

DERBY PHOENIX SWIMMING CLUB



NEWSLETTER

DECEMBER 2004

INTRO...

This edition gives information on the recent successes at galas and summarises the Chairman and Head Coach reports presented at the recent AGM.

FROM THE CHAIRMAN ...

As mentioned at the AGM: The past year has been interesting! The club has made excellent progress with a number of swimmers being selected for Deventio. Also, links have been strengthened with Derby City Council through membership of the swimming focus group.

The committee has worked hard to keep the club finances stable. The current financial year was affected by the extended closure of the teaching section at Woodlands. Fund raising and sponsorship has been negligible this year, but not from lack of effort. We need to develop this to buy more equipment and software.

An aim for next year is to attain Swim 21 accreditation. Many thanks for Ian Cotter for his work on this. Also, a big thank you goes to the people who give up their time voluntarily to enable the club to function and progress. It is only as a result of this hard work that allowed the club to succeed. We are looking for volunteers so any offers of help would be much appreciated. We are all working for the most important people in the club – the swimmers!

Rob Sellers

FROM THE HEAD COACH ...

Many thanks for the fantastic support at the Speedo League – it makes all the difference to the swimmers to have the vocal support and following.

At the club championships (see back page for results), there were some fantastic swims and it is good to see the young swimmers – some competing for the first time. In the 99 events, there were 20 disqualification's; 7 for faulty turns, 6 for faulty starts, 4 for faulty fly leg kick and 3 for faults on other strokes. Swimmers should learn from other people's mistakes!

As mentioned at the AGM (a copy of the full report is on the board at Lonsdale): **CHANGES DURING THE LAST 12 MONTHS:** Derwentio eXcel started in Sept 2003 with four of our swimmers being involved; we now have ten training full time plus three others invited part time.

Unfortunately we have had to cancel our Masters squad with James Mosley moving on to University; those who wish to train can swim with the main squads.

RESULTS OVER THE LAST TWELVE MONTHS: We had one team swimming in the Junior League this year finishing in the top half of the table in Div 1, giving many of our younger swimmers valuable competition experience. The County Age group competitions this

year provided our best ever results with the club finishing second in the medal table.

THE NEXT YEAR: Club galas will 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.

Jo Latham has taken over the Teaching group at Woodlands from December. I am sure her enthusiasm and professionalism will build on the good work done by Maxene Ward over the last three months.

I would also hope that we can encourage our older swimmers to become more involved in the sport through gaining Teaching and Lifeguard qualifications.

Promotion from C to B Squad

Simon Taylor, Charlotte Blurton, Alastair Cope and Sam Davis have been promoted from C to B squad as a result of the recent time trials and begin training with their new squad in January 05: ... **Congratulations to all swimmers.** The B to A squad transition will be announced after time trials.

RECENT GALAS

Speedo League... Well done to the swimmers in the gala at Queen Street. The second round of the National Speedo League Div One saw Derby Phoenix put in a tremendous team performance by finishing second against strong opposition at Queens Street. This is our first year in DivOne and over both rounds we have consistently put in strong performances.

The final was in Coventry on Dec 11. We were 6th overall, but with 128 points, we were only 7 points behind Nuneaton. The overall winners were City of Coventry A with 251. Winners on the night were Joe Keane, Oliver Froud, Eleanor Barlow and the U13 girls medley.

National Masters Championships Ponds Forge Saturday October 30, 2004

Tracey and Paul Wesselingh had great success in the masters; Tracey claimed 3rd spot and a bronze medal in the 100m butterfly in a time of 1.19.17 and also finished 4th in the 100m backstroke and 5th in the 50m butterfly. Paul also had great success finishing 14th in the 50m breaststroke in a time of 36.74, 24th in the 50m butterfly and 26th in the 100m freestyle.

TIME TABLE

The new session at Woodlands pool on Thursday evenings from 7:30 to 8:30 is proving popular, but there is space for more. It is aimed at those swimmers in C and D squad who are ten or under. Young swimmers can attend Moorways as usual (8:00 to 9:00) if it suits other swimmers in the same family or general travel arrangements. Please speak to John Moseley or Maxene Ward for more details.

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SWIM THE WEB www.derbyphoenix.com

Andy Stoll has set up an excellent, busy and vibrant website that is the envy of other clubs. However, we are looking for a volunteer to take over the role or parts of the site. Please see Rob S for more details.

FUND RAISING

Many thanks to the sponsors of the club Champs. Donations and prizes for the raffle were given by:

Atkins Consultants Ltd

Avalon Beauty, Duffield

The Scarsdale Pub, Duffield,

Derbyshire Eye Care, Duffield

The Viceroy Indian Restaurant, Duffield.

Plus thanks to the parents for donations and support.

FUTURE MEETS AND GALAS

The next open meet will be hosted by Trident at Queens Street on Sunday 6 Feb (2005). It is for 9 years to Open, age on the day. Forms to Karen Rothwell by 17 Dec.

The Diddy league will start again next year. This is for swimmers up to 12 years old and is a good opportunity for some of the younger swimmers to compete. Gala dates are Sunday 10 April, 8 May and 26 June.

SOCIAL

The Xmas Family Disco will be at the Meadows Inn, Chequers Lane, on 17 Dec, 7:30 pm till late... Cost is £5:00 per family or £2.50 per person. Please bring food!

On Boxing Day, the local asylum is letting some ex inmates float down the River Derwent in Matlock in the **Annual Raft Race**. Go and watch:

Colin "Where's the bar?" Bell

Richard "Cabin Boy" Sellars

Steve "I've got a plan" Keaney

Paul "Were Totally Lost" Barlow

James "My Dad's broken it" Moseley

John "I never touched it" Moseley

Dave "Don't forget your streamlining" Pratt

Rob "The Chairman" Sellars

Rafts are launched from upstream of the bus station at 9:00am and are expected through Matlock Bath just after 10:00. Best viewing points are the Jubilee Bridge and by Masson Mills. The finish is by Cromford Station. Sponsor forms available...

TEACHING SECTION

The next ten week session starts on Sat 4 December. Many thanks need to go to Maxene Ward for stepping in and running the group at short notice. Jo Latham (also an occasional lifeguard at Lonsdale) will take over and lead the group. Thanks also to Sam Jackson for taking on some of the admin tasks and liaison. The last session before Xmas is 18 Dec with a restart on 8 Jan.

AGM

The new committee was elected at the AGM on Monday 22 November. A list will be put up at Lonsdale. Thanks to all who attended.

Club Championships... There was an excellent turnout at the club championships on Sunday 7 November. There were 25 new club records set – a fantastic achievement, particularly as some had stood for over 20 years. In some cases, not just the race winner beat the records! Well done to Richard Sellars for a clean sweep with new records in the all events and to Eve Keane and Sasha Wisdich for sharing the records for the 3rd year running. The records are:

Swimmer	Event	New Record	Old Record and Year
Sasha Wisdich	Girls 10yrs 100m Ind Medley	1:23.04	1981 - 1:28.70
Eve Keane	Girls 10yrs 50m Butterfly	37.52	1981 - 40.60
Ellie Taylor	Girls 11yrs 100m Breaststroke	1:32.53	1982 - 1:32.70
Eve Keane	Girls 10yrs 50m Freestyle	33.31	1986 - 36.90
Richard Sellars	Boys 16yrs 100m Butterfly	1:02.06	1990 - 1:08.21
Richard Sellars	Boys 16yrs 100m Freestyle	57.21	1991 - 59.43
Richard Sellars	Boys 16yrs 200m Ind Medley	2:18.77	1992 - 2:30.27
Richard Sellars	Boys 16yrs 100m Breaststroke	1:18.53	1993 - 1:18.64
Laura Reeks	Girls 11yrs 100m Butterfly	1:22.55	1993 - 1:26.60
Eve Keane	Girls 10yrs 50m Backstroke	38.23	1995 - 39.93
Ellie Taylor	Girls 11yrs 100m Ind Medley	1:22.83	1996 - 1:25.46
Eleanor Barlow	Girls 13yrs 100m Freestyle	1:05.36	1998 - 1:06.06
Eleanor Barlow	Girls 13yrs 100m Ind Medley	1:13.40	1998 - 1:15.00
Emily Pratt	Girls 13yrs 100m Breaststroke	1:21.99	1998 - 1:25.86
Joanne Reeks	Girls 13yrs 100m Butterfly	1:12.83	2000 - 1:16.86
Francesca Palmer	Girls 16yrs 100m Breaststroke	1:20.66	2001 - 1:21.67
Oliver Froud	Boys 14yrs 200m Ind Medley	2:26.33	2001 - 2:38.17
Sasha Wisdich	Girls 10yrs 50m Breaststroke	41.80	2001 - 46.19
Richard Sellars	Boys 16yrs 100m Backstroke	1:05.97	2002 - 1:09.87
Craig Baxter	Boys 8yrs 25m Breaststroke	27.79	2002 - 28.68
Joseph Keane	Boys 15yrs 100m Backstroke	1:04.55	2003 - 1:06.75
Oliver Froud	Boys 14yrs 100m Butterfly	1:07.15	2003 - 1:07.94
Oliver Froud	Boys 14yrs 100m Backstroke	1:04.18	2003 - 1:10.34
Eleanor Barlow	Girls 13yrs 100m Backstroke	1:15.42	2003 - 1:15.47
Joseph Keane	Boys 15yrs 200m Ind Medley	2:21.87	2003 - 2:24.68
Joseph Keane	Boys 15yrs 100m Freestyle	55.71	2003 - 57.49
Oliver Froud	Boys 14yrs 100m Freestyle	56.54	2003 - 57.74

WELL DONE TO ALL SWIMMERS