

DPSC NEWS



April 2010

FROM THE CHAIRMAN...

Now the County Championships are over we look forward to the Junior League, which consists of three galas over a three-month period. The Junior League, which covers Derbyshire and Nottinghamshire, is aimed at our younger swimmers and the draw for our first round is probably the most difficult it could be, with three of the largest clubs being drawn against us, so I urge you to support Doug and the coaching team as they prepare for this competition.

In the summer we are planning to host two events, which we hope will build on the spirit shown by our swimmers at the January presentation evening and disco. The first, an in-house gala on Saturday 17th July and the second, a family outing to Darley Park on 24th July where we will play games and picnic. Hopefully you will be able to join us at both. Further details will follow so please keep your eye on the notice board at Lonsdale Swimming Pool.

Finally, on behalf of everyone at the club, I would like to say huge congratulations to Carys Coppen who was awarded Female Achiever of the Year by the English Federation of Disability Sport.

Andy Hough

FROM THE CHIEF COACH...

Congratulations to all of our swimmers who competed in the Derbyshire County Championships in February and March. Once again our swimmers were a credit to themselves and to the club and they came away with a significant number of PBs and medals. Reflecting on our performance over the 3 weekends...

We did very well in the Youth Age Groups (the older swimmers), winning 65 medals overall and coming second to CoD in the final medal table, which given the comparative sizes of the clubs, is an outstanding result. Our medallist role of honour was **Evie Keane, Sasha Wisdich, Robert Guest, Richard Sellars, Scott Tovell-Coleman, Harry Webster, Jo Reeks, Laura Young, Ella Graham, Glenn Fowell, Gye Whitlam, Casey Baxter, Sean Wesselingh, Amy Ng and Stephen Wyatt**. In addition **Richard** set new County Records in the Men's Open 100 and 200 fly and **Scott** did the same in the 800 free.

In the age group swimmers we managed seven medals overall, which although in line with what would be expected for the size of our club, is still disappointing compared to the successes of the older swimmers. This is something that Dave and I, with the rest of the coaching staff will be looking to improve over the remainder of the year. Our medallists were **Leah Beal, Louise Stephenson and Maddy Taylor**. Special congratulations to Leah for taking overall 3rd place in the 9-year girls and I would also like to mention Georgia Creasey who would have medalled in the 200 fly, but for an unfortunate disqualification.

The final day of the counties was the relays competition...and what a day it was. The older swimmers did brilliantly, with the girls winning gold in both the Open Medley and Freestyle relays and the men winning gold in the Freestyle and silver in the Medley relay.

Morning session - In the men's Freestyle the team of **Rob Guest, Scott Tovell-Coleman, Glen Fowell and Richard Sellers** won by nearly 6 secs with Richard doing a 51.1 on the last leg. The women's Medley team of **Evie Keane, Sasha Wisdich, Jo Reeks and Ella Graham** put in superb swims to win by a second over CoD (including Steph Hill who swam fly for Scotland in Commonwealth games).

Afternoon session - in the men's Medley, **Scott, Harry Webster, Richard and Robert** took silver, just being touched out by CoD by 0.2 seconds. The final event of the day was the women's freestyle final and it was the race of the day. Our team of **Evie, Ella, Alex Davies and Sasha** won the event, beating CoD by 0.06 with Sasha coming from behind to win the race on the final leg with an awesome swim.

Our other medallists in the relays were - the 15-18 lads **Adam Cutts, Sean Wesselingh, James Shand, Ben Jackson, Harry Webster and Glenn Fowell** winning silver in the Medley and bronze in the freestyle; the 14-17 girls of **Laura Young, Jodie Minter, Alex Davies and Sasha Wisdich** won silver in the Medley.

Once more, well done to ALL of our swimmers during the counties.

Doug Whitlam

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FROM THE LEAD AGE GROUP COACH...

Now that the Derbyshire ASA County Championships are over our immediate focus is the Nottinghamshire & Derbyshire League in April, commonly known as the Diddy League due to the age group being 9 to 12 year olds. Then the next focus for our top swimmers will be the Midland Youth Championships in May or the Age Group Championships in June. In the autumn the club's focus will be the National League where the age groups are 11, 13, 15 and open. Here we compete in West Midlands League Division One and have reached the final on many occasions competing against Olympic and Commonwealth swimmers such as Darren Mew, Rebecca Adlington and Ross Davenport.

To compete at such a level we need to build a winning team by helping our swimmers have fun and to develop our athletes physically, socially, and emotionally. We will develop: -

Technical skills: the specific athletic body movements required to perform the specific task or stroke.

Tactical skills: judgments and actions made during competition to gain advantage over an opponent.

Physical skills: the development of endurance, power, speed, strength, or agility to meet the physical demands of swimming.

Psychological skills: the development of confidence, concentration, motivation and emotional control to meet the mental demands of swimming.

Social skills: the development of positive character traits, such as respect, kindness, and fairness, effectively communicating with other team members. Key to this are parents who support swimmers without whom we wouldn't have enjoyed the success over the years and be where we are today. Therefore I ask all parents to get their children to as many sessions as possible and at the correct time. Give your children the responsibility of packing their own bags so they are sure they have the correct equipment, costume, hat, goggles, drink, food etc.

We will be issuing simplified Log Books to all swimmers where they will be able to log their personal bests (PBs), short & long-term goals, attendance etc. Please help them to keep this up-to-date as success is measured in terms of setting individual goals and objectives and hopefully surpassing these goals. It is not built on a comparison with others. Swimmers succeeding on these terms often obtain their goals and eventually success, both in and out of the pool.

Dave Pratt

BACK TO SCHOOL FOR PHOENIX LIFESAVERS... Saturday 27th March found the Phoenix Lifesaving Team off back to school for the inaugural Ripley Ironman competition. The format, developed by Ripley Rascal's Lifesaving Coach and based on some of the beach-based competitions from Australia tested the whole squad including the coaching team to the limits, with 6 different events covering the full age range of swimmers. I have a copy of the full rules if anyone is interested - the events were very different from standard events and were extremely demanding for all of our competitors.

The first event was a land based initiative, held in the car park and comprised a lady who had crashed her car into a pedestrian with a baby in a pram. The setting was extremely realistic with broken bones, unconscious casualties and a hidden baby. The three Phoenix teams did very well with **Alex and Rebeka** scoring 99 points and picking up third place with a bronze medal.

The pool events were a mixed bag of races with new twists added to our more traditional races including a six-length tow, with each length adding a further casualty onto the chain sapping the strength of the person doing the towing. **Stephen Wyatt** was our star picking up second place. Overall, the three Phoenix Teams came in a very creditable 5th, 6th & 7th against some much more experienced teams. Well done to you all.

If anyone wants to have a go at this new sport, which combines all your swimming skills with rescue techniques and life skills such as First Aid, you can either speak to one of the team poolside, have a chat with Lissy or Hannah Ellis at the different squads or pop into one of our training sessions at Lonsdale on a Saturday morning, dates as per the Lonsdale notice board.

Phil Ellis

