

## DX General News 15 – October 2008

**Intro...**

Another season starts... with the usual change of swimmers and in this case, also coaches. We give a big welcome to Kim Hill who as gamely stepped into the early morning slots while Mark has been away on British Swimming duties and holiday.

Many thanks and best wishes go to James Stannard, who stepped down as the City of Derby Coach to take up a position with Teeside, Stockton.

**CONGRATULATIONS to Dave Ellis**

An excellent performance by Dave who made two finals and set five British Records. The games were particularly strong with new world records being set in the finals.

His performance has helped to raise the profile of swimming in Derbyshire.

Many thanks to Dave for the mementos brought back and distributed to the swimmers at Moorways.

**Committee Corner**

The Committee continue to focus on ensuring the long term sustainability of the programme. The committee meeting of the 16th of September included the following on the agenda:

- PR and publicity and press releases.
- The treasurers report, funding, finance and sponsorship
- Pool time
- Web site
- Swim camp 2008 and 2009
- Open meet 2008
- Head coaches and assistants report
- Welfare issues
- Swim 21

We also discussed the possibility of holding a celebration event with, a focus on not just the achievements of Dave Ellis, Livvi and Emma but also as a general celebration of the hard working swimmers within the programme.

It was a marathon meeting which served to confirm that the assistance of a larger number of parent members in order to take this massive agenda forwards is absolutely vital. Neil Sefton and I will be approaching various parents about specific roles and projects that we need help with. **Rob Hignett – chair**

**Neil Sefton - Feedback sessions:**

**1 – What more can the club do for you?** After the initial meetings that I had with several groups of parents, time and summer holidays have prevented me from arranging any further discussions. Should any parents have any points to raise, then please see me – particularly if I was not able to see you at the end of last season. Information that I have gathered will be collated, presented to committee and fed back to parents in response to the issues raised. Parents will be invited to a feedback session at Moorways with Mark Rose. The date and time will be sent out in due course. This is likely to be towards the beginning of November.

**2 – What can you do for the club?** In order for any club to be successful, helpers are obviously needed – DX is no exception. DX needs your support. You may have particular skills desperately needed for the fundamental running of the club. Please contact a member of the committee if you can help in any way. You may be approached directly and asked to fulfil a specific role, but we will not pressurise anyone into doing something they do not feel comfortable with or cannot deliver. All help received will ensure the club's continued success which in turn will benefit all the swimmers in reaching their individual goals. **Neil Sefton**

**From the Head Coach**

After such an awesome summer, it is difficult to know where to start! We have yet more honours at international level, Livvi making European Junior Finals, Emma winning the Tri nations Olympic B event in an English record & the crème de la crème... Dave making two Olympic finals & swimming to five British Records!

Dave now has become the most successful swimmer ever at Olympic level from Derbyshire!

We have been justifiably saying for some time now that we have the best prepared group of swimmers in GB & we have also been labelled as one of the most successful programmes in the world. You all now need to build on this, you have all got the details of the hourly targets from here on in. This is necessary if we are going to get you to swim to your potential & have any chance of taking on the rest of the world as swimming moves forward at a pace.

Whatever the training session focus is, you should always be asking yourself if you are training above the level you are competing at. You need to swim at a level above yourself in training in order to swim at the next level when you race. Ask yourself if you are doing a better job than the people you want to beat...

Remember, be the best prepared! **Mark**

# Derventio eXcel Swim Squad

## HOT NEWS!!!

Yvette went to the City of Derby Annual Sports Awards at Pride Park Derby. There, the Performance Coach of the Year was awarded to MARK ROSE.

**Well done Mark congratulations from the whole team.**

## Season Start – extracts

As you are no doubt aware, we have secured the funding from Sport England for an additional coach to work alongside myself & to work with & monitor the progress of those swimmers that are currently just outside the full time squad. This is because of the constant high level that we attain as a team & due to the fact that we only work at the very highest level within the county.

At this moment, we have many more swimmers that can make the grade within the Derventio structure than we can cater for. Indeed there are swimmers that are now achieving high ranking positions that are waiting for invites. From September 8th, we will have the following minimum attendance criteria.

- Age Group swimmers (at Nationals 2009) - a minimum of 16 hours or more if needed per week.
- Youth & Senior swimmers (at Nationals 2009) - 20 hours or more per week.

Age groupers, now need to be in the water for at least seven of the sessions.

## Website, E-news and News

The new look web site is up and running. While the content is essentially the same, there has been a lot of work in the background to make it a much cleaner looking site. The new website is therefore more accessible. It has been updated to conform to the latest web design standards, enabling easier use by all users including those with disabilities, and giving access from a greater range of devices, such as mobile phones. A team of students on the University's BSc (Hons) Internet Computing degree course designed the new website as a first year project. The site will now be maintained by a Derby University student, and their input on the new site is greatly appreciated.

The site is getting noted by Google and other search engines. If you do a search for "derby swim squad" we're in 3rd position on the 1st page. If you do a search for "elite swim squad" we're in the top position on the 1st page. This is very good as the site hasn't been up long. With a bit of tweaking we could also get on the first page for things like "derby swimming", "derby swim team", "performance swim squad", etc. We are hoping that there will be additional developments on the site over the next year or two.

## Talent Development Group

The Tuesday evening sessions at Moorways will start in mid October. Mark and Kim will let the swimmers know when they will start in due course.

## EMDA Business Champions

A forum was held at the beginning of September at the Walker Stadium which we attended along with other performance clubs from throughout the East Midlands. The initiative was for Business People to engage with the sports clubs and provide input to meet the particular needs of the clubs. The outcome for us is that two Business Champions pledge their support to help with developing a strategy for identifying and involving private sponsors with DX. One business champion is a Sports Management and PR company who may provide invaluable input to help our cause. In particular, we are interested in generating sustainable income and long term association with the business world. To help move this forward we require personal contact details for any company who may wish to be associated with DX. If parents can provide us with leads we can arrange meetings to explore any mutual benefits. Please contact a committee member if you can help.

## Protection, Welfare and Performance

Any swimmer or parent with any concerns about Child Protection issues can contact Paul or Lesley Webster, by email (paul.webster13@ntlworld.com), phone (01332 691825) or in person.

**Induction pack addition:** We hope that our new part time swimmers are successfully adjusting to the early morning training sessions and preparing themselves for the move to full time membership.

We are now requesting that the parents and carers of swimmers do not go into the changing rooms to supervise the children during changing times. As part of the swimmers ongoing development we need to ensure that they are equipped for full time membership, open competition, overnight stay meets and future swim camps. Younger swimmers will therefore need to change, dress and manage themselves accordingly. It is important to note that we have also had requests from older swimmers that their privacy is respected during changing and dressing periods. A request relating to this issue will form part of all future induction packs, your assistance with this matter would be appreciated.

## Open Meet 2009

Date for the diaries next year – the Open Meet is planned for the Easter Week end, April 11 and 12. Watch this space for more details! Level one licence has been given.

A draft schedule of jobs will be distributed in the next few weeks. This will include a representative from all full and part swimming families to provide the help that is required to make the event run smoothly. It is a major fund – and profile - raiser for the club. The more help that is given will make it easier for everyone.

# Derventio eXcel Swim Squad

## 2008 Long Course Swim Camp ...

There will be a meeting about this year's trip to Lignano at the Out of Town Inn on Butterley Hill in Ripley on Tuesday October 14 2008. The Post Code for Sat Nav geeks is DE5 3LT. Start time will be 7pm prompt, so please aim to be early as there is a lot to get through.

Swimmers will find out at this meeting who their Team Manager will be, and they will then be the swimmers point of contact for any queries leading up to departure. The rooming list is not given until you are on the coach from Venice to the Complex.

Will swimmers / parents please ensure that all EHC Cards are brought along on the night and given to the respective Team Managers.

We again have the option of Coach Travel to and from Leeds / Bradford Airport for the 1st Group only. This year, there will be no charge for swimmers, Team Managers or Coaches. Pick up points have been provisionally arranged for Moorways, Belper/Ripley and Chesterfield. Again times will be confirmed nearer the time. Anybody interested in travelling on the coach can you please let Neil Towle know.

Dates for those who have forgotten are: First group very early on Friday Oct 24 returning Thursday 30. Second group get a lie in but leave on Friday Oct 24 as well.

**Group 1** - Bus will depart Moorways at approx 1am Friday October 24 flying from Leeds at 0600 returning to Leeds at 1200 noon Thursday October 30

**Group 2** - Assemble around 1030am at East Midlands for flight at 1300 on Friday October 24 returning to EMA Thursday 30 October at 1800.

There will be a pick up at Ripley – details to be given.

## Shop – DX Orders

The next order for DX Kit will be placed in time for this Christmas.

Please indicate clearly the name required to be on the garments. Remember we have a number of DX Drinks Bottles for sale at £3 each and Enamel Badges at £3 each. Will the Northern Group please pass their orders onto Teresa Hignett.

## Sponsors

### Fund raising:

As part of the sponsorship of the 2008 Open meet, we have a "Jaguar race day" at Donnington Park. There will be a limited draw (500) at £5/ticket; each swimmer will get four tickets to sell. The date for the race will be arranged with the winner of the draw. The date of the draw itself will be confirmed in due course. The draw will be co-ordinated by Tristan Smith. Elaine Vasey will be sorting out the distribution of the tickets.

## Diary Dates

Mark has given a note of possible competitions and dates for 2008/09. All subject to planning and changes ...

11 Oct – Speedo League

18 Oct – Lincoln Vulcans (Ponds Forge)

19 Oct – InterCounties (Ponds Forge)

24-30 Oct – long course camp - Italy

1 & 2 Nov – Midland Short Course (Braunston)

8 Nov – Speedo League

23 Nov – Derbyshire Sprints (Ponds Forge)

6/7 Dec – Chesterfield Open (swimmers not accepted at Leeds Xmas Cracker)

12-14 Dec – City of Sheffield (400m + distance)

13 Dec – Speedo League

20/21 Dec – City of Leeds Christmas Cracker

3/4 Jan – City of Derby Open Meet

24/25 Jan – Burns Meet (NB – may well not be doing this one. It may figure if needs be as the target is GB Champs times – hopefully achieved earlier.)

15 Feb – Long Eaton Open

14 – 21 Feb – **Possible** camp for British Champs qualifiers

7/8, 14/15, 21/22 Mar – Counties

7-12 Apr – British Champs

11/12 Apr – DX Open Meet (corrected)

2/3 May – Midlands Youth

6/7, 13/14 June – Midlands Age Group

July – Nationals

## Pool News

The latest information at the Ripley pool suggests that there are remedial works planned to start soon, with the new pool opening in early 2009. This will be after testing etc.

DX is committed to providing the necessary pool time for the swimmers to achieve their potential. Along with Simon and Mark the committee continue to work hard on the matter of pool time in the North. The programme is beginning to come together with the welcome addition of a new Saturday morning session (6.00 am to 8.00 am) starting at Eckington on Sept 26 and moving to Dronfield in early November when that pool opens.

Parents and swimmers in the North are being kept informed separately about progress on this key matter. Rob Hignett is coordinating activity.

## Reflections on DX

In case anyone missed it, there was an article on DX in September's issue of Reflections Magazine. It is under Countywide Fragments; only 400 words with one picture but a good bit of publicity! See web link. [www.reflections-magazine.com](http://www.reflections-magazine.com) go to page 22

# Derventio eXcel Swim Squad

## Success Stories

### Recent Meets:

**Nationals:** At Ponds Forge, our swimmers once again confirmed our place on the National Stage with some impressive performances – coming 13<sup>th</sup> overall out of the 104 clubs represented. Ann Morris was medal-winning form picking up gold and two silvers – winning the women's 14/15 years 400m and 200 m freestyle. She came second in the 400m individual medley and in the 100m freestyle. Chris Steeples took silver in the 15/16 100m breaststroke and made the final in the 200m. The mens team of Zichen, Steeps, Jamie B and Michael G made the final of 400 medley.

At the Age Groups, Fiona Donnelly picked up six medals. She won the girls' 13 years 100m butterfly by just two hundredths of a second! Fee said: "This is my first National title of 2008 and it makes it more special that I'm two-time defending champion in the previous age groups. I didn't realise it was so close until I looked up at the scoreboard and was really happy to see that I won." Fee also claimed silvers in the 100m backstroke and 200m backstroke and bronze in the 400m IM. She was also part of the Derventio relay team which brought home two medals. Fee, Catherine, Ella and Gabby took silver in the girls' 4x100m medley and the quartet took bronze in the girls' 4x200m freestyle relay. Fee reached two more finals, finishing sixth in both the 200m butterfly and 200m IM. Catherine made two individual finals, coming fifth in the girls' 12 years 200m backstroke and seventh in the 100m backstroke .

Molly Renshaw was fifth in the final of the girls' 12 years 200m breaststroke (2:50.85), with Sarah Vasey coming home ninth in the girls' 11 years 100m breaststroke final.

In the boys' section, Connor Smith qualified for two finals, coming fifth in the 12 years 200m freestyle and sixth in the 100m freestyle. **Well done to all who took part.**

**2012 Talent ID:** Livvi went to the Swansea Performance Centre and Chris and Fiona went to Manchester. Simon F was part of the coaching staff in Swansea. Emma is going to Stockholm and Berlin as part of GB senior squad competing in World cups in November.

**Swim Camps:** there are several swimmers on other camps such as the Midlands Regional Talent Development at Braunston and Loughborough recently. Simon F was the head coach at Braunston, looking after other coaches and about 30 swimmers from the region. Representatives from DX included Catherine, Kevin, Fee, Molly, Corry, Connor, Evie and Ann.

**Inter Counties:** These are at Ponds Forge on Sunday 19 October and have the expected flurry of names. The Derbyshire swimmers include: Livvi, Michael G, Ella, Harry, Emily A, Emma, Zichen, Fee, Connor, Ann, Matt S, Matthew L, Kane, Catherine, Gabi, Shandy, Robbo, Chris S, Evie, Scott, Sasha and Frances.

**Europe:** Livvi finished a creditable sixth in the final of the women's 15/16 years 200m butterfly at the European Junior Championships in Belgrade. Livvi was the highest-placed British swimmer in her event.

## DX Celebration

Yvette is organising an event to celebrate the successes of the club over the past five years. DX would like to invite ALL Swimmers, Parents, Coaches and Supporters to a Celebration of Achievement for Derventio eXcel following a fantastic year of success for the whole team at the "Out of Town" Inn Ripley on Sunday 5th October 2008, from 2pm onwards. It is expected to finish around 7pm. There will be a "bring & share" table for food, live entertainment and DJ. We are also looking for raffle prizes – please pass and donations you can collect to Ruth, Jim, Rob or Terry.

### DAVID ELLIS in the press...

Various articles gleaned from the Web... All good publicity for DX!

*Ripley & Heanor News: Friday September 12*

MARLPOOL swimmer David Ellis looks set to bring home a medal after reaching the final of the Men's 200m IM S13 class at the Paralympics in Beijing. The Derventio eXcel member finished second out of seven in his heat, only being beat by Ukrainian Oleksii Fedyna who set a new world record in a time of 2:16.32. Elis's time of 2:20.27 was better than all eight competitors in the other heat and if he can maintain his form in tonight's final he looks set to bring a medal back to Derbyshire.

*Derby Telegraph: Saturday, September 13*

HEANOR swimmer Dave Ellis finished seventh in today's men's 100m breaststroke final at the Beijing Paralympics. The 22-year-old Derventio eXcel swimmer finished in a time of 1:09.81 in the SB13 classification, one of three categories for those who suffer visual impairment.

*Ripley & Heanor News: Monday September 15*

Marlpool-based swimmer David Ellis couldn't find a final flourish in his last event in the Beijing Olympics on Monday morning. Ellis, 22, finished fourth of five in his heat of the Men's 50m freestyle in a time 26.46. Russian Andrey Stokin won David's heat in 24.81. The other two heats were won by Charalampos Taiganidis who set a new Paralympic Record and Oleksii Fedyna.

Ellis had also finished fifth of sixth in his heat in the 100m Backstroke S13 category on Sunday morning in a time of 1:11.41, 8.39 seconds behind heat winner Charalampos Taiganidis who set a new Paralympic Record.

However, the Derventio eXcel elite swimming club member can proudly look back on two final places on his Paralympic debut as he reached the last eight of the 200m Individual Medley on Friday night (finishing sixth) and the 100m Breaststroke (finishing seventh) on Saturday night.

Should we put adverts here? Would you mind seeing adverts or company logos on any spare space? Or just add reminders of sponsors and donations? If you have any fixed views or thoughts on what should be, or should not be, in the Newsletter, please pass them onto the committee...