



Derventio eXcel Swim Squad

DX General News 21 – May 2010

Introduction

Well done to all the DX swimmers at the counties, British Champs and Midlands Youth. It was an excellent set of swims.

Committee News – Karl Davidson (Chair)

It is the start of a new Financial Year and the Open Meet has provided the funds to allow us to start the year very positively.

We have booked the DX AGM for 8.30am on Saturday 19th June at Ripley Leisure Centre in the new meeting room. This will be after morning training. Forms and details have been circulated and are on the web. Please come and have your say on how we run and organise the club.

The DASA AGM is also coming up and this will be an important influence in the long term stability of DX.

In May we are doing a presentation to Derbyshire Sport Executive Group to inform them of the issues, challenges and opportunities for performance level clubs.

We have prepared a promotional DVD that will be available to pass to potential sponsors to help showcase our successes and demonstrate our achievements. There is a link to it on the website. Please see Karl if you know of any potential sponsors and it may help to introduce the squad.



Two poolside banners have been made, courtesy of KAM Services (MOT test centre and garage services). They made their debut at Coventry and looked very good. They were last up at

Ripley and will be heading to Swansea, Coventry and Cardiff. **Karl – chair**

From the Head Coach

We're now entering the final 12 weeks of the season before you all enjoy a well deserved two week break straight after Nationals.

In the meantime, I'd like you all to re visit your goals for the season and do all you can in the coming weeks to ensure these are achieved through attendance, effort and application in training. You all have 2-3 more competitions to gain NQTs, now including the Cardiff Open Meet for youth swimmers. This will serve as our final preparation meet leading into Nationals and so all of you should be racing at least one day of this event for some last minute fine tuning.

Our results from Midland Youth's were really pleasing in terms of our swimmers' ability to race and improve from heats to finals. This is a really important skill to have and

we'll try to continue to develop this throughout the rest of this season and beyond.

I will shortly be away on Paternity leave for three weeks and so plans are being put in place to ensure the smooth running of our programme throughout this time. As always, I'd politely ask that swimmers act as professionally as possible, keep all negative comments to themselves, speak to the coaches on a one-to-one basis if they have any concerns/questions and work as a team to manage yourselves - more than ever. Our team captains - Chris and Livvi will have additional authority to keep swimmers in check who are not conducting themselves in the manner we would expect and you should listen and respond to all they ask of you. **Andi**

Midland Youth - Results

As reported by Chris Keane: DX were in excellent form at the Midland Youth Championships in Coventry. Top performers were: Zichen Liu who took gold in both the 50m and 200m backstroke and silver in the 100m event and Chris Steeples who did the same, but in the Breaststroke, taking the 100m & 200m titles and silver in 50m. Both Chris and Zichen added a further two gold medals to their tally in the relay events where they were joined by Kane Hagget and Scott Tovell-Coleman to win the 4x200m Freestyle, and Kane & Thomas Matthews in the 4x100m Medley Relay. Scott was also in excellent form in the longer distance swims, where he took the title in the 800m Freestyle and silver in the 1500m event.

Jodie Hawkesworth and Molly Renshaw both produced some excellent swims in the Breaststroke events, with Jodie winning gold and Molly the silver in the 200m, Jodie the silver in the 50m and 100m, and Molly the bronze in the 100m. Other medallists were Emily, Evie, Kane, Fran, Cat and Harry. In the relays, the girls were second in the 4x100m free and third in the 4x100m medley.

Derby City Partnership Week: 28 June- 4 July

The Derby City Partnership week takes place in June and aims to celebrate Derby success and its people. It showcases groups, associations and individuals who live, work and contribute to Derby life. This year, the focus is "Raising Aspirations". DX are going to contribute to the event with a "2010 Challenge". This will link the squad with ten inner city primary schools and involve swimmers and coaches visiting schools and their swimming lessons.

Please see Karl or Linda Sullivan if you can help out with this event. It will help to raise the profile of DX in Derby.





Derventio eXcel Swim Squad

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Derventio Open Meet 2010

From Karl: What a fantastic weekend it was for DX. Following on from a great week at the British Championships for the squad and congratulations to Chris Steeples for his selection to the GB European Juniors Team competing in Helsinki during July, we have produced a showcase event that represents our standing within British Swimming and The ASA.

Many thanks go to all DX members who made this happen. Special thanks must also go to Chris and Jackie Goodall in the Omega Suite and the pre event preparation. Feedback from Clubs, Coaches, Spectators and VIP guests congratulates DX on how well the meet was run and also how enjoyable it was to attend. There was special feedback from Rory Slater, the Derbyshire 2012 Legacy Coordinator.

The tombola was a big success with the PG Tips monkeys proving a very popular attraction. It raised about £400. Many thanks to all those who donated prizes. And to Karen and Kelsey for numbering all the prizes!

Derventio Open Meets 2011, 2012 ...

Still there and for ease of reference!

2011: April 2 / 3 2012: April 28/29.

Sue Watson is putting together a "What needs to be done" pack for ease of future reference. If you were involved in any of the pre 2010 preparation, no matter how small, please pass on a brief note to Sue outlining what was done. This could include time scale (e.g. what they ordered/organised/ contacted /submitted by what date), suppliers used (e.g. contact details of company used), and any costs involved. This will help to form a body of knowledge to make the next ones easier.

Advanced apprenticeship in sporting excellence (AASE)

All swimmers who are born between 1st September 1993 – 31st August 1994 should read the document relating to AASE and fill out an "athlete eligibility" form by 1st June 2010. Livvi and Chris are currently on the scheme. It offers swimmers the opportunity to gain qualifications while swimming at performance level.

Glory Board

Well done to the swimmers who got recent National qualifying times. The Website will be updated with names to get the complete list.

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.

Fund Raising

GRANTS and AWARDS: Kevan and Emily Allsopp arranged for a grant from The Bingham Trust for £1,000. There was also £500 from South Derbyshire DC and Amber Valley. Championing Derbyshire supported the Open Meet.

RAFFLE: Well done to Elaine Vasey and team for organising the Raffle. With the support of other clubs and organisations, over 1,400 tickets were sold, raising about £1,250 for the club. The winning tickets were drawn by the club president, John Hidle, at the DX Open Meet at Ponds Forge. The winners are listed on the DX website.



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 first draw was at the DX Open Meet, with numbers picked by John Hidle. Winners included Karl, Neil, Jane and Dean.

The second draw was taken at Ripley on Sat 8 May by Tom Parr (pictured), Chairman of Ripley Rascals. Winners were Neil, Joanne, Helena, Ady, Tristan and Karen.

Long Course Swim Camp ...

Looking ahead, plans have been developed for February 2011. As outlined at Ripley, the proposal is a week at the T3 complex in Tenerife from 18 to 25 Feb. The cost, including flights, will be a maximum of £830. Please let Ady or Caroline know as soon as possible if interested and your preference on the flight options.

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 first three have been held and numbers are growing. Details are available via the DX website. Steeps demonstrated during the breaststroke clinic; Livvi and Kevin the fly, and Evie and Fran the freestyle. Other demonstrators will be needed for the next camps!

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.