

DERBY PHOENIX SWIMMING CLUB



NEWSLETTER

OCTOBER 2005

INTRO...

September sees the start of the new swimming calendar. This edition looks back at the end of last year with the National swims and then forward for what is hoped to be another good year. There are pool changes to note – particularly for D squad – as well as some recent results.

FROM THE CHAIRMAN ...

Welcome back to swimming after the summer break, if you had one!! On that note I would like to thank Doug and all the coaches for what was an extensive training programme during the summer months. This is a busy time of year as regards overall running of the club with the renewal of membership, end of the financial year, club championships and the AGM.

Our accreditation for Swim 21 was submitted on the 23rd September and the panel sit on the 18th October - we look forward to good news and a very big thank you must go to Ian Cotter for all his hard work and perseverance.

Rob Sellers

FROM THE HEAD COACH ...

Congratulations to our five swimmers who qualified and competed in the National Age Groups at Sheffield's Ponds Forge at the end of July and early August (Evie Keane, Ellie Taylor, Sasha Wisdich, James Shand and Oliver Froud) and the three swimmers in the Commonwealth Games Trials and National Youth Championships (Ellie Barlow, Richard Sellers and Joe Keane). Oliver, Richard and Joe all made finals with Richard breaking the County Junior record for the 200m Individual Medley on the way. As a result of his performances, Joe Keane has been invited with members of the British Senior squad to a training camp in Australia during Sept/Oct 2005.

The 2005/6 season has started and it is vital you begin as you mean to go on. Be certain of your goals so you have a clear vision of what you want to achieve in the short term (this year), medium term (Counties 2006) and long term (Midlands/Nationals 2006). You may be looking to get back to a time you achieved before, improve your technique/skills on some part of your swimming, achieve a certain standard, make finals, be a champion! What ever yours are they will only happen if you train consistently, with purpose and determination. If before you trained 2 or 3 times a week look to increase to 3 or 4 times a week. Do not look for reasons why you cannot train look for ways that you can. Organize your school work, other activities and interests to give you the best chance to be successful. Remember the coaches are there **every** session so you can be as well.

For the club the focus will clearly be the Speedo League during October/November/December 2005, the County

100m Open Championships and 50m Sprint Competition in November, the County Championships in Spring 2006 and Midland/National championships later next year.

Congratulations: Well done to the following swimmers who have moved from C to B squad: Louise Webster, Chloe Hithersay, Lucy Milligan, Rachael Jones and Steven Wyatt. Also a big well done to those who have progressed to A squad: Casey Baxter, Sean Wesselingh, Ryan Wesselingh, Jake Blount, Chris Bell and Max Barlow.

C Squad: Swimmers of the month (September) are Luke Barradell and Sophie Cutts – in recognition of their hard work.

International Children's Games Finals

The 39th International Children's Games saw over 1250 competitors from more than 60 cities and five continents gather in Coventry in July 2005 to take part in the worlds largest multi-sport youth games. These unique games gave young people aged 12-15 years from as far away as Cleveland, USA and Bangkok, Thailand the opportunity to compete in athletics, swimming, tennis, table tennis and football. In the swimming, two Derby Phoenix swimmers



qualified for the finals. Sarah Keaney qualified for the B finals in the Open 50m backstroke finishing 4th and in the Open 100m backstroke finishing 8th. Sarah also competed in the 100m freestyle. William Rothwell qualified for the

B final in the Boys Open 50m breaststroke finishing 6th. William also competed in the Open 100m breaststroke and the Open 100m freestyle.

TEXT ALERT

Ever turned up to training to find it was not on? The emergency text service is for pool closures, etc, and ensures that no one makes a wasted journey if we have pool problems. Parents and swimmers should remember to inform us of any change to your mobile number. If you are registered on the website, go online and amend your number to ensure you still receive a text. If you are not registered on the website, it is very easy to do, please see Rob, Dawn or Paula Davis for more information.

TEACHING SECTION

The last session at Woodlands is on Saturday 1st October; the teaching section then moves to Lonsdale from Saturday 8 – 2:00 to 4:00. Directions are on the web site or from Sam Jackson. The section is growing due to the thanks to all the hard work put in by Jo, Fran, Rebecca, Lynn, Colette and Steph.

DERBY PHOENIX SWIMMING CLUB

NEWSLETTER – OCTOBER 2005

MEMBERSHIP AND FEES

From the 1st September 2005, the main squad fees increased to reflect the increasing costs of running the club. This is primarily for the increases in pool hire. The new fees are:

A Squad £28 B Squad £24 C Squad £21
D Squad £20 Family £52

Please make sure any standing orders are amended by getting in touch with your bank to implement the change - the club does not have the authority to do so.

Membership forms should be submitted separately, plus the annual subscription fee of £20!

MAIN SQUAD – POOL TIMES

Woodlands pool is closed from the 2nd October for approximately 20 weeks. See notice boards and website for new temporary timetable or see your coach for details. We have made every effort to minimise the disruption of training and there is NOT a significant reduction in the pool time available. Main changes are:

Monday: C squad to Gayton, B squad resting

Thursday: D squad at Gayton (7:15 to 8:15)

Saturday: Teaching section and D squad to Lonsdale, 2-4, 4-5pm

Sunday: C squad to Lonsdale (2:30 to 3:30)

Some of the sessions will allow squads to mix more and this helps to aid transition. Note that the Thursday A/B squad session is now 7:30 to 9:00 at Moorways (C Squad 8:00 to 9:00 as normal).

CLUB CHAMPIONSHIPS

Club Championships are being held at Queen Street on Sunday afternoon on 6th November. Closing date for entries is 15th October. Anyone who has not received a form, please see Rob or Dawn.

Race Sponsors: In the previous Club Championships the races have been sponsored by parents - this can still be done if you wish to sponsor a race but this year the club would like to find outside support for the championships. Anyone who knows of potential firms who would be willing to support this event (or if you have a family member/friend whose firm is willing), please see a committee member. Support can be donations from raffle prizes to financial contributions.

Presentation Night: Presentation night will now not take place in November (as in previous years) but on Friday 12th January 2006 at the Asterdale Club, Spondon. This is due to the unavailability of a room.

GALAS

Derby Phoenix took part in their first gala after the summer break with excellent results. Phoenix finished in top spot in the Leslie Seymour trophy gala hosted by Treonte at Queen Street, taking 27 first places and 11 second spots out of a 49 event programme.

In the 11 year age group, double winners on the night for the girls were Sasha Wisdich and Evie Keane. Ryan Wesselingh was also a double winner, with brother Sean and Max Barlow taking one apiece. For the 13 year old girls, Ellie Taylor won two and Ellie Barlow won one. James Shand won one for the boys. Oliver Froud, Will Rothwell, Scott Sellers, Dom Fox, Emily Pratt and Jo Reeks all won in the 15 year old races. In the Open age group Richard Sellers was another double winner on the night and added to Phoenix's point tally. Final results:

Derby Phoenix	254	Etwall	191
Burton	158	Treonte	145
Ripley	144	Dronfield	129

Dove Valley Trophy – Uttoxeter (24 Sep 05)

Some excellent swims completed with 40 PBs from the 40 individual races. Time limits were in place and this affected team selection. Even so, speeding tickets were awarded to 14 swimmers! Final results were:

Dove Valley	124	Derby Phoenix	117
Hadden Hill	106	Rykned	100

Maximum points in at least one race went to Lara Wisdich, Lauren Maxwell, Luke Barradell, Candice Green, Mathew Gregory, Chloe Hithersay, Stephen Wyatt and Abbey Corden.

Speedo League: The first round of the Speedo league will be at Nuneaton (The Pingles) on Saturday 8th October. This will effectively be a re-run of last year's final with competing teams from Stafford Apex, Camphill Edwardians, Nuneaton & Bedworth, Stourbridge and City of Derby. Warm up is at 6:00. Next dates are Sat 12 Nov and 10 Dec with the final in April 2006.

Other galas: Dates will be posted as soon as known.

SOCIAL

CHRISTMAS PARTY: ... is one week later than usual on 23rd December, at Spondon Village Hall 7pm - 12pm, with bar. This is a family party - all are welcome. **Please can we have your feedback on the date** (as it is so close to Christmas) so that we can get an idea of how many will be attending. Please see a committee member with your view.

COMMITTEE NEWS

The club is run on volunteer help and it is encouraging to see more parents on timekeeping and poolside help courses. If you can help out in any way, then please see Rob or any of the committee. Assistance can be given for particular activities or by helping on the committee. This could be from helping maintain the Swim 21 records, chasing sponsors to taking leaflets to your school.

The AGM is on 28th November - 8pm at the Travellers Rest on Ashbourne Road. It is your club – help to make it better...

Membership numbers are steady. However, new swimmers are needed to make the transition into D squad.