola:

Donations and contributions are requested for the tombola – to be run on the day. This proved to be very successful last year, but more donations (all sizes and types) are still needed. Please see Jo Matthews if you can help.

Sponsors

Aside from events such as the open meet, DX is always on the look out for sponsors or donations. If you can help out with fund raising, then please see Tristan Smith or a committee member.

Online shopper?

At the end of last year, DX put out information on how the club can get additional funds from shopping on line. There is a link from the web site to:

www.supportingyourclub.com/Club.aspx/Derventio_Excel_Swimming_Club

However, THIS IS NOT BEING USED – and hence will be discontinued soon... The idea behind the site is that every order placed through any of the shops listed helps the club generate extra funds with the club receiving a commission for every single sale through the site.

If we can get as many people as possible using the shopping mall, the club will benefit massively over the year. If you do your weekly shopping online on a regular basis, you don't need to do anything differently except do it via the Asda and Tesco links on the shopping mall.

There are numerous major top quality brand names available with Boots, Asda, PC World, play.com, Carphone Warehouse, Harrods, Jessops, John Lewis, HMV, Tesco, and hundreds more.

There is most definitely something for everyone. Please encourage all your friends, family and work colleagues to use the club's shopping mall and support DX whenever they shop on line. The more people use it the better off the club will be.

Derventio eXcel Swim Squad

Are you a swimmer?

You might be a swimmer if:

If whenever you hear an electronic beep you instinctively jump

If you have rings around your eyes unrelated to the amount of sleep you got

If waking up before dawn to exercise seems normal

If jamming a piece of Styrofoam between your legs is not a kinky sexual activity

If bugs die of chlorine poisoning when they land on your skin

If getting smacked on the butt doesn't bother you at all

If the phrase "This set with fins" is better than hearing "You just won £1,000"

If you answer, "I don't need to" when someone asks when you showered last [Yuk!]

When you learn how to squirt water 15 different ways

When you go through so many latex hats in one season you could wallpaper your room [Or Maybe Not..]

If a friend asks how a certain guy dresses and you reply - "I don't see him with his clothes on"

If your friends have stopped asking you about your plans for the evenings

If you go from store to store desperately trying to find your favourite sports drink

If the first place you go when you're stressed out is a swimming pool

If you have an inhaler in every colour of the rainbow

If the phrase "50 double armed backstroke with a breast stroke kick makes you happier than anything

If being fish-like is a compliment

If your friends don't even call you anymore because they know that you have no time to do anything

If your nightmares consist of a series of numbers ending in 0 or 5

If you sweat chlorine even after showering [Hmm, Nice]

If someone asks if you have any siblings and you start listing team mates

If you are determined, strong, smart and tough