

DERBY PHOENIX SWIMMING CLUB



HEAD COACH SPECIAL

DECEMBER 2005

INTRO...

In light the superb performances in recent gals and open meets, a "special" newsletter has been prepared.

FROM THE HEAD COACH ...

Belper Open Meet on Sunday 30th October.

A small team of 12 swimmers, six boys and six girls, took part in the Open meet. Winners of their respective events were:

Laura Young - 10yrs 50 free
Ryan Wesselingh - 11yrs 50 free, 100 IM, and 50 breast
Max Barlow - 11yrs 50 butterfly
Michael Baxter - 11yrs 50 backstroke

In the Boys 11yrs 50 freestyle Sean Wesselingh and Max Barlow made it a Phoenix 1 2 3. Overall Ryan and Sean were 1st and 2nd 11yrs boys and Laura was 3rd 10yr girl.

35th Club Championships (6 Nov)

Firstly I would like to recognize the superb organization for this year's championship, being able to be a spectator this time it seemed to run smoothly and quickly with the minimum of delay. Congratulations also to our electronic timekeeping heroes who stuck with it until they resolved the problems and got it working. Well done to Andy Stoll and Ian Carter.

The end result was an extremely high standard event with 32 championship records being broken all the way through from the youngest age group, 8/under, through to Open. In addition, in 10 of those events, the 2nd (and in some cases 3rd) place swimmers were also inside the old record. The previous highest number of records broken was 26 in 2004.

To give some measure as to the standard on the night, nine swimmers would have achieved 21 Midland district times and five National times.

West Midland Speedo League Rd 2 12th Nov

A very tough second round draw had us competing against City of Coventry A and B teams, City of Derby A, Stourbridge A and Luton A at Coventry's 50m pool. Never outclassed and always in the competition, we finished a close third behind City of Derby with Coventry A winning by a clear margin. Team spirit played a major part in all our races with tremendous support from the team and parents alike urging every swimmer on.

Special mention must go to our 11 year old girls who won four out of their six events with both relays won by a significant margin, so well done to Evie Keane, Sasha Wisdich, Laura Young, Alex Davies and Katie Selfe.

So bring on the final round in December.

DASA County Sprints and Open 100m Championships (13th Nov)

Well what can I say?

After the previous evenings sterling efforts at Coventry, most of us got home and to bed for 11pm to be up and on the poolside at Ponds Forge the next morning for a 9am warm up. For many, this meant a 7am get up at the latest.

We came away from Ponds Forge as top club winning both top male and top female category - first time in the clubs history. There were 48 medallists across all age groups. In the eight Open competitions we had 24 finalists (15 male and 9 female), winning 4 out of the 8 championship titles.

Race of the day was I suppose the first men's final, the 100m freestyle, with the three Derby Phoenix lads – Joseph Keane, Oliver Froud and Richard Sellers battling down the final length with City of Derby's Jamie Broom all well clear of the rest of the field and Joe winning the tussle and the other three within a couple of tenths of a second of one another.

As a coach, the men's 100m backstroke was the most satisfying, fielding 5 out of the 10 finalists not only did we get a 1, 2, we also had the fastest:

- 12 year old - James Shand
- 14 year old - Darren Hodgett
- 15 year old - Oliver Froud
- 16 year old - Joseph Keane
- 17 year old Richard Sellers

Missed out on the 13 year category, must do better!

For battling spirit, my vote goes to Eleanor Barlow in the women's 100 breaststroke final; turning in third place at halfway she stormed down the final 50m to win on the touch - great stuff.

Final points for top six clubs:

Men's		Women's	
1 Derby Phoenix	392	1 Derby Phoenix	334
2 City of Derby	296	2 City of Derby	323
3 Trident	192	3 Chesterfield	252
4 Swadlincote	180	4 Trident	231
5 Chesterfield	159	5 Buxton	180
6 Ripley	152	6 Eckington	178

Our winners for the open championships were:

Men's 100 Freestyle – Joseph Keane
Men's 100 Backstroke – Richard Sellers
Men's 100 Butterfly – Richard Sellers
Women's 100 Breaststroke – Eleanor Barlow

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NEWSLETTER – DECEMBER 2005

The success of the club at the County Sprints (and Speedo league) should be put in context of its overall size compared to other local clubs. While successful, DPSC has the smallest number of full members for the Derbyshire clubs.

Club	No of members
Derby Phoenix SC	130
Ashbourne & District SC	132
Burton ASC	158
Buxton & District	166
Belper Marlin SC	178
Etwall Eagles SC	180
Glossop Amateur SC	200
Treonte Long Eaton SC	218
Dronfield Dolphins SC	224
Swadlincote SC	226

Club	No of members
Matlock & District SC	230
Rykned SC	256
Ilkeston SC	273
Eckington SC	292
Ripley Rascals	302
Trident SC	444
Chesterfield SC	445
City of Derby SC	544

This pays testament to the whole club, from coaches to parents and swimmers.

Doug Whitlam



On 15 October, DERBY PHOENIX travelled to Burton Meadows Leisure centre for the Bill Brake Trophy gala. For the fourth time in five years we came away winners, with a total of 30 first places and 13 second places out of 54 races. The cup was shown at land training in Repton recently. The motley crew pictured includes most of the swimmers who have taken part at some stage over the years.

TEACHING SECTION:

Congratulations to all of the children who have passed awards this term ranging from Ducks 1 right through to 100m. A major achievement this term was by Sam Lapworth who passed his 100m freestyle). But then for some just getting in the water is just as a massive achievement!

More than 50 certificates have been awarded recently, for the Duckling awards and various distances.

Currently, the teaching section has just increased numbers to over 100 children. This bears well for the young swimmers coming through that will hopefully boost numbers in the squads in the future.