

DERBY PHOENIX SWIMMING CLUB



NEWSLETTER

NOVEMBER/DECEMBER 2005

INTRO...

Almost Christmas! There have been some excellent results for the club recently and a separate letter will summarise those. This will focus on some of the other areas and general information.

FROM THE CHAIRMAN ...

What an excellent October and November we have had! Performance in the pool has been outstanding - well done to all swimmers; you have been a credit to yourselves and the club. Our performance (both in and out of the water) is making other clubs sit up and take notice of us.

We have now been accredited with Swim 21 silver award - I cannot thank Ian Cotter enough for all his hard work and perseverance on this. The presentation will take place at our Club Championship presentation night.

I would like to thank everyone who has helped during 2005 with the running of the club and wish everyone a Happy Christmas and New Year.

Rob Sellers

FROM THE HEAD COACH ...

(See separate newsletter for full text)

35th Club Championships (6 Nov)

"Firstly I would like to recognize the superb organisation for this year's championship; it seemed to run smoothly and quickly with the minimum of delay. Congratulations to the electronic timekeepers who stuck with it until they got it working. Well done to Andy Stoll and Ian Carter.

It was an extremely high standard event with 32 records being broken all the way through from the youngest age group (8/under) through to Open. In addition, in ten of those events the 2nd and in some cases 3rd place swimmers were also inside the old record."

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

"Well what can I say? 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 medalists across all age groups and in the Open competitions we had 24 finalists, 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; Joe winning the tussle with the others within a couple of tenths of a second.

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) and 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." *Doug Whitlam*

CLUB CHAMPIONSHIPS

Race Sponsors: A special thank you this year goes to LEEK UNITED Building Society who has kindly given a cash donation. This donation will go towards the purchase of Boys and Girls 10 years overall champion trophies and will be called The Leek United Building Society Trophy. Other cash donations were from: MRS MAUREEN EDWARDS, WILKINSON STORES, KEIRAN MULLAN HAIR DESIGN

Thanks also go to the following who kindly gave a donation as race sponsorship or towards the raffle prizes

SAINSBURY'S, ASDA, GUILLIVERS KINGDOM
GE JA GEES RESTAURANT

Presentation Night: Presentation night will be on Friday 13th January 2006 at the Asterdale Club, Borrowfield Road, Spondon. Be there for a prompt start at 7:30.

Please make sure you allow time for any cups from last year to be engraved so that they are available for the night. They need to be returned to Dawn or Rob in good time.

SWIM 21



As part of the ASA's swimmer Development Programme, DPSC have been accredited under the SWIM 21 system. Swim 21 is the

ASA's club development model that looks at all aspects from the club organisation to the swimmer training. It is a planning tool, enabling clubs to help swimmers, coaches and administrators achieve their full potential. SWIM 21 is centred on the needs of the swimmers, striving to provide them with the best possible environment. It is regarded as the back bone of the ASA's development programme in ensuring that clubs meet a minimum standard and may become a criterion to allow clubs to hire pool time.

Well done to Ian Cotter for all his hard work in getting the information together. Also, many thanks to all those who helped by providing the information and supporting documentation required. As with all things, it does not stop here and the information will need to be maintained and added to. As part of the accreditation, the Club has given a plan of actions. These will be monitored and actions reviewed.

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GALAs and Open Meets

Belper Open Meet: On Sunday 30th October, a small team of 12 swimmers (6 boys and 6 girls), took part in the Open meet. Winners were: Laura Young, Ryan Wesselingh (3 events), Max Barlow and Michael Baxter.

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

Speedo League: The second round of the Speedo league was Coventry on Sat 12 Nov. Doug says: "A very tough second round draw had us competing against City of Coventry, City of Derby, Stourbridge and Luton at Coventry. Never outclassed and always in the competition we finished a close third behind City of Derby with Coventry winning by a clear margin. Team spirit played a major part in all our races with tremendous support from the team and parents alike.

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."

Final round will be on 10 Dec. Venue to be decided.

Bill Brake Trophy gala: For the fourth time in 5 years DPSC were winners, with a total of 30 first places and 13 second places out of 54 races. The cup was presented at a photo shoot at Repton on Sunday 20 Nov.

Future galas: Trident Open meet will be on 29 Jan at Queen Street. Entry forms from Jane or Lonsdale.

TEACHING SECTION

The teaching section continues to grow in numbers with more badges and awards being gained. Skills are being advanced with some distance awards possible before moving into the main squads.

MEMBERSHIP AND FEES

Hopefully you have all amended your standing orders and taken note of the new changes. The ASA fees will be due in January if you have not already paid them.

MAIN SQUAD –POOL TIMES

We hope that you have got used to the new times due to Woodlands pool being closed. Updates to programme for re-opening will be published as soon as possible.

SOCIAL

CHRISTMAS FAMILY DISCO: ... This is on 23rd December at Spondon Village Hall 7:30pm – 11:30pm. This is a family party - all are welcome. **Please add your names to the list at Lonsdale** (or see a committee member to get your name added). Cost is £5 for a family or £2.50 for an "unaccompanied" swimmer. Please bring food contributions for the buffet.

Swimmers – please put your votes in for your favourite swimmer. Voting slips will be out during December with presentation of the "Swimmers Swimmer" award at the Champs presentation night.

PARENTS MEAL: To be held at the Queens Head, Ockbrook on 28 December. Numbers and names as soon as possible please.

RAFT RACE: Hardy souls (foolhardy ones?) will be out on a raft on Boxing Day. If you want to join in the fun then please pass on names to Steve Keaney or Colin Bell. Alternatively, just turn up to watch and pelt them (and others) at various points along the Derwent.

TEXT ALERT

Luckily, there have been less pool closures than in the past, but please keep your details on the web site up to date. This will minimise the chance of a wasted journey if pool problems do occur.

COMMITTEE NEWS

The AGM is on 28th November - 8pm at the Travellers Rest on Ashbourne Road. It is your club – please come along to hear how it is being run and make sure that parents' views are represented. Attendance does not mean that you will end up being press ganged onto the committee! A minimum number of parents needed to allow the AGM to take place. Parents are a significant stakeholder and your support is needed. If you cannot make it, then please pass on "apologies" to Jane Barlow.

TEACHING TO ELITE

Numbers in the teaching section have fluctuated over recent years. The section has now consolidated under Jo, with the support from Sam and Lynn and is showing steady growth and this is progressing through the club.

Most swimmers start with just the intention from the parents that their children should be safe in the water. There are some that take to it well and then want to do more distance swimming and improve skills. This marks the transition from learning to coaching and into the main club. Phoenix used to have two main teaching sections (at Woodlands and Gayton) feeding into the club; pool changes means that it has now consolidated at Lonsdale.

There are swimmers who have passed through from the teaching section through the squads and are now in the Derbyshire elite club (Derventio). These are: Evie Keane and Sasha Wisdich (11), Jamie Bell (12), Ellie Barlow (14), Joe Keane (16) and Richard Sellers (17). These swimmers started with the usual cajoling and bribery from their parents – plus the associated tears and tantrums on pool side. It does show where the teaching can lead.

The recent success of the club is in the depth that the squads provide as well as the dedication of the parents to bring the swimmers at all hours. There are many benefits that swimming provides – for example, there are some swimmers taking advantage of the cross training to help compete at a high level in other sports.