

# DPSC NEWS



February 2009

**Intro...** Welcome to the first newsletter of 2009, Derby Phoenix's 50<sup>th</sup> anniversary year. We are still developing our full plans for the year, but we have already set the date for an evening celebration on **18<sup>th</sup> July**. This will be held at the Rolls-Royce Pavilion. All current and past swimmers and their families are invited, plus anyone associated with the club during its 50 year history. Look out on the Lonsdale notice board for more information.

We have ordered some special "50 year" club caps and these are available for sale (£5 each) from Rob Sellers.

Also, I'm afraid the **ASA fees are due by 1<sup>st</sup> March**. Can you please pay your fees to Maria Cutts (Treasurer) or to a member of the Committee.

**ASA FEES 2009...**  
CATEGORY 1: £11  
CATEGORY 2: £26.25  
CATEGORY 3: £8.25

**From the Chief Coach...** Well done to all our swimmers competing at the 38th Club Championships in December. It was great to see so many of the swimmers coming to receive their trophies and medals at the presentation evening in January. The championships were a great success with a large number of PBs being set, including some excellent new Club Records.

Our focus for the next month will be the Derbyshire County Championships being held over the first 3 full weekends in March, the first weekend in Eckington and the second and third at Queen's Street, Derby. Good luck to all of our competing swimmers, in particular to our younger swimmers competing at their first "Counties".

*Doug Whitlam*

**Derby Phoenix Lifesavers...** our newly-formed Lifesavers Club is going from strength to strength. Meeting every second Saturday morning from 10:30 to 11:30, the club has a growing membership. Last month it took part in its first major competition, the Leeds Classic Lifesaving Competition, competing against teams from across the UK in front of a crowd of about 200 people.

In the 15–17 age group category, **Phoenix Ice (Alex Phelps, Natasha Lawrence, Diane Woods and Hannah Ellis)** took part in both the Incident and Speed sections. The Incident section involved a number of separate rescue techniques, casualty identification and prioritising, along with aftercare requirements for a total of eleven casualties. The team performed very well and Hannah received a number of compliments on the strength of her captaincy, helping the team to achieve a 7<sup>th</sup> position out of 10 teams taking part.

In the Speed section 15 – 17 age group category, **Phoenix Fire (Simon Taylor, Jake Taylor, Claudia Cox and Lauren Maxwell)** competed, and **Phoenix Flame (Stephen Wyatt, Charlotte Miller, Harry Hough and Annie Hough)** took part in the very competitive 12 – 14 age group against a total of 16 clubs. All the teams showed great promise with a number of heat wins, and with a little more work on technique it won't be long before trophies are achievable, hopefully at our next outing for the RLSS Speed Nationals at the end of February. A big thank-you to everyone who took part and helped in any way.



**West Midlands National League ...** Derby Phoenix competed in the West Midlands section of the National League in late autumn 2008. At the end of the 3 rounds we finished in 8<sup>th</sup> place in Division 1; an excellent result, particularly given that we are one of the smallest of the 88 clubs in the competition.

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Star of the competition for Derby Phoenix was Richard Sellers who was unbeaten in his individual races throughout the entire competition.

The competition got off to an excellent start with Derby Phoenix travelling to Stechford Cascades on 11th October. In a thrilling, close-fought gala Phoenix came out on top winning 11 of the 50 events with a large number of 2<sup>nd</sup> and 3<sup>rd</sup> places and many of our swimmers achieving some large PBs. **Richard Sellers** was in great form in the Men's Open winning all of his 3 individual events; the 200m IM, 100m fly and 100m free. In the Ladies Open **Sasha Wisdich** won the 100m breaststroke. In the 15 year old girls, **Evie Keane** won the 100m backstroke and **Ella Graham** the 100m breaststroke, and in the boys **Robert Guest** won the 100m freestyle. **Matthew Gregory** was a double winner in the 13 year old boys taking the 100m breaststroke and the 100m backstroke. In the 11 year old girls **Louise Stephenson** won the 50m free and was then joined by **Annabelle Hough**, **Lara Wisdich** and **Katy Phelps** to win the medley relay.

**Final points for the gala were:** Derby Phoenix 205, Halesowen 193, Chesterfield 179, Gloucester City 179, Walsall 162 and Leek 126.

In the second round we were back at Stechford Cascades but with a far tougher draw, including both City of Coventry and a very strong Boldmere team. **Richard Sellers** was again our star performer, taking three first places in the Open 200m individual medley, 100m butterfly and 100m freestyle. **Robert Guest** also took first place for Phoenix in the 15 year olds 100m breaststroke.

**Final points for the gala were:** Boldmere 234, City of Coventry A 222, Chase 180, **Derby Phoenix 152**, Chesterfield 140 and Haddon Hill 120.



**Richard Sellers – unbeaten in the National League 2008**

Our final round in the 2008 National League saw Derby Phoenix in action at Royal Leamington Spa. A great team performance resulted in 11 first places and 13 second places in the 50 event gala. **Richard Sellers** continued his awesome run, winning the 200m Individual Medley, the 100m butterfly and the 100m freestyle for the open men. In the 13 year olds, **Laura Young** won the 100m fly and **Matthew Gregory** the 100m breaststroke. Matthew was joined by **Simon Taylor**, **Steven Wyatt** and **Jake Wesselingh** to win the freestyle relay. In the 15 year old girls, **Evie Keane** won the 100m backstroke and **Ella Graham** the 100m breaststroke and were then joined by **Sasha Wisdich** and **Ellie Taylor** to win the medley relay. **Robert Guest** won the 15 year boys 100m freestyle.

**National Secondary Schools Team Championships...** Three Derby Phoenix swimmers helped Ecclesbourne School to qualify for the National Finals in the 2008/2009 ESSA schools' team relay championships. In the qualifying heats in November, against teams from Derbys., Leics., Lincs., Northants. and Notts., **Alex Davies**, **Katie Selfe** and **Laura Young** were joined by ex-City of Derby swimmer **Fiona Donnelly** to finish second in both the Junior Girls 4 x 50 freestyle in a time of 2:01:53 and the 4x50 medley in a time of 2:18:75. The 16 fastest teams from all 12 Divisions were then invited to the National Finals in Bristol on Saturday 7<sup>th</sup> February. The girls qualified for the Freestyle Finals but were just outside the qualifying time for the Medley Finals.

On the day they achieved a slight PB and finished the Freestyle Final in 14<sup>th</sup> place in a time of 2:01:37. However, they were also invited to swim in the Medley Finals due to several no-shows and they finished in a creditable 13<sup>th</sup> place with a time of 2:17:31 - well inside the original qualifying time.

**2008 Staffordshire Building Society Trophy, Uttoxeter – 7<sup>th</sup> February 2009**..... a strong Derby Phoenix team travelled to Uttoxeter to compete against Dove Valley, City of Derby and Cheadle. In a very close-fought gala at which Trophies were awarded for both Boys and Girls competitions, Derby Phoenix came away with the boys trophy and came a close second in the girls trophy. We were also the top scoring club on the night - despite what was written in the Derby Evening Telegraph the following week!. Final points for the gala were:- **Derby Phoenix 192**, City of Derby 188, Dove Dolphins 179, Cheadle 130, Dove Sharks 73.