



DERBY PHOENIX SWIMMING CLUB

SEPTEMBER 2011 NEWSLETTER... Welcome to the first newsletter of the new season. As reported in June, we have had a change at the top of our coaching team over the summer with Dave Pratt taking over from Doug Whitlam as Chief Coach. We hope all of you who could attend enjoyed Doug's leaving party on 10th September; it was great to see so many swimmers, past and present, in attendance. The season has got off to a positive start with good performances at the final round of the Junior League on 18th September (see report below) and also a good 3rd place in the A grade trophy gala at Mansfield on 24th September. This gala was run to a National League Programme and therefore was a good warm up for the National League.

Our National League galas will take place on Saturday evenings on 8th October, 12th November and 10th December. As a competitive club we need to be able to take our strongest team to these galas, so please keep these dates free in your diaries. This is especially important for Derby Phoenix as we believe we are still the smallest club in the first division and so need everyone to swim when selected.

FROM THE CHAIRMAN... As the new season starts our financial year draws to a close and we are pleased to be in a secure position mainly thanks to some excellent fund raising this year. However, with ever increasing pool costs to be met, it has been necessary to increase squad fees slightly this year. The full details of these increases can be found on our website. This year the committee has decided to ask for club membership and the ASA fees to be paid if one instalment due on October 1st. This will significantly reduce the administrative burden and provide a firmer financial base from which the club can move forward into 2012. More information is to follow shortly in a separate document. Also, in line with Swim 21 requirements we wish to create a volunteer register to include the details of all our coaches and helpers. Everyone on the register will have their ASA fees paid to ensure we are complying with ASA and Swim 21 requirements. Forms will soon be available. The club relies totally on our members' willingness to help, and I would like to take this opportunity to urge anyone who is prepared to volunteer in any way to come forward; your involvement would be greatly appreciated.

In order to aid communication and improve administration, we have appointed a coordinator for each squad. They will be on hand to collect forms, memberships, competition entries etc and generally act as an intermediary between parents/swimmers and the committee. The Squad Co-ordinators are as follows:

A squad	Steph/Brian Stephenson
B Squad	Allayne Cummings
C Squad	Caroline Young
D Squad	Rob Sellers

Finally, good luck to everyone this year, let's hope it's another successful season for Derby Phoenix!

Sue Wisdich

JUNIOR LEAGUE REPORT...

This year's Junior League had a change to the format with the final round moving to September, giving us quite a break between the first 2 galas in May and June and the final on 18th September.

In the first gala in May the team was admirably led by the older swimmers with **Josh Beech, Matthew Holt, Georgia Creasey** and **Isabel Lakin** all having impressive individual wins. In addition to this, in the 12 year old boys, Josh and Matthew (both swimming up), were joined by **Aston Waddingham** and **Andrew Young** to take first place in both the freestyle and medley relays. The 11 year old girls also took first place in both their relays with Georgia being joined by **Fran Harrison, Leah Beal** and **Danni Jackson**. The final scores were: Dronfield 157, Bramcote 157, Sutton 142, **DPSC 138**, Eckington 107.

On a slightly disappointing note, there were a couple of races in this gala where we had no swimmer, as a number of swimmers did not make themselves available for the gala. In a close gala this can make a significant difference to the club's performance.

In the second gala at Bramcote on the 25th June our elder swimmers again led the way with some fine individual victories. This time they were joined by **Christopher Young** who had a great swim to take first place in the 9 year boy's freestyle. The final scores were: COD 198, Bramcote 145, **DPSC 141**, Rykneld 124, Falcon 83.

DPSC NEWS September 2011

The final round took place on 18th September at Queen's Street with Derby Phoenix hosting the gala. Once again our 11 and 12 year olds had a number of winning performances with **Josh, Matthew, Isabel and Georgia** all winning in the individual events. Some great swims from 9 year old girls **Abbie Gregory** and **Ava Kelly** also secured first places. The final scores were: Bramcote 190, Worksop 157, **DPSC 149**, Mansfield 127, Ilkeston 71.

New Chief Coach Dave Pratt wrote "Finishing third was a good result; however, second pushing for first is where I would prefer to be. We will have to wait and see where we finish overall in the league, and we will pass the information on when we get it. Though I had hoped for a better result I am very pleased with the swimmers, they all showed excellent attitude and maturity and they performed very well. We made significant improvement from the first 2 galas and are now competing as a team. Many of the swimmers competed in only 2 races and some competed in 18 plus. Here I want to make a special mention for Matthew Holt competing in 24 races, often just getting out one end, walking to the other and competing again. He did it all with a smile on his face and did his best in all the races. In this final gala other swimmers stepped up to the mark, with others coming in late and doing very good times.

The learning for all swimmers and for us as a club, is that we can still compete with the bigger teams. Thank you to all parents who regularly take their children to swimming and for supporting them and Derby Phoenix. Thank you to all the helpers in every role. Most of all thank you to the entire swimmers who competed for Derby Phoenix in the Junior League 2011. I have listed you all below with the number of swims you completed. Derby Phoenix is very proud of you all."

Matthew Holt (24); Aston Waddingham, Harvey Waddingham, Christopher Young (18): Georgia Creasey (17): Joshua Beech (16): Isabel Lakin (15): Fran Harrison, Amba King (12): Abbie Gregory, Matthew Creasey (11): Lucy Cummings (10); Daniel James (9); Alex Ballard (8): Adam Jennings, India Holmes, Leah Beal (7); Amelia Goodman, Eleanor May, Andrew Young (6); Rebecca Beech, Scott Shelton, Thomas Wyatt, Ava Kelly (5); Danni Jackson, Emily Cannon, Imogen Jennison-Hill (4); Amber Robb, Calvin Atkinson, Imogen Griffiths, Maddie Taylor, Nina Atkinson (2).

FUNDRAISING...We have recently registered with www.easyfundraising.org.uk/causes/derbyphoenix

This is a very simple way of raising funds for the club without much work on our part. Please visit the site and sign up to support Derby Phoenix (only very basic information required, name, address and email address). Then whenever you shop on-line with one of their listed retailers, the club receives a commission. There are hundreds of retailers available including Amazon, Sainsbury's, Tesco, Asda, Marks and Spencer, Gap, EBay etc. To ensure that we receive commission on your purchase, you must go to the retailer's webpage via the Easyfundraising site. There is no cost to you, but a huge benefit to us! One of our members has recently raised over £36 for the club simply by booking next year's holiday via this site. Please don't forget to use it when you are doing your Christmas shopping!

DISABLED SWIMMING REPORT... Carys Coppen attended the first East Midlands swimming development day in at Alfreton on the 4 September. Well done to Carys who we hope will now be invited to more events including further Regional / Derbyshire squad days.

17 September saw Carys and Dave Pratt go to Swansea with a group of youngsters from the Dwarf Sports Association UK. They had been invited to watch the British Paralympic swimmers, Ellie Simmonds and Matt Whorwood train on Saturday morning. They then had a training session with Ellie and Matt's coach Billie Pye. Carys will be representing DPSC at the DSE East Midland Championships in Alfreton on 16th October. It will be great if people from the club can go and support her.

SQUAD PROGRESSION: As a result of some hard work since Easter the following swimmers have moved up squads from September. Well done to you all:

From D to C – Daniel James, Matthew Creasey, Lauren Sinclair, Jake Bailey.

From C to B – Alex Ballard, Rachel Bacon, Amba King, Daniel Lewis, Lucy Cummings, Oska Smith, Skye Hurt.

From B to A – Leah Beale, Danni Jackson, Jed Williams.

Open meets: We want to encourage all swimmers to enter open meets. We had a great turnout at the Ripley open meet at the end of last season with a large number of our swimmers achieving PBs and taking away a large number of medals and speeding tickets. Richard Lakin is our Open Meet Liaison, so please contact him or any of the coaches to get further information. **Dave Pratt**

