

DERBY PHOENIX SWIMMING CLUB



NEWSLETTER

APRIL 2006

INTRO...

Good luck to the swimmers in the Diddy league and well done to all those who took part in the Counties – onto the Midlands!!

FROM THE CHAIRMAN ...

Congratulations to all the swimmers who took part in this years county championships. Excellent results and behaviour, team spirit once again shone through.

Over the next few months the future of Lonsdale pool and the ownership/ management will become more clear with discussions taking place between users and developers. We will keep everyone informed of any future developments.

One point of concern... will all swimmers take their bags/belongings onto poolside at the start of their sessions. There are two reasons for this:

- 1) Security of your belongings
- 2) To stop the so called "fun" of a minority of people who take pleasure in throwing other peoples belongings around the changing rooms.

Bad behaviour is not acceptable. If anyone is seen to be involved, the matter will be dealt with very seriously by the committee.

Lastly good luck to all our swimmers taking part in this year's Notts/Derby Junior League. **Rob Sellers**

FROM THE HEAD COACH ...

Phoenix swimmers broke three open county records. Congratulations to Joseph Keane for the 400 IM and Richard Sellers for the 200 IM. The two of them teamed up with Oliver Froud and Darren Hodgett to set a new 4x100 medley relay record. Congratulations to them all.

Captains or 2006: Club - Gye Whitlam
Men's Senior - Richard Sellers
Women's Senior - Francesca Palmer
Girls Junior - Evie Keane
Boys Junior - Ryan Wesselingh

Well done to Joe Keane for an excellent performance at the British Championships in Sheffield. He swam the 100, 200 and 400 free and met the selection criteria for the European Youth Champs in July for the 4*200 relay.

Doug Whitlam

GALAs and Open Meets

Diddy League: The first round was held at Eckington on Sunday 9 May. With Easter holidays, DPSC had a depleted team (like the others!) but finished a respectable second, winning seven of the 41 races and coming second in most of the others. Final scores were:

City of Derby	188	Phoenix	150
Ilkeston	93	Dronfield	90
Matlock	57		

The race winners were: Ryan Wesselingh, Evie Keane, Sasha Wisdich, Stephen Wyatt and Katie Selfe plus the 9 yr mixed relay team in two events.

Burton: At the Peter Haynes Trophy Gala at Burton on Sat 26 March, DPSC fielded two teams. The green team ran in comfortable winners with the yellow team providing a respectable performance given the incomplete team. There were some good individual races and new personal bests set.

DPSC Yellow	122	DPSC Green	251
Burton B	52	Burton A	183
Swadlincote	164		

This was an excellent team performance.

SWIM SHOP

Drag Shorts: We are having some drag shorts for training printed with the DPSC logo and the name of the club. A sample has been done for everybody to look at. Anyone interested please see Dawn Sellers. Price to be confirmed.

Club hats: These are now back in stock - see Rob or Dawn to place an order.

UP and COMING GALAs

The following galas are coming up. Please make a note and be available to swim if asked:

Sunday May 7 – Notts & Derby Junior League 2nd Round
Saturday May 20 – Ashbourne Friendly Gala
Saturday June 10 – Matlock Trophy Gala
Saturday June 17 – Calverton Trophy Gala
Sunday June 25 – Notts & Derby Junior League 3rd Round
Saturday July 8 – City of Derby Open Meet

In addition, there are the District Youth Championships 29/30 Apr and 1 May with the Age Group Champs 3/4 June and 10/11 June at Coventry. The National Youth and Age Group championships are in July and August.

CALENDAR

A calendar is being printed for 2007 - pictures were taken at the Burton gala of all swimmers... If anyone has any objections to pictures of their child being used please see a member of the committee as soon as possible. There is an "opt out" form available at Lonsdale or on the website.

In addition anyone who has any club photos on a memory card, please see Caroline Young.

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FUNDRAISING

Many thanks to Maria Cutts for organising the Easter Egg Raffle. A total of £1437.50 was raised. Many thanks to all who took part. Hopefully we will have a photo of the winner (covered in chocolate?) for the next newsletter...

LONSDALE

Pool Closures: There have been some unexpected closures due to poor water quality. If you have not already done so, please sign up to the text alert service by logging your mobile phone number on the web site. If you do change your number, then please update the site records accordingly.

Development Plans: It is understood that the first phase of the redevelopment will be starting soon with the construction of the new access road. There will also be construction of a new scout hut on part of the car park behind the pool. This will inevitably create some disruption (including more mud and parking limitations) and your understanding and patience will be needed.

The pool is firmly fixed in the development proposals and there are no plans for any closures.

During the construction around the pool, there will be several more hazards and children should not be left unattended. There will be restricted access and children should be discouraged from venturing onto the construction areas.

Easter Training: Last session for main squads Thurs 13th Moorways, restart Wed 19th Lonsdale.

COUNTIES

Doug prepared County summaries covering all three weekends, and that is a first! Most years he has only done the first two. Results show a continued improvement.

Galas 1-6 February 25th & 26th at Clay Cross
52 swimmers took part in 196 swims achieving 125 personal bests – 64%

	2002	2003	2004	2005
30 Gold	5	6	18	17
16 Silver	4	16	17	21
14 Bronze	8	14	14	16

37 Midland District Qualifying times
11 Competition Best times
11 National Qualifying times

Galas 7-12 March 4th & 5th at Eckington
52 swimmers took part in 171 swims achieving 117 personal bests – 68%

	2003	2004	2005
17 Gold	11	18	20
25 Silver	12	10	14
13 Bronze	9	15	20

35 Midland District Qualifying times
4 Competition Best times
10 National Qualifying times

Galas 13-16 March 11th & 12th at Queen St

43 swimmers took part in 55 swims 39 achieving personal bests – 71%

15 Gold, 16 Silver, 8 Bronze
5 Midland District Qualifying times
1 Competition Best times
1 National Qualifying times

The winners of the races get points that accumulate to determine the “games winner” – Victor Ludourun. Well done to Jo Reeks (5th) Evie Keane (8th) and Ellie Barlow (15th). For the boys, well done to Darren Hodgett (3rd), Oliver Froud (5th) and James Shand (9th).

RACE OFFICIALS

So what are all the officials and what do they do? The following gives a brief introduction to the Timekeepers duties at a Trophy Gala or Team event.

On arrival on pool side, collect team sheet from Coach (Doug, Dave or John) and Time Slips from the announcers table. Fill in time slips with event/race number and swimmers name (If it is a relay event or cannon, put all the names entered on slip. Sometimes organisers do not need all the names but better to fill in just in case!).

Before the start of the Gala, a safety meeting will take place with all timekeepers, Chief Time keepers, Judges, and Referee. This also covers a stopwatch check and lane allocation.

When the swimmer arrives at the start of each race, check that the swimmer is the one stated on the team sheet for that particular race.

The important and obvious bit is “*At the start of the race, start watch - stop it when the swimmer touches the wall*”.

If there is electronic timing one of the timekeepers presses the back up button to ensure a time is registered (should the swimmer not make adequate contact on the timing pad in the pool at the end of each race).

If there is one time keeper then just enter the one time. If there are two timekeepers enter the average of the two times. If three time keepers the middle time is entered. The times are entered on the time slips and then collected by the chief timekeeper and taken to the referee at the end of each race.

If it is a relay race, Doug usually wants splits taken (ie the time for each leg for all swimmers in the relay).

Equipment needed: clipboard, stopwatch, two pens, white clothes and whistle (if you are time keeping 800m and 1500m races). Not to mention fast reactions and good constitution! The real hard part is to watch your lane and not the race!

Time keeper's course:

There is an option to complete the online time keepers course. See board at Lonsdale or speak to Jane Barlow.