

# Derventio eXcel Swim Squad



## DX General News 05 – Sept 2006

### Intro...

It is the start of the new season; this edition has a brief reflection on the end of last season with a reminder of the press releases. The summer (sitting on beaches, etc) is now long forgotten and the focus is on the future.

### Committee Corner

**From the chair...** The summer break seemed to disappear in no time and we are all now helping launch the swimmers back into the next year's cycle. The Malta Swim Camp is upon us and the DX Open Meet is approaching us rapidly. From a management point of view we will be looking generally at what has been going well and also what we can improve. We are always open to your ideas so please give them freely; in addition we will soon be opening a feedback page on the Website.

Our biggest concerns now are around voluntary help and finance. The running of the club is falling to a few already busy people. As I said at the AGM we are spending faster than our income and we need more volunteers to support the efforts on fund raising. Whilst every swimmer receives a substantial subsidy, not to mention the reduced rates we enjoy at swimming pools, we will unfortunately have to close some of the gap through an increase in fees for this next season. In addition the Open Meet, which has the potential to help close the funding gap, is in desperate need of additional helpers to ensure it runs smoothly and profitably. So my appeal in this month's newsletter is:

**please, please find some time to support these activities. Simon**

### From the Head Coach

We're 18 months out from Olympic trials. That means from here on in, the preparation begins. Our primary target is to get as many qualifiers in the trials as possible. The second is to get as many finalists as possible. To do this, the swimmers will have to be well prepared all the way through the next 18 months. Next summer, we will coach right through the summer holidays as this will be a crucial time. I ask swimmers to take no more than two weeks out of the water if they are serious about qualifying for the biggest meet on British soil every four years.

The smallest details will become the biggest challenges as every session of every day is of vital importance. It will be those swimmers that face every small challenge head on with focus and without fear that will be the performers on this stage. Bring on the next 18 months...

Log sheets now need to be submitted to Mrs Steeples (south) or Simon (north); this will help us monitor how the swimmers are training in more detail. Don't forget that log sheets are a compulsory part of this programme. Remember, there are high performing swimmers trying to get in to the squad who are prepared to do what it takes,

which includes log sheets. Remember, be the best prepared! **Mark**

### Derventio in the Press...

Recent news releases and articles include:

School games - Emma Smithurst, Rebecca Harrison & Olivia Sefton took part in the 1st ever UK School Games in Glasgow, representing the England Midland region.

Open Water - Erica Brown ended the Open Water swimming season on a high at Holme Pierrepont. Erica took gold in the British Open Water Grand Prix and silver in the British 5 kilometre Championships in her last swim of the season. Gareth Carter and Jo Reeks also had a good swim.

Youth National Champs – "Emma excels". Also mentioned in the press release were David Ellis, Jamie Broom, Joe Keane, James Lovatt, Livvi Sefton and the relay teams.

Age Group National Champs – "Fiona Shines on National Stage". In addition, there was mention of the excellent performances by Beth Moore, Evie Keane, Sarah Gibson and Chris Steeple and relay team. These performances resulted in them being ranked the 6th top female squad and 10th overall within the UK.

### Diary Dates

A list of events has been prepared:

- 14 Oct – Speedo League
- 22 Oct – Nat County Team Champs
- 23 – 30 Oct – Open Air swim camp (Malta!)
- 4/5 Nov – Midland Long Course Champs
- 11 Nov – Speedo League
- 12 Nov – Derbyshire Sprints (Ponds Forge)
- 18/19 November – Mansfield Open (Major Oak)
- 9 Dec – Speedo League
- 6/7 Jan 07 – City of Derby Long Course
- 24/25 Feb – County Champs start...

### Up and Coming Meets – Entry Forms

Please pass forms for the DX Open meet to Sue or Gail if not already done so...

### Website and E-news

The DX web provides an easy way of passing on information. Please check it regularly for updates and information. Many thanks to Richard Peat for his help with this. Check out [www.derventioexcel.org.uk](http://www.derventioexcel.org.uk). Most of the documents require Adobe Reader (there is a link from the website).

### Social

There are no official social events planned (apart from the chats around the coffee machines at strange times of day and evening entertainment at meets). However, volunteers to arrange a Christmas or New Year get together would be appreciated. Please see a committee member if you can help out.



Derby CC



Derbyshire Sport



Chesterfield BC



SPONSORS and PARTNERS AREA British Swimming

# Derventio eXcel Swim Squad

## 2006 Open Air Swim Camp ...

Almost there! **Pre tour meeting:** This is for Swimmers and Parents and will take place at Moorways on Friday October 6th at 7:30pm.

**Coach Transfer:** The pickups will be in Belper, Chesterfield and Moorways with an aim to get to Manchester Airport for about 16:15. Please make sure you let Pauline know where you will be getting on the bus. Departures are Belper (12:30), Moorways (13:00) and the Manor, Chesterfield (13:45). Remember – no stragglers!

## Swim Camp 2007

Investigations are nearing the final stage as to destination for 2007 camp. The same basis for selection of an appropriate destination is being used. Watch your e mails for information...

## DX Open Meet...

Just in case anyone has forgotten, this is on Saturday and Sunday 7/8 April 2007. It will be a designated "stay over" meet and all swimmers should make every effort to attend.

The aims of the meet are to give the swimmers an excellent opportunity to obtain National times and to help them prepare for meets when they will be further a-field and need to look after themselves. Swimmers will be entered under their "home" clubs but DX are co-ordinating our entries. In addition, special rates have been agreed for any parents who want to stay over as well.

Work on the organisation is progressing steadily and we have received first entries from visiting clubs. This includes some European interest.

All DX Members are requested to help raise individual event sponsorship from organisations and local businesses. The aim is for each to raise four or five sponsors at £25.00 an event. The sponsors will be mentioned on website and Open Meet programme.

## Northern Launched

The North Training group launch took place on Tuesday the 25th of July at the 'Winding Wheel' in Chesterfield. The launch was picked up by the Sheffield and North Derbyshire press.

## Dignitary Visits

The Mayor of Derby, John Ahern, will be visiting training on Thursday 5 October and will present the certificates to the swimmers. Swimmers – please wear your club hats and have your jackets or polo shirts for any pool side photo shots. A visit from Natasha Engel (the MP for North Derbyshire) is being arranged for the Northern squad.

## Pool News

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.

## Food Glorious Food...

### **Nutrition Report – Monday 11th September by James Lovatt.**

Well, what a complete success! The session took place at Chesterfield College, Derby, and was lead by Rachael Hares. She is a nutritional specialist whose opening talk of the occasion was very informative. On arrival at the college we all gathered in a classroom where we received a PowerPoint presentation and lecture from Rachael, on all different aspects of nutrition relating to sport; from intake of fluids too pre & post meals covering both training and competition days. After the presentation we joined forces forming teams of 3, picked an adult supervisor, chose the dish we were going to attempt to make (big emphasis on attempt), and set off on our quest to the local Co-op. I'm pretty sure the Co-op has never had so much custom at one time. When we were all in there, the shop was crowded out. Swimmers were searching for all sorts of items; types of herbs and a wide variety of fruit & vegetables (in our case a pumpkin, which was always going to be an impossible task). We then returned back to the college to the heat of the kitchen, and it was here where the fun began.

The atmosphere was exactly the same as Gordon Ramsey's Kitchens and we had the top quality products to match it! We had none other than Joe Keane's Veggie Pizza and Richard Seller's & John Davey's perfect Pancakes. We had pasta dishes and salad dishes galore served in a variety of sauces - and in ways only our swimmers could come up with. We then had other individuals such as Livvi Sefton who had eaten most of her ingredients during the cooking process and master chef Ashley Hurdman who got a bit carried away with the mixer. As I said earlier, it was a complete success and I'm sure everyone received a lot of knowledge to take away with them!

A big thank you to Chesterfield College and Paul Hagggett for the donation of their kitchen for the night. We managed not to burn it down for them! Also, a big thank you to Rachael for her presentation and making the night as fun as possible with an informative side to it!

(Many thanks to James for the report. All errors are mine – Ed)

## Club Shop

Orders are being taken for kit; mainly aimed at being in time for the Malta Trip. Please see Ruth if you need anything. Order forms are on notice boards. Do not leave it to the last minute as you may well miss out! To guarantee orders for Malta completed order forms and payment must be received by Friday October 6th 2006.

Swimmers who are on a part time basis are able to purchase kit, but are reminded that they must not attend any galas or open meets under Derventio or wearing Derventio Kit unless Derventio are competing. Please also be aware that the purchasing of any kit does not guarantee a full time position with the squad in future.