

# DERVENTIO EXCEL SWIM SQUAD



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## DERVENTIO EXCEL SWIM SQUAD NEWSLETTER SEPTEMBER 15<sup>TH</sup> 2003

### Coaches Chat!

Well one week down & things are starting to fall in to place! The swimmers are doing a great job in the water & need to keep up the standards we have set. Remember

**100% is all right, but 99% right is all wrong.  
Do the skills perfectly every time!**

### Water time

Ripley sessions will now be starting on Friday, 26<sup>th</sup> September. They will take place on every Friday & Sunday morning, 5.30am – 7.30am. Sunday will become the main land training session, I envisage that we will train 5.30 – 7.30 in the water & then move to a land session from around 8.30am until around 10.30am. So could all swimmers please get themselves an exercise mat for the land training sessions. They should cost no more than around £5-you can get them from Argos, Swim Shop and so on.

### Competitions

I have no problem with swimmers racing, but remember, if you need to do 16 hours in a week & competing stops you doing a 2 hour session, then you will need to make up that time elsewhere in the week. We will have to enter any Midland district events, this year through our feeder clubs. This is because of the club being affiliated & the time it will take. I will be going with you & we will stick together as a team. Looking at the number of swimmers who have entered the Lincoln Vulcans meet, it is more than likely that we will go there as a team also.

### Log books

At the end of this month, you will need to give me a copy of your weekly volume recording log, pb list & a copy of any other sheets filled in, in the induction pack. The most important are the volume log & pb list. Please bring them to me before training on Monday September 29<sup>th</sup>.

So keep upping the amount of morning sessions as much as possible & lets continue building towards a very successful future!

# DERVENTIO eXCEL SWIM SQUAD



## Individual Meetings

If you have not met with me yet to discuss your goals and targets please see me at training to book an appointment. Swimmers and parents can also see me during the day at the University or before training-just let me know. I need to see all of you as soon as possible.

***Here comes the X Men & Women!***

*Mark*

## Other “stuff” !!

At our first training session on Monday night (September 8<sup>th</sup>) you decided the fate of Club X. Swimmers were given the choice of three names for their new swimming squad. The result was pretty resounding and so Club X became **Derventio Excel**. In case anyone doesn't know, Derventio is Latin for in and around the Derwent and Excel is a through back to Club X and also an indication of the excellence of our swimmers.

The result of the vote were:

<b>Derventio Excel</b>	19
Swim Derventio	14
Derby Dash	2

Now this vote is over the swimmers now need to make another decision. We have a name but now we need some Squad colours. Mark will be discussing these options with you and we will have made a decision by Wednesday. Let Mark know what you think. The choices are:

Royal blue and white  
Black and gold  
Navy and white

The final decision this week is the logo. We know we want to use the X of Excel...lots of you have said you would like the X to be used on hats and costumes. We wondered if any of you would like to produce a logo for Derventio Excel-something that we could put on our headed paper and our website. But remember it must have a prominent X so we can use it on our kit. Please give your ideas to Julie by Thursday, September 18<sup>th</sup>.

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What is happening behind the scenes...

We are developing a website-we hope it will be pretty much complete within the next six weeks. We have registered [www.derventioexcel.org.uk](http://www.derventioexcel.org.uk) . We would really like to have a swimmers' page-where you can do what you want-within limitations of course! If any swimmers have any ideas please let Kevin Shand know-you can email him on [secretary.dxswimsquad@ntlworld.com](mailto:secretary.dxswimsquad@ntlworld.com)

Mark will be discussing team captains with you...we want you to select the best leaders to make us the best swim squad in the UK.

## **Message from Carole Cherry to Trident SC/ X swimmers**

Could you all please give your email address and telephone number to Carole Cherry (Lewis' mum), who will make sure that you receive information from trident.

Finally if you haven't paid your September training fees and your three month membership fees please pass on your cheque (for £50) to any committee member.

I am sure there will be plenty of more news in the next week or so...we will send another newsletter as soon as we can. If you need any information about admin please ask any member of the committee.