

DERBY PHOENIX SWIMMING CLUB



A Swim 21 Accredited Swimming Club

NEWSLETTER

DECEMBER 2003

INTRO...

This is the third and last news letter for this year (2003) and presents some news from the AGM, plus the results from the Club Championships.

AGM

The AGM was held on Monday 24 November. Thanks were given to the outgoing Chairman, Pete Adams, for looking after the club for the past year. It has been a difficult year and the financial problems are not totally cleared. However, the club is heading for a more secure footing. Details of the new committee will be given in later newsletters.

Fees – By now all the membership forms and payment for ASA and club should have been returned. Payment by standing order is easy to arrange and aids all concerned. A standing order form is available on the web page or from the committee.

FROM THE (new) CHAIRMAN ... (Rob)

Firstly may I take this opportunity to say thank you to Peter Adams for all his hard work over the past year.

After the financial difficulties of the past year it was good to have a positive AGM and we are now hoping to carry this confidence and optimism on into the future. We have had a successful year in both swimming terms and administration of the club. We are looking to carry this into next year and raise the profile of Derby Phoenix Swimming Club. Volunteers are always needed. Anyone wanting to help, no matter how little, please see me or any member of the committee.

AGM REPORT FROM THE HEAD COACH ...

CHANGES DURING THE LAST 12 MONTHS:

The introduction of land training for A & B squads at Repton school on a Sunday evening with the involvement of Mike Brockett, plus an increase in A squad training time with extensions at Lonsdale to 9:00pm on Tuesday, Wednesday and Friday has had a positive effect on the swimmers results. The County ASA have provided 50m pool time over the last year or so, first at Ponds Forge and latterly at Loughborough University, which has been very useful in giving our swimmers some experience as to conditions at the major championships.

Derventio Excel, the Elite squad for Southern Derbyshire started in September 2003 with four of our swimmers being involved.

RESULTS OVER THE LAST TWELVE MONTHS:

We had one team swimming in the Junior League this year finishing mid table in Division 1, giving many of our younger swimmers valuable competition experience.

County Age group competitions this year provided a significant number of medallists, over 80, with many being gold. At Midland District level we had eight swimmers achieving the qualifying standard and two achieving National Qualifying Standards.

At the National Age Group championships held at Ponds Forge at the end of July we had two swimmers qualify for the first time in over 14 years. Well done to Richard Sellers and Oliver Froud.

Oliver has also been selected for the 'World Class Start Medley Programme' for 2003/4 which will involve attending special training camps during the next year for the top age groupers in the country. Doug is delighted to have been invited as one of the four Staff coaches at these camps and knows that the experience will provide the latest ideas and method which can be passed on to our swimmers.

The annual club championships this year provided some very keen, close competition with 20 new competition best performances, all the way through the age groups.

THE NEXT TWELVE MONTHS:

Club galas will as previously be selected to give opportunities to as many swimmers as possible with the emphasis on the juniors early in the year in readiness for the Junior league in April, May and June.

Swimmers recognised...

Mike Fogg Cup - Girls Best Standard

Joanne Reeks – Achieved five Midland District Times, finishing in the top 20 on three events. She was subsequently selected for Derventio Excel. In the recent Midland Sprint Championships Joanne finished in the top ten on two events and 5th in the Individual Medley.

Don Collins Cup – Boys Best Standard

Oliver Froud – Achieved six National Age Group times, swimming them all in personal best times and reaching the finals for the three events. He has been selected for the 'World Class Start Medley Programme' for 2003/4 which will involve attending special training camps for the top age groupers in the country.

DPSC made it to Division 1 of the National Speedo with a fantastic performance at Leamington Spa. Congratulations to all swimmers throughout the competition.

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Jones Award – Girls Special Merit

Francesca Palmer – she has been helping on the poolside at training sessions with C squad, at competitions and galas and has always looked after the younger swimmers to ensure that they are not overawed by the occasion and feel part of the team. She has given continued effort over the years and has become an important member of the main squad team particularly at this year's Speedo League.

Gordon Peach Shield – Boys Special Merit

Simon Johnson – Swimming for the first time in the Boys Open age group with many other swimmers to contend with, Simon has stuck to his training and maintained his position in the team. For the Speedo league he has been very positive, encouraging other members of the team - even though he has had to wait through the whole gala for the final event.

EVENTS

Please see the web pages/coaches/committee for more details. There are also details of the diary.

TEACHING SECTION



The teaching section started again on Saturday 6 December. The current session will run for ten weeks until around the end of February. The Woodlands pool will be closed for about four weeks due to some repair works – details to come.

2003 TROPHY WINNERS

Whitlam Cup	Girls 8 & Under	Emily Bysouth
Whitlam Cup	Boys 8 & Under	Adam Wisdich
West Shield	Girls 9 Years	Sasha Wisdich
Nigel Ault Cup	Boys 9 Years	Max Barlow
Phoenix S.C Shield	Girls 10 Years	Laura Reeks
Boys 10 & Under Champ	Boys 10 Years	Christopher Bell
Brock Shield	Girls 11 Years	Hannah Wisdich
Brown Cup	Boys 11 Years	James Shand
Catherine Hemsworth Shield	Girls 12 Years	Emily Pratt & Joanne Reeks
The Davis Shield	Boys 12 Years	Glenn Fowell
Turner Shield	Girls 13 Years	Dominique Fox
Wolverson Trophy	Boys 13 Years	Oliver Froud
The Anne Hayward Shield	Girls 14 Years	Suzi Brady
The Calladine Shield	Boys 14 Years	Paul Donald
Committee Salver	Girls 15 Years	Emma Ryde
G. Fretwell Shield	Boys 15 Years	Richard Sellers
Southwell Trophy	Girls 16 Years	Merryl Spencer
Chambers Cup	Boys 16 Years	Simon Johnson
Louise Bell Shield	Ladies Open	Rebecca Ward
Andrew Bell Shield	Mens Open	Gye Whitlam

Overall:

Championship Salver	Girls Championship	Dominique Fox
N. Ruston Cup	Boys Championship	Richard Sellers

MASTERS

The masters section – under the careful tutelage of James Mosley – is in need of more attendees if it is to be retained. It is an ideal way to exercise and is open to ALL standards. See James for more information.

FUND RAISING

Sponsor a swim – Thank you to the race sponsors for the Club Championships. Donations were received from the following companies, plus several parents:

- WS Atkins Consultants Ltd
- M & D Meats, Allestree
- Allestree Eyecare
- The Lord Scarsdale, Duffield

Club Champs – Thank you to Lynne P and the gallant coaches and parents who joined in the race. The final result was a fine win by Catwoman, hotly chased by Batman, Spiderman, Wonderwoman – Robin set a new club record for his valiant efforts... Lynne raised £100 from the event.

SWIM THE WEB www.derbyphoenix.com

The web site contains a mine of useful details on events, contacts, links to ASA websites, etc. There is more info on sponsors and more detailed information on the results.

We wish you all a Happy Xmas and best wishes for the New Year!