

DERBY PHOENIX SWIMMING CLUB



NEWSLETTER

APRIL 2005

INTRO...

In this edition, there is a summary of the excellent results from the counties and recent galas, plus information on future events and fund raising.

FROM THE CHAIRMAN ...

On behalf of the committee, I would like to say well done in this year's Derbyshire County Championships. This year has been our best ever result. Once again the team spirit shown by Derby Phoenix swimmers and supporters was outstanding. This is a reflection of all the hard work done by swimmers, coaches and support given by parents.

This weekend sees our first round in the Notts and Derbyshire Junior League at Watermeadows at Mansfield. Good luck to all taking part. **Rob Sellers**

FROM THE HEAD COACH ...

It seems like a long time ago, but well done to all the swimmers who took part in the Counties. This year showed an excellent all-round performance with new standards being set across the board. Comparisons with previous years are given in the following summaries:

Galas 1- 6 (26/27 Feb at Clay Cross)

56 swimmers took part in 210 swims achieving 168 personal bests – 80%.

	2005	2004	2003	2002
Gold	17	18	6	5
Silver	21	17	16	4
Bronze	16	14	14	8
<i>Total</i>	<i>54</i>	<i>49</i>	<i>36</i>	<i>17</i>
Midlands	26	24	11	17
Nationals	4	4	0	0
Competition Best	9	5	2	0

Galas 7 - 12 (5/6 Mar at Eckington)

55 swimmers took part in 208 swims achieving 160 personal bests – 77%.

	2005	2004	2003	2002
Gold	20	18	11	8
Silver	14	10	12	3
Bronze	20	15	9	14
<i>Total</i>	<i>54</i>	<i>43</i>	<i>32</i>	<i>25</i>
Midlands	25	23	12	21
Nationals	9	5	0	0
Competition Best	7	5	0	0

Galas 13 - 16 (12/13 Mar at Clay Cross)

In this, Phoenix won four Gold medals, five Silver, four Bronze and set one competition best time.

CONGRATULATIONS

With the new gala season, there has been a change in the captains. Gye Whitlam is the Club Captain; Junior Captains are Laura Reeks and Christopher Bell; Senior Captains are Francesca Palmer and Richard Sellers.

RECENT GALAS

Trophy Gala – Burton, 19 March 05

Derby Phoenix made another outstanding team performance at the Meadowside Burton by winning the Peter Hayes Trophy, taking Derby Phoenix to five consecutive trophy gala wins in 2005. Phoenix won 37 out of the 53 events to finish resounding winners. The trophy was collected by senior team captains Richard Sellers and Francesca Palmer along with two of the younger swimmers, Louise Stephenson and Jake Taylor.

In the 11 years age group Ryan Wesselingh won the 25m Backstroke and Breaststroke while Sean won the 25m Freestyle; Max Barlow won the 25m Butterfly. Another double winner on the night for the 11 year age group was Sasha Wisdich in the 25m Breaststroke and Freestyle.

In the 13 year category Ellie Taylor won the 50m Freestyle and Breaststroke. Laura Reeks won the 50m Butterfly and James Shand won the 50m Backstroke.

A total of seven wins came from the 15 years age group. Victories came from Eleanor Barlow in the 50m Breaststroke, Joanne Reeks 50m Butterfly, Dominique Fox 50m Backstroke, William Rothwell 50m Breaststroke, Scott Sellers 50m Butterfly, Adam Fulford 50m Freestyle and Oliver Froud 50m Backstroke.

The Open swimmers added to the points tally with Richard Sellers winning the 100m Freestyle, Kim Bell the 100m Backstroke, Francesca Palmer the 100m Breaststroke and Joanne Reeks the 100m Butterfly.

Overall Results:

1. Derby Phoenix 186
2. Burton 134
3. Leicester Neptune 104
4. Swadlincote 87

Treonte Diddy Gala Queen St 12 Feb 2005

Derby Phoenix	195
Treonte A	182
Etwall	172
Ripley	157
Belper	104
Treonte B	54

This was a good team effort - well done to all, especially all the younger swimmers.

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FUTURE MEETS AND GALAS

The *Nottingham and Derby Junior (“Diddy”) league* starts this month. This is for swimmers aged nine up to 12 years old and is a good opportunity for some of the younger swimmers to compete. Gala dates are:

- Sunday 10 April (warm up 2 pm),
- Sunday 8 May, and
- Sunday 26 June.

The first venue is Waterside Park in Mansfield; other venues to be announced following the results of the gala.

- 23/24 April – City of Derby Open Meet
- 23 April – Cheadle Trophy Gala
- 4/5 June and 11/12 June – Midland Age Group Champs
- 9 Jul City of Derby B grade Open meet

Dates for the Speedo League will be announced later.

On a more social note: 28-30 May – DPSC camping week end... Please see Rob for more details.

SQUAD TRANSITION

C and D Squads: John Mosley has recently posted a note about transition to C Squad. Due to the increase in numbers in C Squad, and number of coaches available to deliver correct swimming coaching to such large numbers, the Committee decided to set the Wednesday session at Lonsdale as C squad only. The session was originally intended for selected swimmers to aid the transition but this distinction has become blurred.

D Squad has three sessions available (Thursday at Woodlands or Moorways, Saturday at Woodlands, and Friday at Queen St).

The progression standards from D to C are to be reviewed, along with ensuring that the entry skills to D squad are appropriate. Time trials will be held on a more regular basis for D squad to give information on improvement and aid selection for galas.

Please attend the sessions allocated to your squad to allow the coaches the opportunity to help swimmers of similar ability.

A and B squads: The new (2005) Bagcat points for transition from B to A are on poolside at Lonsdale. See Doug or Dave for more details. They are similar to the 2004 points, but have some minor differences. Phoenix is a recognised feeder club to Derventio eXcel.

PB Sheets: A supply of blank PB sheets will be available at Lonsdale for swimmers to start to keep their own records – this will not replace the clubs PB sheets, but should help swimmers (and parents) monitor progress.

SWIM THE WEB www.derbyphoenix.com

The Web site is being updated by Brian Davies. Please get in touch with the committee or the web master if there are issues you want to raise or add.

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.

There is a sponsored swim organised by the Derby Lions. This is being held at Queen’s Street on 16 April from 5 pm to 8 pm. Entry forms are at Lonsdale – or sponsor one of our swimmers! Phoenix receives 50% of the sponsorship money.

Fundraising is still an ongoing project. Monies so far have come from:

- Burton Breweries – this money will be used to buy a computer software programme.
- Application made to Derby City Council for a grant towards pool hire costs - awaiting council decision.

Chocs away...

Thanks to Dawn Sellers for arranging plus Maria Cutts and Sam Jackson for selling tickets for the Easter Bunny raffle. Amber Rudge won the LARGE bunny, with other prizes being won by Gail Baxter, Matthew Thompson, Chris Coulson, Andrew Whittingham, Nicola O’Toole and Emily Pratt. The raffle raised over £80.

TEACHING SECTION

The teaching section at Woodlands is developing under the guidance of Jo Latham. Jo has 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.

One change is that the teaching section will soon be running from 1:00 to 4:30 (3:30-4:30 alongside D squad); we will also be taking the children through the gold and honours certificates and possibly the merit and various other certificates; at the other end of the scale, Jo is introducing the puffin certificate for the beginners. The changes will enable the teaching section to have three beginners groups and help with the transition to D squad.

The end of the current lessons will be Saturday 21 May. The next start date will be advised later as it is the half term break. Payment for the next course will be taken from Saturday 7 May to secure places.

BIRTHDAYS

April: Casey Baxter, Charlotte Blurton, Shevaun Carter, Adam Fulford, Joshua Hand, Ellie Johnson, Natasha Lawrence, Laura Reeks, Rosie Spencer, Louise Stephenson, Charlotte Tolley.

May: Morgan Blount, Matthew Brown, Alister Cope, Holly Earith, Dominique Fox, Elizabeth Hill, Nikita Johal, Katherine Molyneux, Emily Pratt, Dev Sanghera, Polly Sloman, Pete Stephenson, Simon Taylor, Rebecca Ward, Ryan and Sean Wesselingh, Lara Wisdich.