

# DERBY PHOENIX SWIMMING CLUB



NEWSLETTER

JUNE 2005

## INTRO...

In this edition, there is news on the recent Galas and success, information on future events and fund raising.

## FROM THE CHAIRMAN ...

Finances and membership of the Club are steady as we head towards the summer break. Derby City Council has just awarded the Club a grant of £1,500 which will go towards pool hire costs.

On behalf of the committee, I would like to say well done to all swimmers who have taken part in recent galas, with excellent results, and thanks to parents who have given their time to help out. In addition, congratulations to all swimmers taking part in the Notts and Derby Junior League; with a good set of results we have made the final in June. **Rob Sellers**

## FROM THE HEAD COACH ...

The Tulip Open meet at Spalding (Lincolnshire) saw a small number of our swimmers compete and camp over the last weekend in April. Many personal bests were set with Eleanor Barlow and Sarah Keaney winning top girls in their age groups.

Well done to Joe Keane who was one of the top eleven 15/16 year olds considered by British Swimming for a two year swimming scholarship in Australia.

## CONGRATULATIONS

MIDLAND & DISTRICT Youth Championships – Coventry, 30 Apr to 2 May. Congratulations to Joe Keane and Richard Sellers for outstanding performances at the Youth Champs. Richard reached six finals, claiming three medals and becoming Midland & District champion in 100 fly and breaking a County Record in the 200 fly.

CITY OF COVENTRY OPEN MEET - A top swimmer was Evie Keane who, despite returning to compete in the Diddy league during the meeting, dominated the 10 year age group. She recorded five victories in the 100m, 200m and 400m freestyle plus the 200m backstroke and 200m butterfly.

## RECENT GALAS

Well done to the swimmers in the recent Galas – in particular the Diddy Leagues. There have been some impressive performances and we have secured a place in the Final. Even swimmers from the teaching section are turning out!

### **Diddy League – Mansfield, 10 April 05**

Derby Phoenix started their 2005 Notts and Derbyshire Junior League campaign with excellent results. The first round saw Phoenix finishing in second place to a strong

Nottingham Leander team at Mansfield. Phoenix took 10 victories, 9 individual wins and 1 relay victory. In the 10 years age group Simon Taylor and Laura Young both won the 25m Butterfly.

There were more winners in the 11 years category; Evie Keane won the 50m backstroke and 50m fly, while Ryan Wesselingh won the 50m Breaststroke and 50m backstroke, Sasha Wisdich won the 50m breaststroke and Sean Wesselingh took the 50m freestyle. Ellie Taylor was victorious in the 12 years age group and won the 50m fly. Final scores were:

Notts Leander	198	Derby Phoenix	174
Falcon	129	Chesterfield	117
Ilkeston	108	Etwall	106

This was an excellent team performance.

### **Trophy Gala – Cheadle, 23 April 05**

Derby Phoenix paid a second visit this year to Cheadle Swimming Club and finished second to host club Cheadle. In the close run gala Phoenix had 21 wins (13 individual and 8 relays). All were one length races.

In the 11 years and under age group, Laura Young won the fly and Alex Davies won the backstroke. In the 13 years category Ellie Barlow was a double winner in the free and fly. Emily Pratt won the breaststroke whilst James Shand won the backstroke. The 15 years and under age group saw Sarah Keaney winning the backstroke and Paul Donald the freestyle. The open swimmers added to the points tally for the night with Richard Sellers claiming a double victory in the breaststroke and fly, Ellie Barlow won the fly whilst Kim Bell and Gye Whitlam both won the backstroke. Final scores:

Cheadle Blue	158	Derby Phoenix	153
Boldmere	133	Cheadle White	56

### **Diddy League – Eckington, Sunday 8 May 05**

In the second round Derby Phoenix swimmers put in an excellent team performance to finish in 2nd spot to Nottingham Leander. Out of a 41 race programme, Phoenix took 1st or 2nd place in 23 races. This included seven victories of which three were relays and four individual wins. This was a good solid performance from Phoenix.

Winners on the day were Laura Young in the 10 years age group taking the 25m Butterfly. Evie Keane had a double victory in the 50m Backstroke and 50m Butterfly in the 11 years/under category whilst Sasha Wisdich won the 50m Breaststroke. Doug Whitlam was particular pleased with the performance of the younger swimmers that made a large difference to the overall result. Final scores were:

Notts Leander	191	Derby Phoenix	174
Rykneld	156	Falcon	146
Dronfield	86	Belper Marlins	81

It was good to see the gap closed on Notts Leander and this bodes well for the Final.

# DERBY PHOENIX SWIMMING CLUB

NEWSLETTER – JUNE 2005

## **Mick Burns Memorial Gala – Ilkeston, 21 May 05**

Phoenix won this graded gala, with an excellent all round performance. Matt Brown won the 25 back for the 10 year old boys; in the 11 years age group Chris Bell (50 back) and Rachael Jones both won (50 free). Adam Cutts won the 50 breast for the 13 years age group. In the 15 years age group, the boys won two races with Glen Fowell in the 50 breast and Ashley Stevenson in the 50 free; Rosie Spencer won the 50 back.

The open swimmers then produced wins in the 50 free and fly (Paul Donald), 50 back (Kim Bell), 50 back and breast (Gye Whitlam) and 50 breast (Francesca Palmer). Final scores were:

Derby Phoenix	166	Ilkeston	158
Kimberley	132	Arnold	145
Radford	95		

Speeding tickets were handed out to Jake Blount, Lucy Milligan, Matt Gregory, Michael Baxter, Chloe Hithersay, Adam Cutts and Stephanie Ward. These must be PBs!

## **Various Galas and Meets**

At the Midlands Masters held at Leamington Spa, Tracey Wesselingh had an excellent weekend taking gold in the 50m and 100m Butterfly and the 200m IM. She also claimed silver in the 100m and 200m Backstroke.

At the City of Derby open meet at Queen Street, Phoenix swimmers claimed a number of victories. In the 9 -11 age group, Ellie Taylor finished 1st in the 100m fly and 3rd in the 100m Backstroke; Evie Keane took 2nd in the 200 freestyle and 3rd in the 100m fly.

In the 12-13 years age group, Joanne Reeks finished 3rd in the 200m freestyle whilst Dominique Fox in the 14-15 years age group made a clean sweep in the 50m, 100m and 200m back. Adam Fulford took 3rd in the 200m breaststroke and won his Bagcat age group. Excellent results all round for Phoenix swimmers.

## **FUTURE MEETS AND GALAS**

The **FINAL** of the *Diddy league* is on Sunday June 26 at Mansfield (Warm up 2:00, start 2:30).

**MIDLANDS AGE GROUP:** Dates are 4/5 and 11/12 June. There are eight Phoenix swimmers attending over the two week ends. Good luck to all! The **NATIONALS** follow July/August ... Most entries are swimmers with Derventio; we wish them all the best.

**Next Open Meet** - City of Derby B grade - Queen Street - Saturday 2nd July. Forms will be available soon from Jane Barlow in the Open Meet box.

**Belper** – Sat 16 July - trophy gala for 9, 11, 13 & open.

**Speedo League** ... While it may seem like a long time in the future, the Speedo league will start again in October. Swimmers are encouraged to keep up their fitness and swimming over the summer. Make the best use of those swimming pools and beaches! Dates for the diaries are 8 Oct, 12 Nov and 10 Dec.

## **SWIM THE WEB [www.derbyphoenix.com](http://www.derbyphoenix.com)**

The SMS text messaging service for last minute training changes or news releases is being updated. Please make sure that your mobile numbers have been registered on the web site (and that they are correct!). Please see Rob or Dawn Sellers if you need more information.

## **FUND RAISING and SOCIAL**

Blackpool Trip – **2 July**. There is a bus leaving Lonsdale University Pool at 8.30. To book a place see any committee member or put your name on the list which is posted on Lonsdale notice board.

**From Rob:** DPSC would like to thank the companies and individuals who have contributed to the club finances. These have included donations or sponsorship from:

2005 - Burton Breweries/Derby City Council  
2004 - Rolls-Royce, Atkins Consultants, East Midlands Airport, Derby City Council  
2003 - Burton Breweries, John Weston Trust, Derby City Council, Awards for All Grant  
2002 - Awards for All Grant

## **TEACHING SECTION**

The teaching section is thriving under Jo Latham and growing. Please see Jo or Sam Jackson for details of any badges being taken or completed.

## **POOL NEWS**

Thank you for your support and attendance when there was a problem at Lonsdale. Well done to Dawn and Rob for arranging the alternative venues.

With the summer coming, there will be a natural break. Watch the boards at Lonsdale and Moorways and the Web Site for details. The work at Woodlands continues; if and when there are any planned interruptions, we will let you know of alternative arrangements.

Remember that pool time is available on a Thursday evening at Woodlands. This is for D/C squad. See Maxene for details.

## **SWIM 21**

Derby Phoenix is working towards Swim 21 accreditation. This will become a requirement for all clubs to hold in order to be allocated pool time. The committee (and Ian Cotter in particular) is working hard on this but would appreciate some additional help. At present it is mainly about collecting records and providing training systems and would suit someone with good organisational and recording skills. See Rob for more details.

## **BIRTHDAYS**

**June:** Ashley Ault, Sam Davis, Alice Tomlinson, Eve Keane, Alice Southall.

**July:** Nicola Maude, Abbey Corden, Lauren Maxwell, Miriam Jones, Stephanie Ward, William Rothwell, Eleanor Barlow, Michael Baxter.

**August:** Jamie Bell, Adam Cutts, Paul Donald, Ben Jackson, James Palmer, Charlotte Reeks, Emma Ryde, Adam Wisdich, Stephen Wyatt