



NEWSLETTER No5

NOVEMBER 20th 2003

THE 'CHAIR'S' BIT!

There has been lots going on behind the scenes over the past few weeks...here is an update!

URGENT

Please do not enter competitions under Derventio eXcel unless we are entering as a team. We are not affiliated yet and will not be until at least January 1st. This could mean you may have entries returned for events so please use your feeder clubs and wait for the nod from Mark.

YOU SHOULD NOT BE ENTERING ANY SWIM MEETS AT THIS TIME WITHOUT CONSULTING MARK ANYWAY!

Kit

I have just about gathered the information I need to order the kit ready for our first swimming meet. I am still short of sizes and so on from:

Callum Henley, Natalie Mester, Joanne Reeks, Katy Lockey & Michael Dakin.
Please see me as soon as possible to sort this out.

I will be ordering hats this week so please let Ellen Picknell know how many personalised hats you want and how many plain ones (that is just Derventio eXcel with no name) by Monday November 23rd. If we manage this, we can get the hats for Christmas.

Hats with names will be £6 50

Hats without names will be £4 50

Our launch

I am waiting for final confirmation that we will hold an official launch at lunchtime on Monday February 16th, 2004. This is half term. I have contacted British Swimming and have just about secured Bill Sweetenham (final words were we will put confirmation in writing!). At this launch, we hope all our partners and sponsors will attend. The local media will be there so all swimmers will be invited and parents, grandparents and any other interested parties. Swimmers will be having individual and group photos taken for the media.

Little things done right every day have more impact than spectacular things done occasionally

DERVENTIO eXCEL SWIM SQUAD



The Media

In addition to this, we are going to running a series of profiles in the local press in the forthcoming few months. I will distribute a questionnaire and then the paper will publish profiles of swimmers, coaches, parents etc. This will be great to raise our profile and attract sponsorship. However, if you do not want to be featured then just let me know! No problems!

Christmas prize draw

Andy Smithurst and Pauline Harrison have organised and distributed some prize draw tickets with money due in by December. Please aim to sell all your allocation- we receive 50% of the money taken and this will pay for a months pool hire!

Christmas and Captains

We know many of you have feeder club Christmas discos and so it was felt we would hold back on a social evening until next year. Mark did think it would be a good idea for us all to meet up during the Christmas holidays. So we thought bowling followed by a pizza on December 23rd after training. Please look on the notice board at Moorways for more details. All swimmers and parents are invited.

Mark is going to announce our Squad captains at the meal.

Thanks for all your help

Julie

Coaches Chat

Step Test

Many thanks to all who helped with the test last week.
Without your input, I would certainly not have been able to run the test.
I will be running the next one on the 1st & 2nd of December.
Once again could I ask for your help on poolside.
Swimmer times will be listed ASAP!
The dates we are running the test are tied in to the British Swimming Calendar.

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DERVENTIO EXCEL SWIM SQUAD



Wet Write Boards & Training Logs

Please don't forget to pass on your £1 to Paul Haggett (for your recording board) when you see him.

You should now be keeping a training log, which includes at least,

Volume

Main set

How you feel you performed in that session.

I would like you to leave your log with me, on a Monday or Friday night please as you get in to the water. I can then have a look at it & let you have it back as you leave the pool.

Also, please remember that it is compulsory for you to let me have a copy of your volume recording sheet every month!

Competitions

I will be attending the Midland district championships on the 29th & 30th November & the County championship event this Sunday the 23rd November.

E-mail

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

Competitions

Very important this one as it seems to be the only area in which I have any concerns about the development of our swimmers.

I will first outline what I want the swimmers to do or not do & then explain the reasons why.

Swimmers must limit racing to around 12 competitions per year.

A competition is defined as a race that will compromise the training programme in ANY way.

That means a session off or if we are targeting a race with a taper.

League galas for the feeder club do not come in to this bracket.

If you were swimming Speedo league on a Saturday night, it should have no effect on training the previous or following day. In other words, you must not miss training!

Why do I want swimmers to limit racing like this?

There are a number of factors.

Firstly, racing only has any use if done at the appropriate level. Some swimmers are in reality 'pot hunting' for trophies at small galas & missing training.

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Secondly, swimmers need rest. If a swimmer competes every weekend whilst trying to train to the levels needed, then there is no rest time.

PERFORMANCE = TRAINING + REST

If you do not train, you will not perform, likewise, if you do not rest, you will not perform.

One parent has stated how tired, they are with the training programme & all the competitions.

Imagine how tired the swimmers will become if they are not resting either.

This last 3 months have seen a number of swimmers not training consistently enough to reach the highest levels.

Will you be confident as a swimmer if you step on to the blocks next year at the side of your competitors, knowing that they have not compromised their training?

EG – if you missed a session a week, Monday am, for 20 weeks out of the 48 week, training year you would be 40 hours behind your competitor.

That equates to 140,000 metres of training, or around 3 weeks of training volume behind.

In addition, you are tired, because you have not settled in to the rhythm of regular morning sessions. This will mean that for a further 6 hours that week, you will not be training at the level of your competitors.

So not only are you 140,000 meters behind, you have also compromised a third of your training week to swim in competitions that do not count for anything.

So, get in to the training pattern, weeks in, and week out, forget competition unless we have planned it & get yourself ready to swim fast when it matters!

Mark

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