



Kelly Swimming Newsletter

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



Issue 2, Friday 16th February, 2007

The Kelly Swimming Newsletter

We hope you found issue 1 of the Kelly Swimming Newsletter of interest. The aim is to keep the news brief and to the point, however, last week we did have a lot of relevant information needing to be communicated. This week, hopefully, you should be able to whiz through the points. Thanks - RAB

JUST IN:

Flora Duffy is Bermuda Sports Woman of the Year. Go to www.theroyalgazette.com and then to sport and the article is the third item.

Training Times for the forthcoming week.

Obviously with half term starting today the weeks training times are as follows;

Half Term Arrangements

Swimming times at Kelly over the half term period are; **(Please note time changes)**

Friday 16th	3.45pm everyone except 5pm Development Squad.
Saturday 17th	6-8am,
Sunday 18th	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, 4-6pm
Friday 23rd	4.30-6pm
Saturday 24th	Devon Counties Champs
Sunday 25 th	Devon Counties Champs & Schools Nat. Biathlon.
Monday 26 th	No sessions am, normal sessions pm.

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

Half Term Training

For those swimmers who are not in a home programme, I will be providing a weekly session booklet which will be forwarded on Sunday 18th Feb. Please make every effort to maintain your swimming during this important time. A drop in training now would have a significant impact on your preparations towards the Western County Championships during the summer term, where we will be aiming to attain as many NQT's as possible. Also could I ask parents to prompt swimmers to fill out their log books and record what swimming and training has been achieved over the half term period.

50m Pool

Sessions begin back as soon as we have been able to formalise a contract with the owner. We are currently waiting on the National Parks Planning Department who have agreed the terms of usage, but need to provide the consent in writing. All red tape I am afraid, but a necessary procedure on all fronts (Insurance, Health and Safety etc.). Will keep you posted on when we have a confirmed date to start;

Training Times will be as follows, once we are up and running.

Tuesday 6-8am Performance Squad
Wednesday 6-7.30am National Squad
Thursday 6-8am Performance Squad

Swimmers of the Month (January)

Felix Davies and Ellen Riis White have received the 'Swimmer of the Month' trophies for the boys and girls respectively. The award was based on their outstanding performances at the Avalon meet in January. Well done both, it is nice to see the County Squad picking up both trophies.

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

This was an extremely useful opportunity to get to meet parents away from the poolside environment and to discuss aspects of our coaching philosophy and also to take a look at the relevant aspects of the Long Term Athlete Development Plan for their children. We now have 16 swimmers from the Prep School within the Development Squad ranging from 7-10 years old. A Home Land Training programme was demonstrated and given out to all parents to help our young swimmers begin to develop, core and joint stability along with a very basic level of muscular endurance using body weight exercises. If anyone would like a copy of the programme please contact henryj@kellycollege.com .

Note for future competitions.

Could I just ask that parents who are transporting swimmers to events get there 30 minutes before the start of warm up, as this ensures that swimmers can be briefed on warm up procedures and also take part in the pre pool warm up activities on the poolside with the rest of the team. Where there are staggered warm up start times, it will be fine to arrive 30min before the specific warm up for the individual swimmer. The warm up times for the

remaining Devon County Championships are available at www.Devonswimming.org.uk

Team Kit

It is very important that all swimmers are in Kelly Team kit during the competition. Just to confirm what kit is required;

Kelly Tracksuit

Kelly Rugby Shirt

Kelly Swimming Hooded Top

Kelly Swimming T- Shirt

We are in the process of ordering new team shorts which should make poolside wear more comfortable. Any combination of the above will be acceptable.

Lanzarote Training Camp, 18th – 25th October 2007

All systems go for Lanzarote, we have booked flights from Bristol Airport leaving at 13.10 on the Thursday 18th October. Transport will be from Kelly so there is no need to worry about how to get swimmers to the Airport. However, it will be necessary to collect them from Bristol Airport after the flight returns at 21.45 on Thursday 25th October.

Places on the camp are going fast so please do get your deposits off to us ASAP. **Deposits must be paid by Monday, February 26th to secure your place.** Please make cheques payable to 'Kelly College'.(See details below). Full details regarding the trip will be available shortly.

From Newsletter (Issue1)

'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(please make cheques payable to 'Kelly College') 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

Science in Sport

7th March – Presentation by Peter Slijkhuis M.Sc. of Science in Sport on nutrition and SIS products. 7.30pm Melvin Hall. This is a very important aspect of training and competitive preparation, and strongly urge all parents who can make it to attend. The presentation will include hydration, energy replacement, recovery strategies, and pre-competition strategies.

DEVON REPRESENTATION

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

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

Devon Counties – Tiverton Sunday 11th February

Two open Championship wins for Kelly with Victoria Cadge (17) taking the Womens 100m Freestyle Championship and Jeffery Hill (17) the Mens 400m Freestyle Championship.

Other Championship finalists were Joshua Lake, Jennifer Oldham, Cameron Brodie and Sophie Howe.

Gold Medals: 6, Silver Medals: 7, Bronze Medals 5.

9 new Kelly Swim Squad age group records were set:

Kathryn Stacey (12) 1500m free, 100m free, 400m IM

Jennifer Oldham (16) 400m IM

Caroline Ball (18) 1500m free, 100m free

Jeffery Hill (17) 400m free

Megan Mackenzie (15) 1500m free

Cameron Brodie (14) 100m fly

Well done to everyone, keep up the good work.

Westwood Cross Country League

The following swim squad members competed in the above event last weekend:- The placings are for their age groups.

Rebecca Windemer 2nd.

Flora Duffy 4th

Peter Freedman 6th

Heather Fell 6th

Well done to you all on what was a very wet and muddy course.

ESSA Relays

Please visit <http://www.essa-schoolswimming.com/07Seniorteamsphotos.htm> to see photos of Kelly Swim Squad members at Harrogate for the ESSA National Relay Championships.

DATES FOR YOUR DIARY

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, so boarders need to book accommodation locally for the Saturday night and maybe the Friday.

Those entered over the above weekend are:-

David Hill, Lawrence Oxborough, Oliver Lake, James Macfarlane, Oliver Dunn, Andrew Chesters, Westley Hawkins, Daniel Brown, Joshua Lake, Paul Sutherland, Jan Langton, Chelsey Taylor, Katherine Larcombe, Olivia Duffield-Moore, Roseanna Perry, Hollie Mays, Olivia Whitbread, Rhianna Stewart, Kathryn Stacey, Sophie Howe, Megan Mackenzie, Caroline Ball, Victoria Cadge, Jennifer Oldham, Thomas Every, George Humphrey, Rory Oxborough, Cameron Carpenter-Warren, Patrick Blake, Cameron Brodie, Fabian Whitbread, Jeffery Hill, Liam Cosgrove, Jack Dobbs, Hannah Drewett, Sophie Calpin, Charlie Bayliss, Rebecca Windemer, Meghan Spence, Matthew Stacey, Louise Watkins, Phoebe Chester, Sarah-Kate Timms, Claire Cashmore, Daniel Kidwell.

Anyone wishing to withdraw from this weekend, please notify Jenni henryj@kellycollege.com or telephone 01822 813165) before 12 noon, Tuesday 20th February, 2007.

25th February – Schools National Biathlon Championships, University of Bath, Claverton Down, Bath.

Those entered are:- Lawrence Oxborough, Westley Hawkins, Alexander Hepworth, Alex Richards, David Lunn and Rebecca Windemer. **Just a reminder for those who are entered in the Devons as well as this competition, the higher competition takes president and in this case it will be the Biathlon.**

Please go to <http://www.mpagb.org.uk/uploads/SchoolsFinalTimetable2007.doc> for information on rankings and the final timetable. There will be a mini bus leaving Parade Ground at 6am. Please let Jenni know if you wish to travel on the mini bus. Staff – Richard Brady.

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.

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 2 - Newsletter Contributors

RAB – Robin Brew

JAH – Jenni Henry