

DERBY PHOENIX SWIMMING CLUB



NEWSLETTER

JUNE 2006

INTRO...

There is a change in hand with the editorial team of the news letter. Alan Wisdish is stepping down and making way for a fresh new team. If you want to get involved with the newsletter, then please see Dawn or Rob.

FROM THE CHAIRMAN ...

Well done to all the swimmers who participated in the Midlands district Age Groups and Youth competitions recently and good luck to those who have made qualified for the Nationals. **Rob Sellers**

FROM THE HEAD COACH ...

Competitions always bring more stress and tension and it is important for all swimmers to retain focus. Training is intentionally harder than competition to help swimmers prepare for this extra stress. In recent galas, there have been D/Q's for false starts (moving on blocks), faulty stroke (arms not clearing water on fly) and incorrect turn (one hand in breaststroke). This can happen at all levels – practice and training helps to reduce the likelihood as long as it is done correctly. Poor technique in training will not be replaced in a gala.

We are in the final for the Junior League which takes place at Sharley Park, Clay Cross on Sunday 25th June 1:30pm warm up. Teams are Trident, Eckington, City of Derby, and Notts Leander. The full team practice on Sunday 18th June at Lonsdale was very useful with the boys (34 points) losing narrowly to the girls (35). Again, disqualifications played their part with both teams losing possible points. **Doug Whitlam**

GALAs and Open Meets

Diddy League: The second round was held at Eckington on 7 May. Phoenix came first in 14 of the 41 races. Final scores were:

Eckington	199	Phoenix	194
Ripley	164	Treonte	123
Dronfield	128		

The race winners were:

Boys 11 yr Medley, 9 Yrs mixed f/s & medley, boys and girls 12 yr f/s relay teams.

Ryan Wesslingh, Evie Keane (3), Sasha Wisdish, Laura Young, Sean Wesslingh, Simon Taylor and Katie Selfe.

Ashbourne: Phoenix came first in 26 events and second in 14 events out of 44 in friendly meet in Ashbourne on 20 May. Final scores were:

Ashbourne	110	Phoenix	152
Trident	62	Etwall	103

Ashbourne winners were Simon Taylor, Sasha Wisdish, Paul Donald, Alice Southall, Ellie Barlow; Sean Wesslingh, Eliie Taylor, Oliver Froud, Sarah Keaney, Rachael Jones, Ryan Wesslingh, Adam Fulford and Francesca Palmer.

Mary Davies Trophy Gala – Mansfield: Results from Saturday 27th May at Mansfield. Final scores were:

Sutton	121	Phoenix	171
Notts Leander	167	Mansfield	<121
Sherwood	200		

We were second overall, first in 12 events and second in 5 out of a 40 event programme. Wins for Stephen Wyatt in 10yr backstroke and breaststroke, Harry Hough in 10yrs freestyle, Steven and Harry teaming up with Luke Barradell and Jake Wesselingh to win the 10yrs freestyle relay. Eleanor Barlow in 14yrs 100 IM and Open Breaststroke, Victoria Hardy 14yrs 100 breaststroke, Eleanor and Victoria teaming up with Bliss Dutton and Abbey Corden to win the 14yrs freestyle relay. Dominique Fox in the Open 100 IM and freestyle, Max Barlow in 12yrs butterfly and Ryan Wesselingh swimming up 2yrs in the 14yrs 100 backstroke.

Elaine Bowler Trophy Gala, Matlock: On Sat 10 June, Phoenix was a comfortable winner in this 49 event programme, coming first in 23 events and second in 17. Final scores were: Derby Phoenix 205, Kimberley 143, Ripley 139, Chapletown 129, Matlock 112.

Lara Wisdish and Louise Stephenson both swam up as 10 year olds - Lara won the butterfly and Louise the freestyle. In the 12 years age group there were individual wins for Sean Wesselingh and Matthew Gregory. The boys, with the help of Sam Bunting, Max Barlow and Harry Hough also won both relay events.

In the 14 years age group, both Laura Reeks and Victoria Hardy won. They were joined by Casey Baxter & Bliss Dutton to win the medley relay. It was nearly a clean sweep for the boys with Adam Cutts, Gareth Carter and Jake Blount winning their races. Along with Leigh Davies they won both relay races.

In the Open category, Richard Sellers won two, with Darren Hodgetts winning one. For the girls, Dominique Fox, Francesca Palmer and Eleanor Barlow won their races. Along with Sarah Keaney, they won both relays. In a very close, exciting finish the team also won the cannon relay beating Ripley by a fingernail!

Calverton Annual Trophy: At Mansfield on Sat 17 June, Phoenix came second and final scores were:

Calverton	166	Phoenix	153
Mansfield	137	Bramcote	102
Bingham	53		

Full report expected on the website.

Radford Open Meet: Our swimmers with Derventio went to Ponds Forge for an open meet in May. Evie Keane won four events and came second in two while Ellie Barlow picked up a bronze in one. Well done to all.

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UP and COMING GALAs

The following galas are coming up.

Sunday June 25 – Notts & Derby Junior League 3rd Round – GOOD LUCK TO ALL SWIMMERS!
Saturday July 8 – City of Derby Open Meet

The National Youth and Age Group championships are in July and August.

Summer Training: The summer programme is being prepared and will be available at Lonsdale shortly. There will be less swimming than last year as the coaches and swimmers take well earned breaks.

HOUSE GALA & DISCO

To be held on Saturday 1st July, 2006 At West Park Leisure Centre, Long Eaton. Warm up is at 5.30 pm for a 6.00 pm Start. The gala will be followed by Disco at 8.30 pm. ALL swimmers will be invited to take part. Please put this date in your diary now. The disco is for swimmers and parents.

The format for the gala is being confirmed but likely to involve a demonstration race by the Teaching Section. Doug is selecting the teams and these will be announced on the night. Please let him know if you are definitely not able to attend to help with his planning. There will be three or four teams and a mix of races, including relays.

TEACHING SECTION

The section is still growing; Jo has a waiting list which seems to grow by the week. The next course started on June 10th and will be finishing for the summer hols on 15th July. Lessons will recommenced after the summer holidays on 2nd September and will run to 23rd September which will be the end of that block of ten.

Jo is looking into the possibility of setting up a 1 week crash course to be held at Lonsdale over the holidays.

Well done to the swimmers for passing badge tests recently. Joab Coulson, Benjamin Dawkins, Zachary Dawkins, Jack Foord, Lucia Gandola-Gray, Jacob Hanley, Fraser Harrison, Clare Henley, Lucy Hilton, Lauren Jarvis, Lucy Lloyd-Jones, Amy Matthews, Harry O'Bryne and Rhys Woodhouse all passed a variety of Ducks, Water Skills and distance badges.

OPEN WATER

Good luck to Gareth Carter and Jo Reeks who are competing in an open water meet at Bosworth on 9 July. This is the "Midland Championships incorporating ASA Area Grand Prix event and Age Group Competition". Possible distances are 5k, 3k or 1.5k.

Open Water swimming is quite simply swimming in the open air in a lake, river, canal, dock or the open sea. Typically competitive events are over significantly longer distances than in a pool. Open Water competitive events are usually restricted to distances between 1km and 10km. Events greater than this are referred to as marathon swims.

FUNDRAISING

The Phoenix Calendar is nearly finished and will be available at a cost of £5.

The call for old mobile phones continues; just a few more are needed. Please see a member of the committee if you need to dispose of an old unwanted phone. Phoenix will get a percentage of the money raised to put towards club funds.

SWIM SHOP

Club hats: These are now in stock. Reversible Phoenix branded drag shorts are also available. Please see Rob or Dawn to place an order.

LONSDALE

The development at Lonsdale is moving forward and a Trust is being set up with the view to run the pool. This trust will be independent from Phoenix and made up from all users and interested bodies – hence the link and involvement by Phoenix. There will be separate Trustees for the management company. If you are interested in helping out or being involved, then please see Rob.

MIDLANDS

Congratulations to Steven Wyatt, Ben Jackson, Michael Baxter and Ryan Wesslingh for their performance at the Midland Age Group Championships in Coventry. As it was a first outing in a 50 m pool for some, they all did very well.

Our swimmers training with Derventio were also at Coventry and improved on their rankings and times at this high pressure competition. Swimmers were Evie Keane, Sasha Wisdich, Ellie Taylor and James Shand. Evie came third in the Bagcats points for the 11 year age group (age at end of competition). Evie won three Gold medals, two silvers and four bronze. Ellie Taylor won one gold and one bronze and finished 5th in the 12 year age group Bagcats.

Derbyshire's Elite swim squad – Derventio – topped the medal table for the Age Group competition with 21 Gold, 12 Silver and 16 Bronze medals. This put them ahead of other reputable swimming clubs: City of Birmingham (47 total) and a long way clear of Northampton (28).

At the Youth Championships, Derventio were second to Nottingham's Nova swim club, beating Coventry and City of Birmingham. Joe Keane got four gold and two silver medals, while Richard Sellers got two silver medals. Joe and Richard both featured in the freestyle and medley relay teams.

EUROPEAN JUNIOR CHAMPS

Joe Keane attended a British Youth Squad training camp in Slovenia, during the Easter holidays. He was chosen, based on times achieved at the National Championships last year, and in recognition of his potential to compete at international level.

At the recent trials in Manchester, he then secured a place in the GB 4*200 freestyle relay team competing at the European Junior Champs, in Palma in July.