

DERBY PHOENIX SWIMMING CLUB



NEWSLETTER

SEPTEMBER 2004

INTRO...

Welcome back to the new season. Remember to get gala dates in the diary and check with the coaches on the various events.

FROM THE CHAIRMAN ...

I hope everyone had a good summer and swimmers are pleased to be back at school (parents anyway!). The new season has started with a trophy win at Sutton in Ashfield – well done to all swimmers – this was a good result after a long break.

This time of year is busy for the club with Speedo League (our first time ever in Division One), Club championships, presentation night, Derbyshire long course, Xmas family disco, PLUS several trophy galas and open meets. Information will be posted on notice boards and the website but please ask if unsure.

September is the time for renewal of membership. The annual subscription has been increased to £20 (the first increase for over five years) with fees staying the same as the have for the past two years. The annual AGM will be held on Monday 22 November (8:30) at the Travellers Rest Inn (Ashbourne Road). Please come along to have a say in the running of the Club. **Rob Sellers**

FROM THE HEAD COACH ...

Congratulations to our swimmers who qualified for this years **National Age Group** championships at Ponds Forge in Sheffield: Joseph Keane; Oliver Froud; James Shand; Joanne Reeks. Oliver has received an invitation to the World Class Start programme having competed in three finals.

Progression Standards

The Progression standard to move from B to A squad is now linked to an overall BAGCAT points score instead of just time standards. The BAGCAT points are calculated using the 11 year girl standard. The total points for all four 50m sprints, the best 200 form, 200 free and 200 IM must exceed the standard (currently set at 2300 points). A look up table and details will be posted at Lonsdale.

Promotion from B to A Squad

The following swimmers have been promoted from B to A squad using the new BAGCAT points standards and have begun training with their new squad: Tracy Wesselingh, Sue Wisdish, Francesca Corgiolu, Hannah Wisdish, Adam Cutts, Sasha Wisdish, Eve Keane and Ellie Taylor

Promotion from C to B Squad

The following swimmers have been promoted from C to B squad as a result of the recent time trials and

began training with their new squad in September: Michael Baxter, Thomas Cunningham, Leigh Davies, Thomas Fulford, James Palmer, Sean Wesselingh, Ryan Wesselingh and Nicola Maude

Congratulations to all swimmers. The next main transition will be in January.

We are due to begin our Speedo League campaign on the 9th October at the Victoria leisure Centre, Ilkeston which will be our first occasion to compete in the top division in the clubs history, so it is important that all potential swimmers are available for selection.

As we start the new season all swimmers need to look at the frequency of their training. The simple truth is that those who regularly attend all training sessions available will perform at a higher level than those who only attend some of the time. Swimming is a brutally honest sport - TIME TRAINING EQUALS PERFORMANCE ACHIEVED; there are no shortcuts.

Time Trials

Trials are used to help monitor the incremental performance of the swimmers and aid transition. They also give experience of a competitive start and finish and hence used for selection. Please endeavour to attend where possible.

TIME TABLE

A new session has been added to the timetable as a trial to help the younger swimmers. This is at Woodlands pool on Thursday evenings from 7:30 to 8:30. 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.

RECENT GALAS

Sutton – Saturday 4 September.

Well done to the swimmers in the gala at Sutton in Ashfield. DPSC came first with some good times being posted. The other teams were Sutton, Ripley, Kimberley and Notts Northern. DPSC had winners in:

- 12 & 14 yr 4 * 50 medley relay – Gareth Carter, Adam Cutts, William Rothwell and Adam Fulford.
- 14 yr 4 * 50 medley relay – Peter Stephenson, Will Rothwell, Scott Sellers and Adam Fulford.
- 14 yr 50 fly and free – Scott Sellers
- 14 yr 50 breast – William Rothwell
- 14 yr 50 breast – Abbey Cordon
- 12 yr 50 back – Gareth Carter
- 12 yr 50 fly – Adam Fulford
- 12 yr 4 * 50 medley relay – Gareth Carter, Thomas Fulford, Max Barlow, Adam Cutts
- 10 yr 50 breast – Ryan Wesselingh

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Other good times were set and details are on the notice board at Lonsdale. Tracey Wesselingh was first home in the open 50 m backstroke and Ben Jackson was first home in the 10 yr 25 m fly and backstroke – however, both got speeding tickets!

Burton and Queen Street – Saturday 18 September.

A very close finish at Burton and a good performance from some new faces at Queen Street. Watch notice boards for results details.

FUND RAISING

At the end of June, we received a grant from DCC to help cover the cost of pool hire. Well done to Dawn for arranging this. Also, a generous donation was received from Atkins Consultants – many thanks to Alan Wisdich.

The Club Championships are held on Sunday November 7. We would like to have a sponsor for each race and details will be included in the programme and (hopefully) included on the web page. Sponsors can be individual families or companies. Please see Rob or the committee for more details.

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, work commitments mean that he can no longer look after the general maintenance or updating. Hence, we are looking for a volunteer to take over the role. Please see Rob S for more details.

CLUB COSTUMES

Speedo no longer makes costumes in the club colours. There are a few in selected sizes available from the club shop and details are on the notice board. Alternative costumes are being investigated.

TEACHING SECTION

The teaching section restarted at Woodlands on Saturday 11 September with the last of the current ten week course. The next ten week course starts on 18 September. Many thanks to Rebecca Ward for her help with the teaching section. We have lost her while she goes to University and are grateful to the help from Francesca Palmer and Stephanie Ward.

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.

In October (Wed 6 and 13), there will be C squad time trials. This will be an opportunity for D squad to try the Lonsdale pool. See John M for details.

Basic Skills for all swimmers

Teaching Level:

- Streamlined position – arms stretched out above head, hands overlapping, fingers pointed. Head in natural position. Legs together and feet pointed.
- Streamlining – adopting the above skill on every occasion that the swimmer pushes off the wall.
- Finishing – Correct technique used on every finish:
 - Front crawl - touch with leading hand.
 - Back crawl - touch with leading hand while on back.
 - Breaststroke - touch with both hands keeping shoulders level.
 - Butterfly - touch with both hands together at the same time.

C Squad level:

- Competitive start standard from both the starting blocks and pool side.
- Legal and skilful turns including both tumble and touch turns – front crawl, back crawl, breaststroke and butterfly.
- Streamlining on every occasion that the swimmer pushes off the wall with a minimum of three fly kicks under water or one full breaststroke.
- Medley turns of fly to back, back to breast and breast to f/c done correctly with good streamlining.

B Squad level:

- Racing finishes with no breathing over the last 5m.
- Streamlining on every occasion that the swimmer pushes off the wall with a minimum of five fly kicks under water.
- F/c tumble turns with no breathing on the first stroke out of the wall.

SOCIAL

The Xmas Family Disco will be at the Meadows Inn, Chequers Lane, on 17 December, 7:30 pm till late...

Lost Property – every week something gets left behind or swapped by mistake. Please make sure that your costumes, floats, shirts, bags, etc, are named and that you take all your kit with you!

FUTURE EVENTS

The Club Championships will be at Queens Leisure Centre on Sunday 7 November. Warm up at 1:00 for a 1:30 start. Entries are to be returned by Saturday 16 October. Although this is a competitive event, it is fun and a chance for some younger swimmers to get a taste of a gala. The presentation night will be 27 November at the Polish Club, Kedleston Road. Presentations start at 7:30 (prompt!).

Check the web site for other gala dates! These include the county sprints and Speedo league.

ERRATA

Apologies to Adam Cutts for the last Newsletter – he should have been named as the Junior team captain.