

DERVENTIO EXCEL SWIM SQUAD

DX General News 06 – Nov 2006

Intro...

Thank you to all the people who have replied with feedback on Malta and the IM times – but more are needed. If you have not seen the forms, this means you have not given Andy S your e-mail address or been reading your e-mails! Ask Sue or Gail for hard copies if you have not got the forms.

Committee Corner

From the chair...

Well suddenly we are into the full and fast pace of the season. A particularly busy month kicked off with the inter-counties and the Malta swim camp, and concluded with the Mansfield Major Oak Open Meet. The difficulties faced by the team running the Mansfield Open Meet remind us all how we depend on our volunteer helpers to manage complex and responsible tasks. So a good opportunity to say A BIG THANKS to the Malta team for excellent execution of the camp and again to ask all of you to offer your support to Andy Smithurst and the DX Open Meet team.... an event where on all fronts we again want to eXcel.

Simon

From the Head Coach

The recent Midlands competition proved to be a very successful meet after a tough few weeks of training. The intensity of the training camp meant that the swimmers went into the Meet already fatigued. The vital thing that this then provided was an overview of their technical shortcomings under race conditions and while heavily fatigued. The swimmers, because of this and because they were swimming multiple events each day, had the opportunity to try and correct these weakness under race conditions. A good example was Richard Sellers; he had a problem getting the first 50m of his swims at the correct pace and it was not until the last race of the last session that he managed to get it right. It took a full weekend to chip away and get it right – this was best done early in the season on one weekend and not over a series of Meets. The fatigue was most noticeable in the Youth swimmers as they generally have more muscle mass and this influences the recovery time. I will be looking for technically better quality swims at Mansfield which will lead to quicker times.

Log sheets: please make sure the log sheets are up to date for my return from Singapore. Remember, be the best prepared!

Mark

Club Shop

Orders are being taken for kit; mainly aimed at being in time for the Open Meet! Please see Ruth if you need anything. Order forms are on notice boards or the web site. Keep the orders coming in as a bulk order can be put in when there is sufficient demand. Swimmers on a part time basis are able to purchase kit, but must not attend galas or open meets under Derventio or wearing Derventio Kit unless Derventio are competing. Please note that the purchase of kit does not guarantee a full time position with the squad.

Diary Dates

Watch out for these dates:

- 9 Dec – Speedo League
- 6/7 Jan 07 – City of Derby Long Course
- 27/28 Jan – Gateshead Open Meet at Ponds Forge
- 3 Feb – ESSA schools team champs
- 24/25 Feb – County Champs start...
- 18 Mar/ 1 Apr - Simulated World Long Course Swim camp
- 7/8 April – DX Open Meet
- 8 Apr – Diddy League
- 22 Apr – Speedo league Final

Successes Stories

David Ellis is competing at the IPC World Championships in Durban, South Africa in December (2 – 8). He travels out with the 30 strong team on 20 Nov.

David started swimming with Ilkeston and then joined City of Derby. He swam until he was about 16 when his eyesight started to deteriorate. As well as helping out on poolside with Ilkeston and Radford, David swam in the Open in the Speedo League. Tim Redditch, the then GB coach, noted his times and in March 2006 David started training with DX.

David will be swimming in the 50 & 100 breast and 200 IM in the World Champs – next step is the paralympic in 2008! David currently has the British record for 50m breast and won Gold in the Nationals for the 100&50 breast. He has been identified by British Swimming as an athlete with the potential for future international honours.

David was named as the Amber Valley disabled sportsperson of the year and runner-up in Derbyshire.

Emma Smithurst is joining the British Swimming winter tour of Asia and Australia. This will be time trials and a three week stay at a high performance centre followed by a training camp. The squad of 14 swimmers also travel to Australia for the Queensland State Championship starting on 16 Dec where all of the Australian National Team will be competing. The squad is formed from swimmers who are inside a band of times for their events and statistically “on track” for Olympic success in 2012.

Mark Rose: after five years of coaching on British Swimming programmes, Mark has been named as Head Coach to the 14 swimmers on their winter tour to Asia and Australia. He will be leading the select group (that includes Emma!) and will be accompanied by 3 other coaches, a tutor, team manager and nutritionalist. Mark leaves on 24 Nov and will be back by 21 Dec.

Mark attended a British Sport world class coaching clinic at the Belfry in Nov where all Olympic sports were represented. Speakers included the NZ All Blacks Strength and Conditioning coach to help cross fertilise ideas and training

Pool News – repeat!

Sharley Park is closing for maintenance on November 20th. Tuesday morning training will move to Eckington until the end of Feb. There will be no training at Moorways on a Tuesday evening until further notice. Still no Sat land training at Ripley!

NEW – Etwall is closed on Wednesday 20 Dec.



Derby CC



Derbyshire Sport



Chesterfield BC



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DERVENTIO EXCEL SWIM SQUAD

Website and E-news

The DX web provides an easy way of passing on information. Please check it regularly for updates and information. Richard Peat is doing a fantastic job keeping the site up to date and vibrant. Check out www.derventioexcel.org.uk. One of the main communication routes is via e-mail so please make sure that you let Andy know of any changes.

DX Open Meet...

Saturday and Sunday 7/8 April 2007 should be well established in the diary. Please submit your entry forms so that Jim and Yvette can enter the details.

There will be a push on seeking sponsors in the New Year and some "delegation" of tasks that have not yet been allocated. Your help is needed to make the Meet a success.

Drinking to excess ...

Fluid Intake Report – Tuesday 17 Oct – Thirsty Work – by a special reporter

Yet another interesting and very important nutrition camp from Rachael Hares. So first of all big thank you to her and Jim and Yvette Guest for organising it and Chesterfield police station for lending us the room.

When I arrived at Chesterfield police station, I couldn't help but notice some dodgy looking figures in reception. I had a quick glance round and thought what have they done ... probably about 5 Km this morning - it was the DX squad.

Jim got us all signed in at the reception (which looked like a scene from The Bill). When we got settled down into the room, Rachael was waiting for us, and began to explain the importance of hydration in swimming. So obviously beers wines and spirits are out (sorry Michael Glossop but that's the way it is). She explained that Coke, Tango, Sprite, etc, were OK but NOT around a competition. It seems that the sugar and water is OK but the E numbers are a bit dodgy. Then comes orange squash, etc (Quick tip: put a pinch of salt in your drink and get a kind of a make shift Lucozade). Last but not least, water; the good old stuff. Fine for training, but orange squash is better for tough heart rate sets.

Remember - don't forget to check your 'P' charts.

Again I would like to say a big thanks to Rachael, Jim and Yvette Guest and Chesterfield police station. And of course, thanks to everybody who took the time to attend. **Darren Hodgett**

(Many thanks to Darren. All errors are mine – Ed)

Protection and Welfare

1. Any swimmer or parent with any concerns about Child Protection issues can contact Anita Shand by email, phone or in person.
2. Could everyone with outstanding CRB forms please get them back to Anita as soon as possible. These are needed for all those helping out with the Open Meet and/or are poolside helpers for other galas.

Social – repeat!

There are no social events planned (apart from the chats around the coffee machines at strange times of day and evening entertainment at meets). Volunteers to arrange a post

Christmas or New Year bash would be appreciated. Please see a committee member if you can help out.

Christmas & New Year Training 2006

The following sessions have been sourced over the holiday period. Up to & including Friday 22nd is as normal (except no training at Etwall on Wed 20th Dec!).

Saturday 23rd December 9.00 – 12.00 Moorways
Wednesday 27th December 9.30 – 12.30 Moorways
Wednesday 27th December 2.00 – 4.00 Manor College
Thursday 28th December 9.30 – 12.30 Moorways
Thursday 28th December 2.00 – 4.00 Manor College
Friday 29th December 9.30 – 12.30 Moorways
Friday 29th December 2.00 – 4.00 Manor College
Saturday 30th December 9.00 – 12.00 Moorways
From Tuesday 2nd January we return to normal.

As usual, we will be doing pre pool land work & post pool stretching. There is 18 water hours available between Christmas & New Year; I expect to see in that middle week you are committed and doing the as much as possible! **Mark**

2006 Open Air Swim Camp ...

Feedback: Please return your feedback forms. Will include comments in the next newsletter! The info will help guide the planning of the next camp. Parents – there is space and scope for your comments as well!

2007 Open Air Swim Camp ...

There is work ongoing to find the right venue for the 2007 camp. The same basis for selection of the venue is being used and it will probably be the same format as this year (Leaving after the Inter-counties).

Fund Raising and Promotion

Jackie Moore and Julia Brown had an initial meeting with Natascha Engel the MP for North East Derbyshire on Friday 10th November. The meeting provided an opportunity to raise the squad's profile with a local MP and to discuss avenues for funding and financial support.

The meeting started with the DVD created to support the launch of the north squad and a general discussion about the aims and objectives of the whole DX programme. Natascha committed to discussing support for the squad with Richard Caborn (Minister for Sport and Sheffield Central MP), along with providing advice in the near future on opportunities to access grant funding.

Promotional Material

A new DVD is being compiled to encompass the whole squad and additional material is needed. Some photos were taken in Malta as it was an opportunity to get photos of most of the squad together. However, can people please email/mail Jackie Moore with any of their photos and/or video to see if the quality is good enough to use in the DVD.

Session Cover - GB Duty Nov/Dec 2006

The swim sets have been planned but may be subject to small changes, depending on the skills and attitudes demonstrated. The majority of the cover is being provided by James Stannard and Simon.

Mark will be picking up email and texts from time to time and receiving reports on progress - but please do not expect a reply if you do send a message.