



X News 20 –November/December 2004

Well swimmers, our first taste of real competition is coming over the next two weekends, we are at Districts & some are at Counties this weekend & then the following week we are all at Sheffield's Open meet. So we will find out whether we have started to make an impact on our target of being the best prepared team in Britain!

You still can make sure that you nail all the basics in all the sets in all your training sessions & then make sure you can take it forward in to your races.

I'm really looking forward to the racing & I expect to see some quality swims over the coming fortnight.

A reminder as well, to all swimmers who are at the counties this weekend.

As I am at the Districts in Coventry, can you please text message me with your results, do remember though that I cannot reply to all of them as a reply to 20 swimmers texting a couple of times would cost me a fortune!

We also have some great news as regards to training over the Xmas & New Year period!

Thanks need to go once again to the manager at Moorways Paul Brown.

He has kindly agreed to let us train for 3 hours every day during the days when the centre is only open 9am – 4pm!

The timetable will be as follows,

Normal training up until,
Friday 24th Dec 1 – 4pm Swim
Monday 27th Dec 1 – 4pm Swim
Tuesday 28th Dec 1 – 4pm Swim
Wednesday 29th Dec 1 – 4pm Swim
Thursday 30th Dec 1 – 4pm Swim
Friday 31st Dec 1 – 4pm Swim
Monday 3rd January 1 – 4pm Swim
Tuesday 4th – Return to Normal

This will enable us to keep up our volume during the holiday period & will help us to stay in shape throughout this period. I expect to see full attendance throughout these sessions.

We may be putting on land training sessions prior to this at 12noon. I will confirm these as soon as possible.

Saturday Mornings on the **27th November & 4th December** have been cancelled due to the competitions taking place on those dates.

DERVENTIO EXCEL SWIM SQUAD



Ok – I'm going to be Mr unpopular here (just for a change!) but I have to now change something. Over the last few months, whenever a swimmer has had a birthday, they & their parents have very thoughtfully & very kindly brought in boxes of sweets for the team to have after training. However the number of swimmers in the squad means that there could be a birthday every 8-10 days! With this in mind, I am going to ask everyone to refrain from this in future & if you would like to bring something in, please make it either fruit or nutri-grain type healthy snacks. It is really important that you as athletes get in to good eating habits & I feel that I cannot promote the eating of junk food. You as High Performance Swimmers need a good diet & I see lots of you already eating sweets & junk food so any more will just add to it.

Coaching Cover. As you are all aware, we have a handful of very supportive coaches who help out with cover whilst I am away with British Swimming.

I just want to remind you how important these people are & how valuable their contribution to the programme is.

Without their help we would have real difficulty at times & I would ask you to make sure that you as swimmers need to always treat them with the utmost respect & always thank them at the end of a session. Remember that a thank you can go a long way!

Competitions.

I need to clarify the competition situation for the newcomers & keep some of you who have been in the programme a while in check!

We compete at a very limited number of events for the simple reason that if you are training properly, you need to rest.

You should not be swimming many, if any friendlies! This is not an appropriate level of competition for you guys. If that is all you aspire to then you are in the wrong place!

Some of you have spoken to me & asked to be allowed to on certain limited occasions & I have agreed. However this should not be the norm! If you want to swim more, go training an extra session!

There is also a strict policy that no open meets are to be entered without my permission!

Do not come to me a few days before & say,

'By the way I'm swimming at such & such at the weekend'

This is not acceptable!

I have a real concern about some swimmers who are missing training on Friday night to go & swim in an unimportant low level schools gala that will result in you going to bed later than usual.

This is happening the night before Midlands at Coventry where you have to be on poolside at 7.45am.

I really do question the thinking behind this & wonder where some of you are going to make up the extra session never mind the rest? I also wonder what you'll be eating on that night, probably poor quality fuel for the weekend ahead!

DERVENTIO EXCEL SWIM SQUAD



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This racing policy is STRICT, if you do not adhere to it then you do not want to be a national & international level swimmer. This is our only way forward & the reason we exist!

Any non programmed competition will have a consequence on training, In the strive for performances at the top level from you swimmers, I am not willing to accept that.

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...

The next test will take place on Monday & Tuesday, **6th/7th December.**

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!

We will have some students from the University Of Derby Looking At Stroke Rates & Counts For A Handful Of Swimmers At This Test.

Monday Night Dec 6th

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

Kate Lord, Scott Tovell-Coleman, Hannah Topliss, Callum Broom
Sam Smith, Eve Keane, Kelly Towle, Sasha Wisdich, Ellie Taylor

Sam Wheelhouse, Kane Haggett, Karina Sharma, Anna Butler, Ann Morris
James Shand, Jamie Bell, Christian Barcz, 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 Dec 7th

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

Mariesa Picknell, Olivia Sefton, Emma Smithurst, Grace Morris, Sarah Gibson, Ashley Hurdman, Danielle Hemmings, Katy Amatt, Eleanor Barlow, Darren Hodgett.

IF ANYONE CANNOT ATTEND, PLEASE LET ME KNOW ASAP!

Mark