

DERBY PHOENIX SWIMMING CLUB



NEWSLETTER

FEBRUARY 2005

INTRO...

The New Year sees the forthcoming Counties and the Gala season. It has already been a busy start; it will continue until the Midlands in June!

FROM THE CHAIRMAN ...

We have had a great start to the year in the pool, with excellent results; not only winning trophy galas but also performing well at Open Meets, raising the overall standard of the club. We wish all swimmers taking part in the up and coming County Champs every success and look forward to some good results. **Rob Sellers**

FROM THE HEAD COACH ...

SWIMMERS – I want to focus on the up and coming County Championships. There are only a few weeks left before they begin at the end of February. Everyone needs to attend all training sessions from now on to give themselves the best chance possible of success. Ensure you get plenty of rest at night to allow your body to recover from the training sessions.

AT EVERY SESSION, GIVE OF YOUR BEST AND PERFECT YOUR SKILLS.

Listen to your coaches: they know what they are doing and are only interested in you being the best.

Those Who Do Not Hope To Win Have Already Lost

Statement	Effort	Meaning
I did	100%	Accomplishment
I will	90%	Determination
I can	80%	Knowledge of power
I will try	70%	Willing heart
I think I can	60%	Faith in self
I don't think I can	50%	Lack of confidence
I wish I could	40%	Desire
I can't	30%	Too lazy to try
I don't care	20%	Indifference
I don't want to	10%	No desire
I won't	0%	Stubborn

Where are you? Do Not Make Excuses...

Champions - expect pain, endure pain and never complain.

CONGRATULATIONS

Fifteen year old Joe Keane has been selected for the British Swimming Mens Beijing Select Group and will train with current Olympians. The selection is a particular boost for Joe, whose improvement over the past six months has been exceptional. Last season he was ranked 6th in the Midland District 200m freestyle; this season is 2nd in the British rankings. He will be kept under the watchful eye of British Swimming and has been

selected as a potential relay competitor in the 200m freestyle for both the 2008 and 2012 Olympic Games.

Meanwhile 13 year old Eleanor Barlow and 14 year old Oliver Froud have been selected for the Midland District Age Group team as a result of their performances at last years ASA National and Midland District Championships.

RECENT GALAS

Well done to the swimmers in the recent Galas. Three weekends of competitive swimming have seen us win three trophies and give impressive performances. We fielded some young swimmers who gave confident swims and this stands us in good stead for the Junior League.

Trophy Gala – Cheadle, 15 Jan 05

At Cheadle, for the Whitby Shield Gala, Phoenix finished on 158 points 13 points ahead of Cheadle. In the 10 yrs age group, Evie Keane was a double winner claiming the Fly and Back while Emma Stoll won the Breaststroke. In the 12 yrs age group, James Shand won the Fly and Back, with Gareth Carter also winning. In the 14 yrs age group Eleanor Barlow won the Fly and Breaststroke and Oliver Froud won the Back. The Open swimmers added to the points tally with Dominique Fox and Gye Whitlam both winning the Back and Francesca Palmer winning the Breaststroke. Final scores were:

Derby Phoenix	150	Cheadle Blue	145
Camp Hill Edwardians	143	Cheadle White	55

Rykneld Trophy Gala – Clay Cross, 22 Jan 05

Another commanding performance was given by Phoenix at Sharley Park. Phoenix won with 218 points claiming 32 wins, 11 relay and 21 individual victories; Rykneld A were in second spot with 183 points. Phoenix fielded two teams; Doug said *"I am very pleased with the performance of both teams tonight, we have some young swimmers, many in their first gala and I am very happy with the result"*.

In the 9 Yrs age group Simon Taylor won the 25m Free and Fly, whilst Laura Young won the 25m Fly. Evie Keane won the 11 Yrs age group by taking the 50m Back and Free. Sasha Wisdich won the 50m Breaststroke and Ellie Taylor the 50m Fly. For the 13 Yrs Gareth Carter won the 100m Free, James Shand won the 50m Back and 50m Fly and Glen Fowell the 50m Breaststroke. For the girls, Emily Pratt won the 50m Breaststroke, Sarah Keaney the 50m Back, Joanne Reeks the 50m Fly and Eleanor Barlow the 100m Free. The Open swimmers added to the points tally with Gye Whitlam claiming the 100m Back, Richard Sellers the 100m Fly and Joseph Keane the 100m Free. The ladies open saw wins by Suzy Brady in the 100m Fly, Dominique Fox in the 100m Back, and Francesca Palmer 100m Breaststroke. Final scores were:

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Derby Phoenix (Green)	218	Derby Phoenix (Yellow)	127
Rykneld A	183	Leicester Belgrave	90
Rykneld B	87		

Dove Valley – Uttoxeter, 29 Jan 05

Derby Phoenix travelled to Uttoxeter for the Lucozade Graded Gala and won their 3rd consecutive trophy victory by beating Dove Valley by 14 points.

In the 10 year age group, Laura Young won the 50m Back and Olivia Horsley won the 50m Breaststroke. Steven Wyatt won the 25m Butterfly and Adam Wisdich the 50m Breaststroke. Emily Machin and Alexandra Davis each won in the 12 years age group, Emily taking the 50m Backstroke and Alexandra the 50m Freestyle. In the 14 years category, Sarah Keaney won the 50m Butterfly and Christopher Cope took the 50m Backstroke.

A treble winner on the night was Paul Donald swimming in the open age group; he won the 50m Back, Fly and Breaststroke. Adding to the tally was Daniel Corden by winning the 50m Free; Samantha Barlow won the 50m Back and Colette Palmer the 50m Breaststroke.

FUTURE MEETS AND GALAS

Trident Treonte – Saturday 12 Feb. This is a test run for the Diddy league.

Burton Gala – Saturday 19 March.

The **Nottingham and Derby Junior (“Diddy”) league** starts in April. 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. Venues to be announced.

COUNTIES: With the Queen Street Gala pool out of operation the Counties will be held at Clay Cross and Eckington. Dates are 26 Feb, 5 and 12 March.

TIME TRIALS

We have time trials on a regular basis. These are held:

1. For you to be able to progress between squads.
2. To enable Doug to see up to date PBs (this will enable him to pick teams for galas).
3. So that you, the swimmer, can see the improvement you have made or what you need to work harder on.

Please try and make these time trials - your coach will inform you a week or two before time trials take place - Notices will be posted on the notice board at Lonsdale or if you are still unsure ask your coach.

Please note that the BAGCATs points change each year. The tables for A squad progression will be updated soon.

COURSES

The club operates on support from parents. If anyone wishes to go on any courses (Timekeepers, Assistant Teachers, Judges, etc.), then please see Jane Barlow.

CLUB HATS

The team spirit at the club and especially at galas has been excellent (and very loud!!). We would like all

swimmers to wear club hats at galas and especially at the County Championships. This will help coaches on poolside pick you out and watch your swim.

SWIM THE WEB www.derbyphoenix.com

Our website management needs help! We are looking for volunteers to take over the role or parts of the site. Please see Rob S for more details.

FUND RAISING and SOCIAL

Many thanks again to the sponsors of the club Champs. Donations and prizes for the raffle were given by companies and individuals and help with the overall financing of the club. External funds help to keep the membership costs down and increases resources for the swimmers. If you can help in any way, please see Rob.

From Rob: A big thank you to Steve Keaney and Colin Bell for the hard work in building the raft for the Boxing Day cruise down the Derwent. We all survived some with a few bumps and bruises and we are looking forward to doing it all again next year, I think!! I would also like to thank all the sponsors and all the people who kindly donated money. A total of £400 has been raised. Some of this money has been used for the purchase of a heart rate monitor which will be used by all squads. Our thanks also go to Rolls Royce for their kind donation to the club; monies will go towards the purchase of further equipment for the teaching section.

TEACHING SECTION

The teaching section at Woodlands is well into its first session under the guidance of Jo Latham and Sarah Mellor. Jo and Sarah have worked hard to ensure the smooth running of the groups. Sam Jackson (Ben's mum) is the teaching group rep. For any queries about the teaching section, please see Sam.

The end of the current lessons will be Saturday 19 Feb with the next set of ten commencing **Saturday 5 March**. Payments for the next course of swimming lessons will be taken on Saturday 12/19 Feb and 5 Mar to secure places. **The Easter break will be on 26 Mar and 2 Apr with swimming starting back on 9 Apr.**

YOUR COMMITTEE

At the AGM, there was a change in the Club Committee Members. The new committee is listed at Lonsdale.

Please keep up to date with fees (standing orders are an easy method of payment) and it makes for a smooth running of the club. ASA fees not already paid are due and will be collected in February. See Rob if you are not sure if you are up to date.

BIRTHDAYS

February: Gareth Carter, Michael Cheek, Leigh Davies, Candice Green, Joseph Keane, Sarah Knight, Rebecca Pratt, Scott Sellers, Emma Stoll, Adam Tye, Gye Whitlam, Laura Young.

March: Elizabeth Broad, Marie Cheek, Joseph Doherty, Olivia Horsley, Sarah Keaney, Francesca Palmer, Merryll Spencer, Claire Stoll, Jacob Taylor.