

DERBY PHOENIX SWIMMING CLUB



NEWSLETTER

OCTOBER 2007

FROM THE CHAIRMAN ...

MONTHLY FEES:

Due to increased costs, primarily pool hire charges of approximately £800 per week, monthly fees are to be increased with effect from 1st October 2007 as follows:

A Squad	£30 per month
B Squad	£26 per month
C Squad	£23 per month
D Squad	£21 per month
Families of 2 swimmers	£50 per month
Families with more than 2 swimmers	£56 per month

The annual subscription charge of £20 per swimmer will remain the same.

Would those members paying by standing order please ensure that they notify their bank of the change of amount. Thank you.

This is the first increase in two years and the Committee believes the new charges still represent excellent value for money. The Club has over the last three years re-introduced land training at Repton on Sunday evenings, increased pool time for both A and B Squads, created a new session for C and D Squads on Tuesday evenings as well as continuing with our commitment to providing quality lessons within the city by setting up a new teaching group at Woodlands and increasing the teaching time of our existing group at Lonsdale.

To ensure that our training is always up to date and of a high quality, the Club has also funded courses for our Club Coaches.

We are extremely fortunate at Derby Phoenix in having wonderful Coaches who give their time and expertise on a voluntary basis.

Rob Sellers

FROM THE CHIEF COACH...

The new season is upon us, you need to start as you mean to go on.

Performance in swimming is dominated by speed rather than strength. The best thing a swimmer can do to get better is to swim a lot. To be the best you must apply to training a principle that could be identified as FILO: First In (the pool) Last Out, and train at a higher intensity than most others do.

Be certain of your goals so you have a clear vision of what you want to achieve in the short term (this year County Sprints on Nov 11th, Club Champs in Dec), medium term (Counties March 2008) and long term (Midlands/Nationals July/Aug 2008). You may be looking to get back to a time you achieved before, improve your technique/skills in some part of your swimming, achieve a certain standard, make finals, become a champion!

Whatever your goals 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 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.

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

For the Club the focus will clearly be the Speedo League – 1st round October 13th at Cheslyn Hay, 2nd round November 10th and the final on December 8th 2007 - County 100m Open Championships and 50m Sprint Competition in November, County Championships March 2008 and Midland/National championships later in the year.

First up are the County 100m Open Championships and 50m Sprint Competition at Ponds Forge, Sheffield. This is an ideal opportunity for as many swimmers as possible to experience competing in an Olympic-size pool and savour the atmosphere of competition. For most of you it is a 50m sprint across all four strokes and for those with qualifying times the chance to become the County Open Champion at 100m. See Tracy Wesselingh or Gayle Baxter for entry forms, closing date is 5th October.

It has become noticeable lately that a number of swimmers are being dropped off well in advance of the start of their training session and some are not being picked up until half an hour after it has finished. This is totally unacceptable. The Lonsdale site is now an empty one apart from the pool and leaving youngsters on their own, particularly as the nights draw in, is unsafe. Can I remind all parents that they are responsible for their children up to the start of the training session and immediately after its completion.

Doug Whitlam

FUNDRAISING

With pool hire costs so high, any ideas for raising funds to avoid further increases in fees would be welcome. Anyone with suggestions, please see a member of the committee.

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FORTHCOMING EVENTS

- 06-Oct-07 Leicester Penguins Open Meet
Braunston L.C. 6.00pm warm-up.
- 07-Oct-07 As above, 9.15 am warm-up.
- 13-Oct-07 West Midlands League; 11,13,15,Open.**
Venue – Cheslyn Hay.
- 28-Oct-07 Belper Marlins Open Meet
B Grade Queen's L.C., Derby.
- 3-Nov-07 Midlands Championships.
Braunston L. C.
- 4-Nov-07 As above
- 10-Nov-07 West Midlands League; 11,13,15,Open.**
Venue – TBD
- 11-Nov-07 Derbys County 50m Sprints
Ponds Forge, Sheffield.
- 02-Dec-07 Club Championships (Sunday); All age
groups. Queen's L.C. 1.00pm warm-up
- 08-Dec-07 West Midlands League; 11,13,15,Open.**
Venue – TBD
- 22-Dec-07 Christmas Disco Night, Spondon Village Hall
- Dec-07 Christmas Meal Night – Parents only

West Midlands League Galas are important galas – please be available to swim.

Can all swimmers please try to be available to swim in galas when selected to put forward the best possible team.

Keep an eye on the notice-board, there will be additional galas.

GALAS

Leslie Seymour Gala – Queen's Leisure Centre, Derby 15th September 2007

The gala for ages 9, 11, 13, 15 and open was won by the 'A' team of Long Eaton Swimming Club. Phoenix came second out of five teams (two teams were entered by the newly-combined Long Eaton clubs).

In the 49-event programme Phoenix took almost twice as many first places (23) as last year, but was unable to back these up with second places, losing by 9 points to the more evenly-balanced Long-Eaton 'A'.

Long Eaton 'A'	195	points
Derby Phoenix	186	"
Ripley Rascals	150	"
Dronfield Dolphins	120	"
Long Eaton 'B'	70	"

Bill Brake Trophy Gala – Burton 22nd September 2007

Phoenix won comfortably at this gala for ages 10, 12, 14 and open, the evening being disappointingly lacking in atmosphere due to only three teams being entered.

The event was quickly over, with boys' and girls' races being swum alongside one another. Phoenix took 46 first places in the 54-event programme.

Derby Phoenix	151	points
Burton	93	"
Broadway	80	"

This win gave the Trophy to Phoenix for the sixth time in the last seven years.

If you have any items for inclusion in the next newsletter, please contact Stephanie Stephenson at brian@brianandsteph.wanadoo.co.uk or see a member of the committee.