

DERBY PHOENIX SWIMMING CLUB

A Swim 21 Accredited Swimming Club



NEWSLETTER

OCTOBER 2003

INTRO...

This is the second news letter for this year (2003). The intent is there, but the typing is slow... Hope that this is of interest for some of the things that are going on around the club.

Watch out for the new club kit that will start to be paraded around the pool side.

FROM THE CHAIRMAN ...

The club has been performing well in competitions and it is a good sign that the ongoing problems with the Lonsdale pool are not affecting results adversely. Well done to all concerned.

Also, the financial position of the Club is improving. However, I am pleased to say that the efforts of the committee have made a big difference and the club is getting stronger. There are new swimmers coming through (with a several coming up from the teaching section) and this bodes well for the future.

FROM THE HEAD COACH ...

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. **Richard Sellers**, 14/u, swam the 100 Freestyle in a personal best of 58.69 and **Oliver Froud**, 12/u, swam the 100 freestyle in 1:01.41, the 200 freestyle in 2:16.43 and the 400 freestyle in 4:52.58, plus the 100 back crawl in 1:10.21, and 200 back crawl in 2:31.81 and finally the 200 Ind Medley 2:39.84, all in personal best times and reached the finals for the 100 Freestyle, plus the 100 and 200 Back crawl. A great achievement for both swimmers.

The following swimmers have been promoted to A squad from the beginning of this season:

James Shand, William Rothwell, Natalie Maine, Daniel Corden, Sarah Keaney – Congratulations!

Also **Oliver Froud** has been selected for the 'World Class Start Ind Medley Programme' for 2003/4 which will involve attending special training camps during that period for the top age groupers in the country – Congratulations!

Well done to the swimmers who went to the Eckington County Relay Gala. A solid performance in all areas meant Phoenix was a very credible third overall against very good competition.

Similar showings are hoped for in the West Midlands league, which starts this month, leading to the Club Championships and then the County Sprints.

Swimmers recognised...

Congratulations to **Ellie Taylor** and **Chris Bell** – C squad swimmers of the month.

Hannah Wisdich and **Christine Salt** were B squad swimmers for July and August.

CLUB X

Congratulations to **Richard Sellars, Oliver Froud, Joanne Reeks** and **James Shand** for being selected for the newly formed Southern Derbyshire Elite squad – or **Derventio eXcel** swim squad as it is now known.

In addition the following have been chosen for the Talent Identification Group. This will probably start next year and will be closely monitored by the Chief Coach of the Elite squad, Mark Rose –

Suzi Brady, Eleanor Barlow, Laura Reeks, Mathew Brady, Jamie Bell and Scott Sellars – Congratulations!

EVENTS

Provisional and actual dates for the diaries:

Sat/Sun 4/5 October – **CoD 50 m Sprints Open Meet**
Saturday 11 October – **West Midlands League**
Saturday 18 October – **Matlock Swimming Club Gala**
Saturday 8 November – **West Midlands League**
Sunday 23 November – **Derb'shire County 50m Sprints**
Saturday 13 December – **West Midlands League**

Please see the web pages/coaches/committee for more details. There are also details of the diary on the web site. On a more social note:

Sunday 02-Nov-03 – **Club Championships, Queen St**
1:00 Warm Up for 1:30 start. Swimmers in all age groups wanted. Entry forms were sent with membership details and should already have been returned. Late entries may be considered but are needed as soon as possible. All parental help on poolside welcomed! Other events to note for the diary include:

Friday 28-Nov-03 – **Presentation Night** (7.15pm start)
Polish Club, Kedleston. Rd

Friday 19-Dec-03 – **Christmas Disco Night**, The Meadows (Near Pentagon Roundabout)

Saturday 27 December - **Christmas Meal Night**. The Spot – set meal for £29.99 all inclusive.

SWIM THE WEB www.derbyphoenix.com



The web site contains a mine of useful details on events, contacts, links, etc. There is more info on sponsors and occasionally some swimming news.

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AGM

The AGM will be held on **Monday 24 November** at the Travellers Rest pub on Ashbourne Road. The meeting will start at 8:00 pm. Please make every effort to attend – it is your club and run by volunteers. There are some important issues to vote on and a minimum number is needed for voting. In addition, new committee members are needed and all help on a variety of levels is greatly appreciated - nomination forms are available from the committee with an agenda nearer the time.

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.

TEACHING SECTION



The teaching section started again on Saturday 6 September. The current session will run for ten weeks until November 22 (missing out Saturday 25 October as it is half term).

The next session will start on Saturday November 29.

The transition from the half hour teaching sessions to the squad system can be quite daunting – there is information available to help explain the extra swimming times, plus details of what to expect at Galas, etc. The squads essentially form the competitive (yet social) element of the club; swimmers progress through the Squads on ability (from D through to A). Swimmers from the squads are invited to represent the club at galas around Derbyshire and generally compete in their age group.

FUND RAISING

Saturday 31 May



Many thanks to Dawn Sellars for her work on fund raising. On Thursday 25 September, DPSC were presented with cheques from Burton Breweries and the John Weston Trusts totalling £604 to purchase equipment.

Sponsor a swim - Did you know you can sponsor a race at the club champs? This will get your name in the programme and go to help the running of the club. Corporate packages are available and can provide valuable assistance to the club operation. See a committee member for details.

Fees – The membership forms have been sent out and fees are due for the start of the new season. Please

make sure that you have returned your forms (and paid!). 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.

Club Champs – watch this space for info on the coach's race (dressed as your favourite super heros!). See Lynne P for forms to predict the outcome of the race.

CLUB SOCIAL

Derby Phoenix on Tour -ALCUDIA AUGUST 2003

A hardy bunch of DPSC went on holiday together:

Trying to sit 30 together on the flights was a little difficult, but we all stuck close by ... didn't want a re-run of Home Alone 2. Arrived in Majorca to temperatures of 35c+, so tell us how you chill in that.

First night we established we would require some form of sunbed reservation system, to which Paul kindly volunteered every morning, tiptoeing (ahem) down to pool side each and every sun up. The pool was great fun; even the kids went for a dip or two.

Towards the end of our first evening out in Alcudia, we arrived at a bar just in time to experience the evenings "Class Act" - three gorgeous "girls" miming and shaking their booty; the smiles on the faces of Colin, Rob, Phil and Dave quickly turned to fear when they realised the "girls" were looking for a little audience participation.

Down at the beautiful beach, most of the kids and dads got the urge to ride the banana boat ... six gallons of salt water between them later! They must have enjoyed their experience as later in the holiday they all did it again - apart from those that wanted to increase their extreme sport boundaries and rode the donut rings!

Go Karting - ah yes, how many times did we visit that track - dads, kids, mums, kids, dads - I can tell you, some fierce battles of will were contested on that track ... excitement and exhilaration could hardly be contained, but what to do with all that adrenalin. Think we could have bought our own go-kart by the end of the fortnight, but hey good fun, and the marshal's were certainly kept busy repairing crash barriers and detangling karts.

Adult games (ie no children involved) - who could keep it up the longest - with four other dads involved keepy-uppy wasn't always that easy, with the first record being set at 53. Some of the mums improved the quality and staying power and set a new record of 107 stands until next time.

With days out on train journeys meandering through the beautiful mountain sides, relaxing boat trips and coach travel with a difference, it was all in all a brilliant holiday - happy kids = happy parents, can't wait until next year.