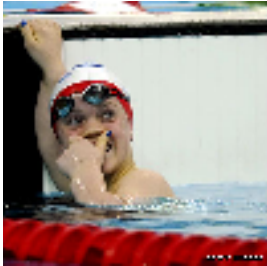


DPSC NEWS



September 2008

Intro..... Welcome to the third Derby Phoenix Newsletter of 2008 and the first of this new season. We hope you all enjoyed your summer break and that all the swimmers are raring to go for the new season, perhaps having been inspired by some of the great performances from Team GB in the Beijing Olympics, in particular the 2 gold medals from Rebecca Adlington from Nottingham Nova.



Also in the Paralympics, particular congratulations to Eleanor Simmons for winning gold medals in the 100m and 400m, becoming Britain's youngest ever Paralympic gold medallist.

Eleanor trained with us on Saturday mornings from the ages of 9 to 12 before moving to Swansea in 2007. See the Lonsdale notice board for more information.

From the Chairman..... At Derby Phoenix we are very fortunate to have a first rate voluntary coaching team who bring years of experience and huge dedication to the development of our swimmers. All of them started coaching when their own children started to swim at club level. If any parents of younger swimmers feel they would like to start training to become a swimming coach of the future, could they please make themselves known to a member of the committee, or one of the current coaches.

At the last Committee meeting we looked at the financial status of the club and in particular pool hire, which is our biggest cost. It is likely to increase by about 3% in the next few months. As you are probably aware the Club is financed through club membership fees, the club's monthly fees, grants and fund raising.

Whilst we have secured a significant grant for 2008 and benefited from some excellent fund raising by a number of the parents there is no guarantee that we will be as successful next year.

Our aim for 2009 is to meet pool hire costs through club fees. We are on target to reach £31,800 of club fees this financial year against a pool hire cost of £33,538. As you can see there is a short-fall. We would like to make £34,000 next year, which will close the gap between income and spend on pool hire. To achieve this we need increase our monthly fees by £2 per swimmer, £4 for families and £1 for D Squad swimmers. The increased fees will apply from November.

Additionally, to comply with SWIM21 requirements and to ensure our financial stability, we need to increase the club reserve to approximately £15,000, this being 6 months of operating costs. We are hoping to achieve a reserve of £6,500 by year end.

Thanks to all the parents for their fund-raising efforts over the summer which in total raised almost £900. In particular, thanks to Mrs Jones for her hard work organising the fun-day and Mrs Creasey for organising the picture quiz.

A date for your diaries; **this year's AGM will take place on Monday 24th November**, venue TBA. Please come along and have your say on the running of your club.

One last issue I would like to bring to your attention before I close is that the club will reach it's 50th anniversary in 2009. We will want to celebrate this landmark with success both in and out of the pool. If you have any ideas on how we should celebrate our 50th please let us know so that we can prepare for what should be a great year for Derby Phoenix.

Andy Hough

From the Chief Coach..... At the start of this new season let me firstly reiterate some advice for gala preparation for all of our swimmers.

The day of any race a swimmer competes in is a very important feature of that swimmer's life. Following a few simple guidelines will help you achieve your best on the day.

On the previous day get plenty of rest and also sufficient sleep. The more sleep before midnight, the better. Always eat a meal containing mainly carbohydrates, little protein and definitely **no** fats.

An easy stroll and light flexibility work a couple of hours before the event will help you prepare.

At the gala have a good easy paced warm up for about 20 minutes.



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Wrap up well in a tracksuit, shoes and a sweater thus aiming to keep the body really warm. Keep a watchful eye on the programme so that you can report to the gala stewards when called. When called to your race try not to be distracted from your concentration by idle or competitive chatter. Whilst sitting at the poolside, just prior to your race concentrate on your race. Swim the race through in your mind, and how you plan to swim it. This will generate adrenaline at just the right time.

Squad Progression.....The coaches have decided to make some adjustments to the requirements for progression between the squads:

C Squad to B Squad – times remain the same but we will be looking for demonstration of commitment through good attendance at squad sessions and all qualifying swims must be with good technique.

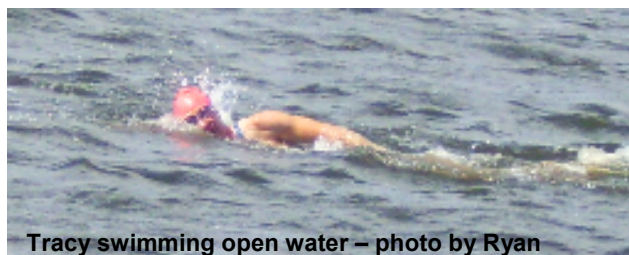
B Squad to A Squad – we are removing the 50m sprints element. Progression will use the best 200 form, 200 free and 400 IM. A distance of 1250m in a 20 minute timed swim will also be required.

Finally from me, on behalf of the club, I would like to say **congratulations and good luck to Richard Sellars** who has moved to Bath University this month where he has joined their elite swim squad. Richard will be training alongside a number of national and Olympic swimmers.

Doug Whitlam

City of Derby B Grade Open Meet – 5th July 2008..... Seven girls and two boys took part in the City of Derby Level 3 Licensed 'B' Grade Open Meet, taking home 20 medals between them, including 8 first and 6 second places. **Laura Young** and **Stephen Wyatt** also notched up speeding tickets. A special mention must go to 10 year old **Oliver Purgavie** who was taking part in a competitive Open Meet for the first time and brought home 4 medals including a first and a second place.

National Open Water Championships – Holme Pierrepont – 10 August 2008.....



Tracy swimming open water – photo by Ryan

Congratulations to Tracy Wesselingh who became National Champion in the Woman's Masters 3000m Open Water Championships at Holme Pierrepont in Nottingham on 10th August.

Swimming in only her 3rd open water event, Tracy took the title in a time of 50mins 40.7 secs, almost 20 seconds ahead of her nearest rival.

Muriel Blaydon Trophy Gala – Cheslyn Hay – 6th September 2008.....At the first gala of the new season, Phoenix finished a very creditable 3rd place against very strong opposition at the Muriel Blaydon Trophy Gala hosted by Chase Swimming Club at Cheslyn Hay. Phoenix took 9 first places and 6 second places at the 48 event programme.

In the 11 year old boys **Craig Baxter** won the 50m breaststroke. In the 13 year old girls, **Ella Graham** won the 50m Backstroke and 50m breaststroke. **Matthew Gregory** won the 13 year boys 50m backstroke. We won both 15 year old backstroke events, **Evie Keane** winning the girls and **James Shand** the boys. In the open, **Jo Reeks** won the ladies 50m fly while **Richard Sellars** won the mens 50m fly and 50m freestyle. Well done to all of our swimmers who took part. Every point counted with Phoenix just pipping Phoenix Youth (no connection to our club) for 3rd place by 1 point.

Final points from the gala were: Chase 207; Stourbridge 202; **Derby Phoenix 181**; Phoenix Youth 180; Kingsbury 126; Bromsgrove 107.

Bill Brake Trophy Relay Gala – Burton Meadowside – 20th September 2008..... In this relay gala, Phoenix won 26 out of 31 events winning the Bill Brake Trophy for the seventh year in succession.

Teaching Section Update.....Unfortunately we have been obliged to cancel the teaching section at Woodlands on a Saturday.

However, the Lonsdale teaching section continues to thrive with close to 150 swimmers attending lessons between 1pm and 4:30 pm each Saturday. To join the waiting list for lessons please call **Jo Latham on 07971 860621** or **Caroline Young (Club Secretary) on 01332 840278**.