



DX General News 08 – Sept 2007

Intro...

There has been the normal set of changes as the cohort moves on and the swimming season starts afresh. The next major item is the Swim21 accreditation, but for the swimmers, all eyes are on March next year...

Committee Corner

From the chair...

Suddenly we are at the start of another season, inspired by the swimming successes of the last one. From a management point of view we also start a new year following the AGM in June... and we can also look back at a number of successes during the last year. The highlight for many was our first Open Meet.

However the biggest challenge remains... to put DX on a long term stable footing. Having restructured the committee roles, we hope we are better placed to achieve this and as we lay out our plans we will be contacting others for support. So if you are one of those who have already put your names on our volunteers list and have not heard from us yet, it doesn't mean that you have been forgotten! If you are not on the list but can offer your time please contact a committee member.

Simon

Those formally appointed to the committee to lead the management effort:

Simon Taylor - Chair
Rob Hignett - Vice Chair
Andy Lintern - PR and Communications
Barry May - DASA
Jackie Moore - Secretary
Mike Moore - Project Manager
Richard Morris - Treasurer
Mark Rose - Head Coach
Neil Sefton - Swim21 and Swimming Performance
Jackie Moore - Swim 21 Compliance
Andy Smithurst - Major Events

In addition to these, there are other committee members and numerous helpers in the background who make an invaluable contribution to the club.

From the Head Coach

The new year is upon us!

Swimmers you need to go straight in to your correct number of sessions/hours as the next couple of weeks or so is designed to build you in to the season gradually!

Remember at all times...Out Skill, Out Train, Out Prepare in every way your opposition! Relish being part of the best prepared Swimming Team in Great Britain....

Entries, please can swimmers get their entries in to Sue Keane and Simon F ASAP for the City of Coventry meet where I'm looking for swimmers to enter six events as we will be swimming this in full training as well as for the Regional SC Champs at Leicester where I'm looking for swimmers to try & swim only a handful of events over the weekend with the aim

of PB's unrested! Please discuss with me first if unsure of what to enter.

Also, the City of Derby Open is filling up fast so entries (in your home club name) need to be in quickly for this meet. All swimmers should aim at their best events in this fast L1 meet.

The Burns meet is an event that we are looking for any swimmers to enter who realistically have a chance of Olympic Trials Qualification. All other swimmers watch this space as we are currently looking at taking you guys for a stay meet in an alternative location on or around that same weekend.

Land Work: As you know we do land work before the session every evening. I know that we have some swimmers who have trouble attending due to the distance that they travel.

With this in mind we are also going to do a land session on a Wednesday after the pool workout at Moorways.

The swimmers will be split in to three groups, Age Groupers doing core stability, Youth Males doing Strength & Conditioning & Youth/older age females doing running. Bear in mind you will need appropriate clothing/footwear if you are running!

The aim is that these swimmers will work together independently. This will enable them to be able to train properly at all times, especially when cover coaches are helping. The swimmers will be responsible for setting up, carrying out & completing the sets & then putting away the equipment afterwards. The aim, as always is to develop independent, self analytical swimmers who can work together as a team of athletes to support each other. Enjoy the coming year!

Accept nothing less than

- your absolute best effort physically
- your total concentration to skills & technique,
- everything in your preparation being the best that you can make it,

Only then will you be on your way to achieving your potential!

Mark

Diary Dates

Entries to Sue K or Simon as needed. Watch out for these dates:

13 Oct – Speedo League
21 Oct – ASA Inter County Competition
3/4 Nov – Midlands Champs, Braunstone, Leicester
10 Nov – Speedo League
24 Nov - Coventry
8 Dec – Speedo League
12/13 Jan – City of Derby (Sheffield)
26/27 Jan - Burns Meet (Sheffield)

Also: Mark on British Swimming end of year tour 24 Nov to 23 Dec with Emma and Livvi. There is a "Stay Meet" being planned for January – provisionally Harrogate 26/27 Jan. More details later. And then ... March 2008 – Olympic Trials ...

Success Stories

Congratulations to Emma, Livvi and Fee who have been selected for the 2012 talent squad. Also, to Emma and Livvi for the British Swimming end of year tour to Singapore and Australia.



DERVENTIO EXCEL SWIM SQUAD

Hello and Goodbye

The new season is upon us and the more awake will have noticed that there are new faces in the pools. Welcome to the swimmers who have made the transition from part time to full time, as well as the new part time starters. It is an interesting transition – for the parents as much as the swimmers!

At the same time, we wish all the best to the swimmers who have left to go to further education or explore other opportunities. The organisational skills developed and level of commitment shown by their swimming career will stand them in good stead for the years to come.

Protection, Welfare and Performance

Any swimmer or parent with any concerns about Child Protection issues can contact Anita Shand by email, phone or in person. A section has been created on the website. It can be found on the LH Navigation Bar entitled "Welfare".

Swimmer and squad performance is being reviewed by a sub group of Neil Sefton, Richard Donnelly and Jackie Moore to ensure we are meeting our objective of being the best prepared (as well as meeting a Swim21 need). If you have any specific comments on the swimmers' or coach's performance, please pass them on Neil Sefton. There are appraisals being planned and programmed and you are encouraged to discuss issues with the coaches or the sub committee.

Club Shop

Please see Ruth if there are any kit requirements. As with all orders, they are best "bulked" so watch out for e-mails on dates and what is available. We are looking to place an order for DX Swim Hats or further kit in time for the Midlands Short Course Championships in November.

To ensure delivery Ruth needs to place orders by September 25th so the cut off will be Monday September 24th. Order Forms are available at Manor and Moorways notice boards. The next order will not take place until the Olympic Trials in March so please be aware of the competitions in between.

Website, E-news and News

Many thanks to Richard Peat for setting up the Website. It provides an easy way of passing on information (and will soon provide a means to raise money for the club). We need a volunteer to take over the webmaster duties – please see Andy Lintern if you can help out. This could be a swimmer who needs a project to demonstrate coursework.

One of the main communication routes is via e-mail and the web so please make sure that you let Andy S know of any changes. If you think messages are not getting through to you, or cannot open attachments, then tell someone!

2007 Open Air Swim Camp ...

Flights, hotel and pool are all booked for the Camp in October (22-29). Details will be on the website soon. Those who are not attending the camp are expected to train with their home clubs. There will be a meeting on Tues October 9th at Alfreton FC to discuss the camp.

Many thanks to Marissa Ellis for helping to arrange a coach transfer. There are still a few places available if needed. Please pass cheques to Marissa as soon as possible to confirm. The coach will be doing pick ups locally.

DX Open Meet...2008

Planning for the Derventio eXcel 2008 Open Meet continues and the licence application is being submitted. The meet itself will be held over the weekend of May 31 and June 1 2008 and would still be eligible for entry into the 2008 Nationals.

We hope we are able to count on your continued support to make it as successful as this year's event. The individual race sponsorship can provide a significant source of funding, so please start contacting any local companies or businesses that you think may be interested. Andy S is co-ordinating.

Pool News

The work at Ripley continues but is not expected to open until late October. When the pool at Alfreton opens (probably in early 2008), then the intention is to split the squad on a Saturday morning (Age Groups to Alfreton, Youth to Ripley). This will partly depend on coach cover so watch the notice boards for more information. This will allow more space for the swimmers!

SWIM21

The current focus for the committee is organising the Swim 21 submission which will go in at the end of September. Derventio eXcel is currently accredited with Swim21 under Competitive Development and we are working to achieve the Performance Level accreditation in line with our role within the Derbyshire swimming community. This follows the Swim21 network pathway for Clubs and can be viewed on the East Midlands web site.

The management system is separated into three categories (compliance, workforce development and performance). The Swim21 guidelines are already being actively followed by the committee, club members and swimmers. This allows the administration of the club and the swimming performance to maintain the professional standards we need to demonstrate as a Competitive and progressive club, in and out of the water.

Please provide Andy Lintern with any information on courses attended, or as the requests come in. If you have any particular skills or training that can help then please get in touch with him. There is also other support that the club needs and welcomes.

Sponsors

Many thanks to *Lovell* for supporting the DX 2007 Open meet. They made a valuable contribution to the success of the meet and helped to generate publicity. If you feel that there may be companies interested in supporting the Club or the next open meet, then please pass on suggestions to the committee.

Thanks also go to *Parkway VW* in Derby. They have helped to secure a car for Mark. No doubt the paint work will continue to be a source of amusement for a while.

Support Training

A child protection course is being held on 8 Oct and parents are encouraged to attend if they are helping out on poolside and elsewhere. A course on equity is planned for 3 Oct – if you can go, please see Andy Lintern. This basically relates to ensuring that the club maintains an equal opportunities policy in relation to swimmers, coaches and other staff.

Similarly, a Team Managers course is being run and Karen & Neil Towle and Yvette Guest are attending. This is not just for camps and it would provide useful training for just pool side assistance at galas. A "bank" of trained helpers would be useful, so please see Andy if you are interested in helping.