

DERBY PHOENIX SWIMMING CLUB



NEWSLETTER

OCTOBER 2006

INTRO...

Many thanks to Alan Wisdich who has stepped down after more than three years of excellent work on the Phoenix Newsletter.

The Club's swimmers have made a very promising start to the new season, the last season having been finished by the House Gala at Long Eaton in July. This was enjoyed by all, despite the trauma of England's exit from the World Cup being played out at the same time on the Leisure Centre's screens!

FROM THE CHAIRMAN ...

This is the time of year that is very busy on the admin side of the Club. Membership forms have now been handed out and I would like to remind everyone that they must return these as soon as possible. In addition a medical form has been handed out to all swimmers. This MUST be filled in and handed to Jane Barlow. This is to comply with ASA guidelines and Swim21.

Just another reminder; all swimmers must take their bags onto poolside and not leave them in the changing rooms at Lonsdale pool – it is your responsibility to look after own things.

CLUB CHAMPIONSHIPS

Also to remind everyone, there has been a change of date for Club Champs. This will now be held on 3rd December at Queen Street. Entry forms will be handed out last week in October.

AGM

The AGM will be held at the Travellers Rest, Ashbourne Road, Derby at 8.00p.m. on the 27th November 2006.

Please make every effort to attend the AGM; this is your chance to learn more about the Club, how the Club is run and the way forward for Derby Phoenix SC. This is also an opportunity to voice any views or ideas.

Rob Sellers

FROM THE HEAD COACH ...

To all squad swimmers:- the 2006/7 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's County Sprints, Club Champs), medium term (Counties 2007) and long term (Midlands/Nationals 2007). 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!

Whatever 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. Organise 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 – October/November/December 2006, County 100m Open Championships and 50m Sprint Competition November 2006, County Championships Spring 2007 and Midland/National championships later in the year.

You have to ask yourself 'how good do I want to be?' Hopefully the answer will be 'as good as I can be'.

WELCOME TO PAUL ALDERSON

I would like to welcome Paul Alderson to the coaching staff at Derby Phoenix Swimming Club. Paul joins us from Etwall Eagles after many years coaching with them and brings with him a wealth of experience and enthusiasm for the sport. He is himself a committed swimmer and has competed in many Masters Events over the years.

Paul will initially be working with John Flynn and all of you swimmers in B squad so I would urge you all to listen to what he is asking you to do as you would John. With twice as many eyes watching and correcting technique you all will benefit.

Doug Whitlam

GALAS

Rachael Bennett Trophy Gala – Eckington

9th September 2006

Derby Phoenix got off to a flying start at their first gala of the new season hosted by Eckington Swimming Club, bringing home the Rachael Bennett Trophy.

In the 49-event programme Phoenix took 21 1st and 7 2nd places.

Although Phoenix led from start to finish it was a closely-fought competition with Phoenix neck and neck with Eckington for the last few races, culminating in an exciting cannon, won by Phoenix. A great performance by all!

Phoenix	227	Chesterfield	167
Eckington	220	Dronfield	145
Sheffield City "A"	189	Sheffield City "B"	73

Leslie Seymour Trophy Gala - Queen's Leisure Centre, Derby.

16th September 2006

The gala was hosted by the Treonte Swimming Club. Another solid performance by Derby Phoenix secured the

DERBY PHOENIX SWIMMING CLUB

NEWSLETTER – OCTOBER 2006

Leslie Seymour Trophy for the Club for the second year in a row.

In the 49-event programme Phoenix took 13 1st places and 18 2nd.

There was a fantastic atmosphere for the final race of the night, the 20-length cannon relay. Phoenix went into the event with just a one-point lead and swimmers did exceptionally well to keep their concentration amidst all the noise and excitement from poolside and spectators.

The final result was long in coming due to disqualifications in the cannon and an issue of ASA non-membership by a swimmer from another club, but in the end Phoenix retained the trophy by 7 points.

Phoenix	231	Dronfield	147
Chesterfield	224	Etwall	133
Ripley	152	Treonte	131

Bill Brake Trophy Gala – Burton

23rd September 2006

A comfortable win at the Bill Brake Trophy Gala, hosted by Burton Swimming Club, gave the Trophy to Phoenix for the fifth time in the last six years.

In the 54-event programme Phoenix took 36 1st and 16 2nd places.

Another excellent night for Phoenix!

Phoenix	196	Broadway	132
Burton 'A'	143	Burton 'B'	53

Whiting Trophy Gala – Mansfield

30th September 2006

Phoenix finished fourth in this gala, hosted by Mansfield Swimming Club. The gala was closely-fought with just 12 points separating the top four teams.

Phoenix took 12 1st and 6 2nd places in the 50-event programme, the wins being evenly spread between the age groups.

A special mention is deserved by Sophie Cutts who stood in at the very last moment on a team which was a swimmer down. In borrowed costume and without even time for a warm-up, Sophie helped the 11-year olds to 6 valuable points in their two relay events. Well done, Sophie!

Notts Leander	209	Phoenix	197
Mansfield	209	Falcon	159
Sherwood	207		

Names of winning swimmers for all galas can be found on the Club website, from which these reports were abridged: www.derbyphoenix.com

FUNDRAISING

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.

Club Calendars; these are available at a cost of £5. See Caroline Young, Paula Davis, Maria Cutts, Rob Sellers or Dawn Sellers.

Club champs. in Dec. – race sponsors & donations for raffle prizes are needed. Please start prepping possible sources or collecting donations. See committee members for details.

SWIMSHOP

New stock of drag-pants has arrived – see Rob or Dawn Sellers.

TEACHING SECTION

A new teaching section has been set up at Woodlands School, Allestree – this is being run by Sarah Miller, 1.00-3.00 p.m. on Saturday afternoons. Anyone interested, please contact Sarah on 07793150129.

SPEEDO LEAGUE

At the first round of the Speedo league on Saturday 14th October in Coventry, DPSC narrowly missed out on second place to Nuneaton & Bedworth by half a point. Leicester Penguins took the top slot with a clear margin with 2nd & 3rd battling it out. There were some good swims across the board, with the U13 girls winning all their relays and 3 of the 4 individual races.

If you have any items for inclusion in the next Newsletter, please contact Stephanie Stephenson at brian@brianandsteph.wanadoo.co.uk