

# DPSC NEWS



May 2011

**INTRODUCTION...** After a successful County Championships in March the focus now switches to the Notts/Derbyshire Junior League which takes place over 3 weekends: 14th May, 25th June and 18th September (with age for all galas being age as on 18<sup>th</sup> September). Other dates for your diary are the Rykneld Open Meet on 21st May and the City of Derby Open Meet on 2nd July. We would like to take as many of our swimmers as possible to these events. It is a great opportunity to try and get a PB against swimmers from other clubs.

**FROM THE CHAIRMAN...** The Easter break brought a brief and welcome respite from what has been a hectic but very rewarding year so far for the Club. Many excellent individual and team performances at the Counties have been followed by a record number of squad progressions after the latest time trials in April. In addition, Derby Phoenix has successfully regained Swim 21 status in both Teaching and Skill Development, making us the only club in Derbyshire to hold accreditation for both disciplines. Two highly enjoyable and profitable fund-raising events mean that we now have enough money to purchase our first underwater camera which will be used for improving the swimming technique of swimmers across all squads.

A great deal of hard work by a large number of people has gone into making these things happen; so to Doug and his coaches, Ian Cotter and his Swim 21 team, Dessie and her 'ladies' and all my fellow committee members – a massive thank you for your continuing support. If you would like to become more involved in the running of our club in any way, however small, please come forward, your help would be greatly appreciated.

Finally, I would like to draw your attention to a very important date in our summer calendar. On Sunday May 22nd we will be holding the inaugural Mick Kelly Relay Trophy Gala at Repton pool against Burton. All Phoenix swimmers are invited to compete and Amanda Phelps will be coming round shortly to collect names. Please make every effort to attend and let's make this event a great success.

*Sue Wisdich*

## FROM THE COACHES...

**County Championships:** Congratulations to all swimmers who took part in the 2011 Derbyshire County Championships. There were plenty of personal best swims and some brilliant achievements from all of our 38 swimmers ranging from the youngest, aged 9, through to our more senior members of 20+. The results were very encouraging. Personal bests came thick and fast, some by considerable margins, clearly demonstrating that there is no substitute for REAL competition which time trials can never replicate. We had smiles, tears, hugs and almost kisses as the results unfolded. Sometimes smiles and tears together when the swimmers realised what they had done, and sometimes it was the parents showing all these emotions as their young athletes competed. For the younger swimmers these championships were a very valuable learning experience.

This doesn't mean we did not have any upsets, as some swimmers did not achieve what they wanted. We had some disqualifications, with one stopping a swimmer getting a Gold medal; doubly disappointing as they were the quickest swimmer by 2 seconds over 200M. But we have learned from these disappointments and the attitude and aptitude have been great.

Congratulations go to all, but special mention to **Stephen Wyatt, Louise Stephenson, Laura Young, Sasha Wisdich, Evie Keane and Harry Webster** for qualifying for the District Championships.

Our Open Men - **Richard Sellers, Adam Cutts, Glenn Fowell, Robert Guest and Harry Webster** and Open Women - **Laura Young, Sasha Wisdich, Alex Davies and Evie Keane** in the 4x100 relays performed brilliantly on the last day of the championships to secure 3 Silver and 1 Bronze medal from the 4 events.

We now look forward to the 2012 Derbyshire Championships when we will look to have more entries than ever. We need to get ready now as the future belongs to those who prepare for it.

**C Squad:** Dave Henley will be taking over as the coach for C squad. We want to thank Andy Jackson for covering this role for the previous 12 months. You have done a sterling job - thank you.

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**Squad Progression:** As a result of some hard work since Christmas the following swimmers have moved up squads from Easter:

**From D to C** - Carys Coppen, Amy Matthews, Ava Kelly, Beth Gould, Christopher Young, Imogen Griffiths, Imogen Jennison-Hill, Rebecca Beech and Saskia Holmes.

**From C to B** - Amelia Goodman, Harvey Waddingham, Jacob Smith, Abbey Gregory, Lucy Stokes, Emily Canon and Amber Robb.

**From B to A** - Fiona Lakin, Isabel Lakin, Joe Doherty, Francesca Harrison, Sam Bailey and Sophie Cutts. This is the largest number of swimmers we have ever seen moving squads at one time which is a huge credit to you all.

**Open meets:** We want to encourage all swimmers to enter open meets. This is where swimmers can compete at longer distances or in a stroke they are not normally chosen to swim by the Club, compete against different swimmers, and have a chance to improve on their personal performance. We are initially planning to target the Rykneld and City of Derby Open Meets which take place in May and July respectively. (Dates as above.) Richard Lakin is our Open Meet Liaison, so please contact him or any of the coaches to get further information.

*Doug Whitlam and Dave Pratt*

**Reminder to Parents from the Treasurer...** If your child is moving squads after Easter, don't forget to amend your standing order from 1st May 2011. Thankyou.

*Maria Cutts*

**FUNDRAISING...** Many thanks to Dessie Creasey and to all who worked so hard with her to organise the **Quiz Night** in February. The evening was a huge success and enjoyed by all. A total of £450 was raised for Derby Phoenix.

Thanks go again to Dessie for running the **Easter Raffle** which raised £250. Thanks also to all who generously donated prizes.

**200 Club** - Phoenix has received a £220 prize-winning cheque from the Derventio eXcel 200 Club for having had the highest number of monthly winners per club members over the last year. There are still numbers available (at £5 per month), so if you would like to join the club details can be found on the DX website or from Maria Cutts. The more 200 club members we have, the higher the chance we will win even more next year!!

**Sainsbury's/Tesco Vouchers** – We would be grateful for any vouchers to buy equipment for the Club. Please pass these on to Caroline Young, Dessie Creasey or Maria Cutts.

**Bag-packing** - A bag-packing day will be held to raise funds at Asda Sinfin Store on Saturday June 4<sup>th</sup>.

**This is a great opportunity to raise further funds for the club so we will be looking for the maximum number of swimmers and parents to help out on the day.**

**IMPORTANT: Changing-room Security.** A mobile phone was recently stolen from a swimmer's bag in the changing-rooms at Queens Leisure Centre teaching pool. The phone was among articles later recovered by the police in the course of raids on various properties in Derby. There are therefore strangers entering the changing-rooms while we are swimming. Parents and swimmers need to be aware of this and take all valuables onto poolside at all venues.

For the same reason, it is important that any swimmers returning to the changing-rooms/toilets during a session should not do so alone.

**A final note from the coaches on the importance of hydration:** Hydration, or drinking fluids, is just as important as food intake before and after exercise. All athletes must drink adequate liquids before, during, and after activity to avoid dehydration, which can lead to nausea, dizziness and fatigue. Two hours before exercise, swimmers should consume 1 pint of water or a sports drink to help hydrate them ahead of time. Thirty minutes before exercise, swimmers should take in another ½ pint to prepare themselves for their swim session.

Because swimmers are sweating out important fluids, they must replenish them by drinking frequently throughout the sessions.

Simply put – swimmers need a 1 litre (2 pint) drinks bottle full of water or squash with them at all times during their swim session and to use it!

