



NEWSLETTER No4
OCTOBER 30th 2003

Step Test

This Monday, 3rd Nov, we are going to run a step test.

This is 7 x 200 – 4:30, faster each time.

The perfect result would be starting from around 14 secs outside of Pb, getting faster each time by 2 sec & hitting pb on the last one.

We are going to run this in 3 x 1hour sessions. You will only swim at the hour stated! This is to ensure accurate results.

PLEASE CAN A PARENT ACCOMPANY EVERY SWIMMER IN THIS SESSION TO ENSURE ACCURATE RESULTS!

- 5 – 6pm

Katie Amatt, Olivia Sefton, Sarah Gibson, Kane Hagggett, Kate Lord, James Shand, Glen Picknell, Callum Broom, Joanne Reeks, Elodie Marsh.

- 6 – 7pm

Jamie Broom, Larna Picknell, Mariessa Picknell, Anna Selby, Joe Keane, Richard Sellers, Adam Lockwood, Michael Dakin, Danielle Hemmings, Ashley Hurdman.

- 7 – 8pm

James Lovatt, Hannah Mayall, Hannah Dinan, Krissie Easter, Oliver Froud, Rebecca Harrison, Gary Heap, Callum Henley, Katy Lockey, Grace Morris, Emma Smithurst, Natalie Mester.

IF ANYONE CANNOT ATTEND, PLEASE LET ME KNOW ASAP!

Wet write recording boards

A big thank you to Paul Hagggett (Kane's Dad).

Paul has come to the rescue with a way of getting us all wet write recorders at a very low price! In fact, he is making them!

We anticipate the cost will be no more than around £1 - £1.25. They will be individualised with swimmer names & you will then be able to take full responsibility for recording your sessions!

British Swimming – Fred Kirby

Some of you will already know Fred from the poolside, he is the World Class Coaching co-ordinator & has taken us as a squad under his remit.

He will be attending the Friday session on the 28th November, just prior to the Midland championships.

Competitions

I will be attending the Midland district championships on the 29th & 30th November.

Due to my ASA course, I cannot attend the age group sprint championships on the 18th November.

Volume recording & PB sheets

Your Sheets are due in at the weekend.

Do not forget!!

100% RIGHT IS RIGHT, 99% RIGHT IS ALL WRONG!

DERVENTIO eXCEL SWIM SQUAD



Merry Xmas!

Not quite yet, however, below is a list of items that I would like you to put on your Xmas list. Finger paddles, swiss ball (£7.99 from Argos, much cheaper then elsewhere!), theraband, stretch cord, pulling band, wet bag (mesh for keeping your poolside kit in), if possible a heart rate monitor & if not already, an exercise mat.

Land Training

We are making progress!

It seems that Ian Wood at the city council may have found us an ideal venue & time...watch this space!

E-mail

Please e-mail me with a hello at my email address so that I can distribute the volume sheets/pb lists etc electronically.

Mark

100% RIGHT IS RIGHT, 99% RIGHT IS ALL WRONG!