



Kelly Swimming Newsletter

Swimming - Open Water Swimming - Triathlon - Running - Aquathlon – Biathlon – Modern Pentathlon



Issue 1, Friday 9th February, 2007

Welcome to the Kelly Swimming Newsletter

The aim of this newsletter is to provide the readership with a week by week account of up to date information, results, news, diary dates, events and activities that involve all aspects of the Kelly Swim Squad. The newsletter will be sent out by e-mail (or post if no e-mail) each Friday, to all staff, parents, swimmers and prospective pupils and will emphasise key topics of information that will help with planning and communication. We are sure you will find this information of interest / help and if you would like an input to the newsletter, or alternatively you have some feedback, please do let us know. Regards RAB

Training Times for the forthcoming week.

Please note there are no changes to the programme this week except that there will be no training Sunday evening. It is requested that National Squad swimmers swim on Monday am as normal after the county championships. It is also requested that swimmers make every effort to attend the Friday pm session at the start of half term which will be 3.45pm for everyone, except Development Squad who will swim at 5.00pm. RAB

Half Term Arrangements

Swimming times at Kelly over the half term period are;

Friday 16th	3.45pm
Saturday 17th	6-8am, 2-3.30pm
Sunday 18th	8-10am, 5.30-7.30pm
Monday 19th	6.30-8.30, 5.30-7.30
Tues 20th	7-9am, 5.30-7.30pm
Wednesday 21st	6.30-8.30am
Thursday 22nd	7-9am, 3.30-6pm
Friday 23rd	7-9am 4.30-6pm
Saturday 24th	6-8am, 2-3.30pm
Sunday	rest

Development Squad will swim Mon pm and Fri pm for the first hour of each session.

We are running a training camp for Disability swimmers from the 16th – 20th February during the first part of half term in preparation for the DSE National Championships in early March. If any one else would like to join us then we will do our best to arrange accommodation during this time. (Accommodation and food will be £20 per day). If you are interested please contact henryj@kellycollege.com for further info. RAB

50m Pool

After half term sees us start back at the 50m Pool; we have 3 sessions booked each week which include, Tuesday AM, Wednesday AM, and Friday AM. These sessions will be split between Performance Squad, National Squad and Disability Squad. County Squad swimmers will be able to benefit from 50m training also and will be involved in a rotation of sessions with the National and Performance Squad from time to time. RAB

Development Squad Parents meeting Monday 12th Feb. 5.15-6pm

A chance to discuss the programme with Robin and Bridget, update on progress, development and future opportunities. Nutritional and Land training advice will also be available for parents. Meet at the pool at 5.15pm, then we will move to the Academy of Sport Classroom (opposite the pool) to discuss the various aspects of the programme etc. RAB

Update on future competitions

On reflection of the date, the location and the costing involved in participating in the Scottish National Age Group Championships in Glasgow. We have decided to switch this event in favour of an open meet in Sheffield on the 26th / 27th May. This meet is billed as a 'last chance meet' to gain national QT's for the national AGE and YOUTH champs in July. All those who meet the required entry or consideration times will be eligible to swim. Sheffield as you are aware is a very fast pool and the chance of picking up QT's later in May is very appealing. We will be discussing entries with swimmers after half term, if you require any further info please contact henryj@kellycollege.com RAB

Lanzarote Training Camp

We are looking to hold a warm weather training camp at Club la Santa in Lanzarote from the 18th – 25th October 2007. The aim of the camp is to prepare swimmers for the 2007/2008 season and will consist of lots of multi activity preparation work both in and out of the pool. The camp will be ideal for Performance, National and Disability Squad swimmers who are looking to prepare for the British Championships which will also include the Olympic and European Junior Trials in March / April in 2008. However, all swimmers in any of these squads will gain a great deal from participating in the camp. We aim to hold evening presentations on nutrition, stroke technique, the science behind swimming, goal setting and performance planning for the year. This camp will not just be about swimming but laying a very important foundation for the year and will include, gym sessions, yoga, stretching, body toning,

running, cycling, aquathlon, open water swimming and even a triathlon (400m swim, 15km bike, 4km run).

We have 30 places available only and will be restricted to a first come first serve basis. In order to secure the flight prices we do have to book ASAP. If you would like your son daughter to attend this camp during the October half term period then we will need a £100 non refundable deposit to secure the flights ASAP. The total cost of the trip will be £700; this is inclusive of food, accommodation, flights, transfers, coaching and facility use. Please contact Henryj@kellycollege.com ASAP to let us know if you would like your son / daughter to attend.

Obviously we will be missing a few days off school as half term does not start until the 20th October. This has been cleared with the Headmaster. RAB

Request

We do need some help with video analysis at events. I have been able to gain funding for some rather smart video analysis equipment. If anyone would be willing to help film races at events (training provided), I would be very grateful. This provides tremendous feedback to swimmers and coaches alike who can review the footage and make comparisons and necessary adjustments to future performances. If anyone is interested can you e-mail robinbrew@aol.com many thanks. RAB

RESULTS UPDATE

Avalon Meet

Excellent swim meet only 3 weeks into the term. Stats: 195 personal best times, 24gold, 18 silver and 12 bronze medals. Awards for top swimmers of the meet went to Victoria Cadge, Olivia Duffield-Moore, Kathryn Stacey, Joshua Lake and Cameron Brodie. We were also Top Club, nearly 100 points ahead of the second placed club.

ESSA National Schools relays

Although it was a long trip up to Harrogate, it was certainly worth the travel.

Senior Girls 4x50 Freestyle relay 1st place

Senior Girls 4x50 Medley relay 1st place

Well done girls you did a great job.

The boys senior, girls intermediate and junior teams did very well amidst stiff competition. RAB

First County Championships Weekend 3rd / 4th February

Excellent start to the county blocks. European S9 Record by David Hill of 2.22.87 in the 200m backstroke. Cameron Brodie was the first swimmer to win the new title of Devon Junior Champion in the 1500m freestyle. We achieved 9 gold medals 11 silver and 8 bronze. Sophie Howe (100m fly) and Cameron Brodie (1500m free) both were Championship runners-up. Victoria Cadge (100m fly), Joshua Lake (100m & 200m Breaststroke) and Fabian Whitbread (1500m free) were placed third in the Championships. There were ten new Swim Squad Age group records achieved by Rory Oxborough,

Cameron Brodie, Saul Phillips(2), Sophie Howe, Victoria Cadge, Thomas Every, Matthew Stacey, Jeffery Hill and Daniel Kidwell. JAH

Dates for your Diary

Sun 11th February County Swimming Championships – Exe Valley Pool, Tiverton W/U 9am

Mens 50m backstroke
Womens 100m Freestyle
Mens 400m Freestyle
Mens 100m Butterfly
Womens 400m IM
Womens 1500m Freestyle

24th / 25th February County Swimming Championships – Central Park Pool, Plymouth, W/U 9am

Saturday, 24th

Mens 50m Breaststroke
Womens 100m Backstroke
Mens 100m IM
Womens 200m Breaststroke
Mens 200m Butterfly

Sunday, 25th

Womens 50m Backstroke
Mens 100m Freestyle
Womens 400m Freestyle
Womens 100m Breaststroke
Mens 400m IM

Please note that these two days are at the end of half term and there will be no accommodation available at the school. The school will not be open until Sunday 7pm for boarders return, so boarders need to book accommodation locally for the Saturday night and maybe the Friday.

25th February – Schools National Biathlon Championships, Bath.

10th /11th March County Swimming Championships – Exe Valley Pool, Tiverton, W/U 9am

Saturday, 10th

Womens 50m Breaststroke
Mens 100m Backstroke
Womens 200m Freestyle
Mens 200m IM
Womens 200m Butterfly

Sunday 11th

Mens 50m Fly
Womens 50m Fly
Mens 200m Freestyle
Womens 200m IM

Womens 50m Freestyle
Mens 50m Freestyle

24th March – DCASA Relay Gala – Central Park Pool, Plymouth
25th March – DCASA Sprint Gala – Central Park Pool, Plymouth
25th March – MPAGB Biathlon Qualifier - Millfield
27th March to 1st April – British Swimming Championships, Manchester
5th /6th / 7th May – South West Youth Championships – Millfield
20th May – SW Relay Gala – Millfield
20th May – MPAGB Biathlon National Championships – Norwich.
25th /26th /27th May – ‘No Frills’ Open Meet 2007 – Ponds Forge, Sheffield.
9th / 10th June – South West BAGCAT Championships - Millfield
16th / 17th June – South West BAGCAT Championships – Millfield
30th June/ 1st July – DCASA Development Gala – Exe Valley Pool, Tiverton.

Wilts County Amateur Swimming Association are holding a Centenary Gala on the 21st April, 2007 at the Link Centre, Swindon. Devon County are sending a team and swimmers will be selected on their performances at the Devons plus from the ASA rankings.

Age groups are 9-11yrs, 12-14yrs, 15-17rs, 18-24yrs and 25yrs and over.

Age as on 21/04/70.

All swimmers will be given a Wilts centenary medal. JAH

Triathlon Events and Dates:

4th March	Castle Combe Duathlon
25th Mar	Kelly Aquathlon
14th April	National Youth and Junior Duathlon Champs
13th May	Tiverton Sprint
20th May	Eton Super Sprints 'Youth event'
27th May	Strathcyde Sprint, 'Junior selection event'
3rd June	National Youth and Junior Triathlon Champs ' Blenheim Palace'.
1st July	Eton Youth 'selection event' and Junior races.

Issue 1 - Newsletter Contributors

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JAH – Jenni Henry