

DERBY PHOENIX SWIMMING CLUB



NEWSLETTER

JULY 2004

INTRO...

June has come and gone without the planned newsletter issue. Some of the news will have an "old" feel but it will be useful to reflect on the busy time over the last few months. Some very good results have been posted and all swimmers should take pride in their progression.

FROM THE CHAIRMAN ...

Well done to all swimmers who took part in this years Derbyshire County Championships, resulting in our best ever year. The committee would like to congratulate the swimmers on their behaviour throughout the three weekends. The team spirit was excellent. Well done to all swimmers who qualified for the Midland and District Bagcat Championships.

I would like to say thank you to swimmers and parents who have been patient whilst both Woodlands and Moorways pools have been closed. **Rob Sellers**

FROM THE HEAD COACH ...

County Galas 1-6 March 6th & 7th @ Queen St.

46 swimmers took part in 168 swims achieving 136 personal bests – 81%

18 Gold, 17 Silver, 14 Bronze

24 Midland District Qualifying times; five Competition Best times; four National Qualifying times.

Galas 7-12 March 13th & 14th @ Clay Cross

43 swimmers took part in 170 swims achieving 125 personal bests – 74 %

18 Gold, 10 Silver, 15 Bronze

23 Midland District Qualifying times; five Competition Best times; five National Qualifying times

General News and comments:

Congratulations to all our swimmers Richard Sellers, Joseph Keane, Oliver Froud, Joanne Reeks, Eleanor Barlow, Emily Pratt, James Shand and Jamie bell who are now part of the Southern Derbyshire Elite squad – DERVENTIO EXCEL. Let us hope many more of you have the opportunity to join them.

The following swimmers have been promoted to B squad from the beginning of next season: Michael Baxter, Thomas Cunningham, Thomas Fulford, James Palmer, Nicola Maude and Amy Ward CONGRATULATIONS. Let's see if some more of you can achieve the standard at the next set of time trials.

Well done to our ten year old girls Sasha Wisdich, Eve Keane and Ellie Taylor for reaching the standard and competing at the recent Midland District Champs. Come on you boys - you now need to step up to the mark.

The Progression standard to move from B to A squad is under review and will now be linked to an overall BAGCAT points score instead of just time standards. The details are being finalised but are likely to look like this: Points for all four stroke 50m times, 200 free, best 200 form stroke, plus best IM. The overall points scored will then have to exceed the minimum standard set. Watch the notice boards for final details.

Summer training is to be reduced during August with the Thursday at Moorways and Sunday at Repton continuing all through. A separate note will be issued with specific details for each squad.

We will be organising a SKILLS session for D squad and part of the Teaching group on one of the Thursday evening sessions at Moorways during the summer holidays. This will be designed to impart knowledge to the group and emphasise the importance of these skills to becoming a competitive swimmer.

DEVELOPMENT DAY

The development day on was a great success with the swimmers getting excellent attention from Bill Furness and Sarah Price. Well done to the organisers.

There was then another Derbyshire ASA development day at Loughborough in June that was attended by several junior swimmers.

DIDDY LEAGUE

The Nottingham and Derby Junior ("Diddy") league took place on Sunday 4 April and 9 May with the final on Sunday, 6 June. Hannah Wisdich and Adam Cutts were the Junior Captains.

In the Division One – 2nd round on Sunday 9th May saw Phoenix come a very credible third with the following results: Notts Leander – 215, City of Derby – 210, DPSC – 132, Ripley Rascals – 107, Radford A – 104, Dronfield 89.

Eve Keane was 1st in the 10 years 50 backstroke and 2nd; Sasha Wisdich was 2nd in the breaststroke and 25m 'fly. The boys 10 year team were 2nd in the 4*1 medley relay.

Personal bests were set by Eve Keane, Jamie Bell, James Palmer, Ellie Taylor, Sammy Blavin, Michael Baxter, Chris Bell, Emily Machin, Hannah Wisdich and Max Barlow.

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GALAS

The club is a competitive club and swimmers are expected to attend galas when requested (as far as possible).

Please see the web pages/coaches/committee for details of coming events. There are also details of the diary. A house gala is being planned and there will be the club championships at Queen Street.

FUND RAISING

Karen Rothwell swam in a sponsored swim organised by the Derby Lions Club on April 24. Karen raised about £100 for the club. WELL DONE!

Club Shirts – these are available for parents to buy as well as the swimmers! A service is available to have your name added. This will help to avoid confusion...

SWIM THE WEB www.derbyphoenix.com

We have an excellent, busy and vibrant website. We are currently looking for a volunteer to seek sponsorship for this site. Do you have family, friends or a boss who works/owns a company large or small who would be interested in sponsoring our site. Would anyone be willing to take on the job of obtaining sponsorship?

This job requires only a little of your spare time - time to just write a few letters or emails or do some mailshots. CAN YOU HELP? Please see a member of the committee for more details.

Please sign up for the text alerting service by registering your mobile phone number through the web site. If you do change numbers or phones, remember to change the details!

SQUAD PROGRESSION

Movement through the Training Squads is dependent on ability, which is monitored by regular time trials. Regular attendance and a purposeful approach to training are essential to ensure steady progress up through the Training Squads. Swimmers are encouraged to progress and should not want to swim "lower" than their squad level.

On Wednesday 14 July there will be another opportunity for D and C squad to take part in trials. It will also give some of the younger swimmers a chance to try the blocks and a 25 m pool.

MASTERS

The masters section is expanding under the careful tutelage of James Mosley. The session has moved back to Woodlands on Sunday afternoons.

Congratulations to Tracy Wesselingh and Sue Wisdich for their excellent performances in their categories at the Masters Gala at Leomington in May. Tracey came first in the 200 backstroke, 50 butterfly and 200IM and

second in the 100 backstroke. Sue came second in the 200 breaststroke and 50 backstroke.

TEACHING SECTION

The teaching section has restarted at Woodlands and will run 17 July. The last session of the ten week course will be on Saturday 11 September with the new course starting on 18 September.

SWIMMER BEHAVIOUR

Despite the excellent behaviour poolside at the County Championships, we need to emphasise the importance of good behaviour elsewhere. With the lighter and warmer evenings, please be considerate to people living next to the pools we use and respect their privacy and right to quiet evenings. At Lonsdale, please do not go on the climbing wall – it is dangerous without the correct supervision and may result in sanctions on the club.

Please also leave changing rooms in a fit state for the next occupants. There can be appearances of floods from time to time.

NAMES...

The following have or had birthdays in June and July: Emily Bysouth, Simon Copeland, Zoe Anne Curzon, Sam Davis, Eve Keane, Robert Redfern, Melissa Samnan, Alice Southall, Alice Tomlinson, William Barker, Eleanor Barlow, Michael Baxter, Abbey Corden, Nicola Maude, William Rothwell and Stephanie Ward.

Birthdays in May were Katherine Molyneux, Alister Cope, Lara Wisdich, Holly Earith, Rebecca Ward, Emily Pratt, Ryan and Sean Wesselingh, Dominique Fox, Joseph Llanos, Elizabeth Hill, Matthew Brown, Peter Stephenson, Joseph Scott and Simon Taylor.

SOCIAL

Lost Property – every week something gets left behind or swapped by mistake. Please make sure that your costumes, floats, shirts, bags, children, etc, are named so that they can be identified when left alone!

Alton Towers – a grand day out was held on Saturday 3 July. Despite the weather, hardy souls were seen queuing for the rides...

Club Organisation - Did you know that the lion's share of the money you pay every month goes on pool hire? Did you know that the committee take a lot of care to make sure we have enough money to pay for things, whilst keeping the fees as low as possible??

The opportunity for you to find out about these and other things is coming up and we need your help! What to do next:

1. Think about how you can help out. It doesn't matter how big or small, your help IS needed.
2. Come along to the AGM.