



X News 24 – March 2005

Our focus over the next few weeks will be –
HIGHEST LEVEL OF SKILLS ON THE SOFT (AEROBIC) SETS

Easter Training

We have a number of alterations to our usual programme of swimming over the next few days.

Good Friday – Moorways 1pm – until 4pm

(arrive early to do your land work! I will be on poolside from 12.30)

Saturday – Usual Training at Ripley 6-8am & land work straight after until 9am.

Monday – Off

Tuesday – return to normal programme.

Photographer

On Wednesday the 30th April, we will be having a photographer to come down to Moorways to do a photograph of all swimmers.

This will be for our principle sponsors, Radleigh Homes.

With this in mind, it is vital that you all bring down your Radleigh t-shirts & they have also asked that you bring down any medals or trophies from county champs.

British Championships & Trials

Last week saw 6 of our swimmers compete at the British Championships in Manchester.

All swam exceptionally well in their first senior national event.

We swam in 18 events & had 15 pb's!

A great job from all, lets see if we can get more there next year & more at this summers national Age & Youth Championships!

Don't forget to get your Step Test Graph Laminated & on poolside.

It's only a pound from Paul Haggett if you do not have access to a laminater.

You can use the reverse of these as a recording board...

We will continue to run a spot check for recording boards approx every week.

Some of you now have outstanding records, if you need to look at a great example then look no further than Katy Lockey & Emma Smithurst. They both have exceptionally good log sheets with lots of time info recorded on the back. If you need a look at theirs then I'm sure they will be only too pleased to show you what they do!

Using the recording boards will help you swimmers to keep up to date with your log sheets!

The next test will take place on Monday & Tuesday, **4th & 5th April.**

DERVENTIO EXCEL SWIM SQUAD



This is 7 x 200, faster each time.

The perfect result would be starting from around 24 sec's outside of PB for females & 30 sec's outside PB for males. Each step should be faster each time by 4 sec for females & 5 sec for males. Target finish time is PB on the last one, with all the correct steps between.

We are going to run this in 3 sessions. You will only swim at the time stated! Please arrive at least 15mins early to do your blood flow work.

PLEASE NOTE A PARENT OR OTHER HELPER NEEDS TO ACCOMPANY EVERY SWIMMER IN THIS SESSION TO ENSURE ACCURATE RESULTS!

Monday Night April 4th

- **5 – 6:30pm** (*Swimming 2 per lane 15 sec apart*)

Kate Lord, Hannah Topliss, Anna Butler, Ann Morris.
Eve Keane, Kelly Towle, Sasha Wisdich, Ellie Taylor.

Sam Wheelhouse, Kane Haggett, Chris Steeples, Scott Tovell-Coleman, Sam Smith.
James Shand, Jamie Bell, Gareth Carter, Robert Guest, Ryan Lovatt.

- **6:30 – 8pm**

Jamie Broom, Joe Keane, Richard Sellers, James Lovatt, Krissie Easter,
Natalie Mester, Rebecca Harrison, Emily Pratt, Katy Lockey, Jo Reeks,

Tuesday Night April 5th

- **5:30 – 6:30pm – Breaststroke & Fly (5x200)**

John Davey, Olivia Sefton, Emma Smithurst, Grace Morris, Sarah Gibson, Ashley Hurdman,
Danielle Hemmings, Eleanor Barlow, Darren Hodgett.

IF ANYONE CANNOT ATTEND, PLEASE LET ME KNOW ASAP!

Mark