

DERBY PHOENIX SWIMMING CLUB

A Swim 21 Accredited Swimming Club



NEWSLETTER

MARCH 2004

INTRO...

Well, the Counties are upon us. For many it is the culmination of a years' hard training. It is an annual event and is over three week ends. It is an opportunity to get qualifying times for the Midlands competition and also the Nationals.

Club swimmers made an excellent start last week and more details are given later.

FROM THE CHAIRMAN ...

To start I would like to say on behalf of the committee, congratulations to all the swimmers who have been selected for Derventio Excel. We wish them every success.

The committee is continuing to monitor the finances and administration of the club with very positive results.

We are still looking for volunteers to help out, no matter how little time you can spare - even just helping on poolside at galas - please see me or any member of the committee.

FROM THE HEAD COACH ...

What a start Derby Phoenix swimmers have made at this year's County Championships; 46 of our swimmers took part in 168 swims achieving 136 personal bests (81%) delivering 18 Gold, 17 Silver and 14 Bronze medals.

In addition, we achieved 24 Midland District Qualifying times, five Competition Best times and four National Qualifying times!!!

Well done to Oliver Froud, Eleanor Barlow, Joanne Reeks, Sasha Wisdich, Eve Keane, Richard Sellers, Joseph Keane, Rebecca Ward, James Shand, Adam Fulford, Max Barlow and Merryl Spencer. More details are on the DPSC web site.

This is a significant improvement on last year and a sign of how the club and swimmers are developing.

DEVELOPMENT DAY

Just to remind everyone, we have a Development Day on Sunday March 28th with Bill Furniss (GB ASA senior coach) and Sarah Price (Double Commonwealth Gold Medallist). We need as many club swimmers as possible to take part and support the club. For an application form see the web site, Rob or Dawn. There are 72 places available and as of 10 March, 20 have been filled. Forms and leaflets are being distributed at the Counties; get your application form in early to avoid disappointment!

EVENTS

The Nottingham and Derby Junior ("Diddy") league has galas on Sunday 4 April; Sunday 9 May; Sunday, 6 June. These galas are for 9-12 year olds; Sue Reeks or Doug will be in contact if you are required.

Other galas and competitions are:

City of Derby Open meet – Queens St, 17&18 April
Trophy Gala for 11, 13 15 and Open, 24 April, Cheadle
Trophy Gala for 11, 13 15 and Open, 15 May, Walsall
Trophy Gala for 9, 11, 13 15 and Open, 12 June, Uttoxeter

City of Derby, level 2 open meet, Sat/Sun 17/18 April

Rotherham Metro, Ponds Forge, 14/25 April

City of Derby, B Grade open meet, Saturday 10 July

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

RECENT RESULTS



There have been five galas this year. In January, DPSC travelled to Sutton in Ashfield and were a credible fourth. A similar placing was obtained at Queen Street as part of the Treonte gala.

In February, DPSC were second at Walsall. This was followed by a second place at the Burton Meadowside gala. Individual winners were Eve Keane, Rachel Ward, Eleanor Barlow, Laura Reeks, Merryl Spencer, Joe Keane (2), James Mosley and Richard Sellers (2).

At the end of February, a young team went to Dove Valley, Uttoxeter, where DPSC came second. Individual winners were Joseph Scott, Simon Taylor (2), Laura Reeks (2), Eve Keane, Emily Machin and Ben Jackson.

Congratulations to all that took part – especially in the various relays and cannons.

POOL CLOSURES

The Woodlands pool is closed for eight weeks for pump refurbishment and will reopen in April (see teaching section!). Alternative arrangements have been made for swimming at Gayton on a Monday and Lonsdale on a Sunday. See the notice boards at Lonsdale and Moorways for details.

The teaching pool at Moorways will be closing for seven weeks in from 5 April for some refurbishment. Again, alternative arrangements will be considered and notices posted when these have been confirmed.

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FUND RAISING



The club operates on the good will of the coaches and committee. Monthly and annual fees are used to pay for the swimming time plus other direct expenses.

At present, the Club pays about £29,000 each year on pool time. There are about 120 swimmers to fund this and sponsors or donations are regularly sought to help meet costs.

There is a sponsored swim on April 24. This is being organised by the Derby Lions Club and the DPSC can get a proportion of the sponsorship raised. There is a maximum of 20 minutes or 28 lengths. Full details are to be posted at Lonsdale.

Please pay fees promptly at the start of the month. The other option is to take out a standing order.

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

The web site contains a mine of useful details on events, contacts, links to the Midlands ASA websites, etc. There is more info on sponsors and information on the results from recent galas, time trials, etc. This includes the recent results from the Counties. The bulletin board can be used to exchange information and jokes!

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. Over the next few months, there will be more opportunities for D and C squad to take part in trials. More information will be given nearer the time.

There is information on the benefits of age group swimming on the ASA Midlands web site. It also gives background on regional and district competitions.

MASTERS

The masters section is expanding under the careful tutelage of James Mosley. Several swimmers have been invited to train with B squad and may even see some DPSC masters events. On which note, congratulations go to Paul and Tracy Wesselingh for their excellent performances in their age groups at the Shrewsbury Masters New Year Gala. Tracey came

first in the 4*25 IM, 50 free and 100 b/stroke. Paul came first in the 50 free and second in the 50 b/fly.

C SQUAD NEWS ...

Swimmers of the month:

January 2004; Elizabeth Broad and Joshua Shilling

February 2004; Emma Stoll and Simon Taylor

Can C squad parents please keep aware of the open meets that are scheduled throughout the year. Your assistance in making the swimmers available (and taking them!) is invaluable.

TEACHING SECTION



The teaching section starts again on Saturday 17 April. The session will run for ten weeks as normal until around the end of July.

Please see Alan or Maxene if you need any information.

TEACHERS AND COACHES WANTED

The Club is in need of teaching and coaching help – partly to give some assistance with the current squads, but also to provide continuity and coaches for the future. If you are interested in helping out (or just putting toe in the water – so to speak), please see Doug or any of the coaches.

Help at all levels is needed; there is a need for pool side assistance at Galas, plus time keepers and other officials. The inputs are not onerous and will help the club to flourish and grow.

NEXT MONTH...

The following have birthdays in March and April:

Elizabeth Broad, Marie Cheek, Charlotte Johnson, Sarah Keane, Francesca Palmer, Merryl Spencer, Claire Stoll, Casey Baxter, Shevaun Carter, Robert Flynn, Adam Fulford, Gemma Llanos, Laura Reeks, Rosie Spencer, Charlotte Tolley and Joseph Wilkinson.

SOCIAL

There is a club day out planned for 3 July. Karen Rothwell has the details. Please note the date.

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!

Sasha Wisdich has lost a new club shirt – please check to see if you have picked it up by mistake.

Contributions wanted

Fancied being a club reporter? Contributions from budding journalists are always appreciated. So, put your skills to doing a write up on the next gala or event and give a copy to any of the committee.