



## Kelly Swimming Newsletter

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



*Issue 22, Wednesday 5<sup>th</sup> December, 2007*

### **The Kelly Swimming Newsletter**

This first training cycle has been excellent. We are currently at week 18 of 19. With up to 190 swimming sessions and 37 land training sessions in the bank for some of our more senior performers, it is pleasing to note that the average attendance rate for the whole performance squad has been 97.01% (top 3; Jenny Oldham 99.32%, Jeff Hill 99.24% and Dave Hill at 96.82%) and the results in performance reflect the tremendous dedication and commitment of our swimmers. To mention just a few performances, Jenny Oldham – top female performer at the Bath open meet for her outstanding 50 BK, scoring the highest points of all female swimmers in all events. Cameron Brodie set a new Scottish age group record in the 200m Fly by more than 2 seconds also at the Bath meet. Louise Watkin equaled the WR in the 100m IM in her category and smashed the 400FC British record in the 400m FC by more than 7 seconds at the DSE short course nationals. Clare Cashmore set two new European records at the same DSE short course champs in the 200m IM and the 100Fly respectively. These are just a few of the many great performances that our swimmers, disability swimmers and Triathletes have produced so far this term (all the results and updates are on the web site) and I do not know of any squad member who has not achieved a personal best time. However, that said, in all programmes some do better than others. There can be many factors that influence and limit performances such as illness and injury. More subtle disruptions include rapid growth and hormonal changes which can occur unexpectedly and are initially less obvious to detect. In addition these changes can play havoc with the recovery process leaving performers tired, fatigued and frustrated. In all cases patience and good management is the key. Maintaining motivation and to take a long term view of performance is vitally important for our younger athletes; the developmental journey is a long one and at times age group racing can appear very unfair due to the early or late development of performers. It is useful to remember that age group racing is not a level playing field!

Generally, swimmers succeed not because they are the most talented but because they are the most persistent, day after day, week after week, year after year. Interest turns to enjoyment, enjoyment turns to fulfillment, fulfillment turns to passion and passion leads to drive, determination and a burning desire to succeed.

Our aim as coaches is to provide a motivating and positive climate in order to create change in the conditioning and skill level of our swimmers and Triathletes. Our one overriding goal is to improve performances and to maximize an individual's potential both in the short and long term perspectives.

Consistency is a key component of success as previously highlighted. Since September we have been monitoring the attendance rates of our County, National and Performance Squads. On the school reports, which you will receive during the holidays, we have indicated individual attendance rates as an average percentage over the term. It is important to interpret these correctly based on the previous key points.

We ultimately want motivated swimmers who want to be striving for the next competition and who enjoy what they do. In order for the coaching staff to be effective and the swimmers to benefit from the simple principals of progression, attendances must be in the upper 90% area. If we are to continue with the great success this term then all of our swimmers must ensure that extra effort is applied to take more advantage of the training opportunities on offer. Parents understanding and support with this process is also vitally important as we embark on the new training cycle of 17 weeks starting on Monday 17<sup>th</sup> December.

I have attached the Christmas training timetables for both the National and Performance Squads and also the County and Development Squads. You will notice that there are a lot of events in 2008. The County Championships and Olympic Trials will be upon us like a flash and the Christmas period is a time to lay the foundation for these important events. It is very necessary that all our swimmers and Triathletes keep up the excellent work achieved so far and keep the training up over the holiday period. For those returning to home clubs, please aim to swim as frequently as suggested on the holiday training timetable. I will be sending out Christmas sessions to all those who find it difficult to get to a club during this time but may have access to a pool.

The final week of term will include the Christmas Grand Prix. This is a Kelly Swimming in house competition to ensure that we are able to give every swimmer a chance to race at the end of this training cycle, it will also be an opportunity for many to gain their first ever County QT's. The aim is to be inclusive for all of our swimmers and Triathletes and to produce some very fast swimming in an exciting atmosphere.

The Grand Prix will be run over Monday, Tuesday and Wednesday and will be incorporated into the training session slots.

It now just leaves me to say a final thank you to all the parents for your support this term; it really is very much appreciated by all the coaching staff.

Here's looking forward to great improvements in our 2008 Olympic & Paralympic Year. Have a great Christmas.

### **Parking**

Please could all parents note that there is a school 'no parking' policy at and around the swimming pool. Please do not park either by the school shop (unless using that facility), in the disability parking (unless you have a disability badge) or by the BTEC class room or on the road. Please could all parents give regard to safety and park either on the Parade Ground or at the Astro Turf car park. JAH

### **Development Squad**

There will be no land training next Tuesday (11<sup>th</sup> Dec) due to Kelly College Grand Prix and no swimming Wednesday afternoon (12<sup>th</sup> Dec) due to Inter-house matches. BE

### **Devon County Championships**

Could all swimmers please check the members site of our website ([www.kellyswimming.com](http://www.kellyswimming.com)) to find out (if and what) events you have qualified for at the Devons. If your name is not there, it means that at present you have no qualifying times and need to ask for time trials from your squad coach. If there are events you would like to enter and there are not times down for you, again, please ask your squad coach for a time trial. If there any events down that you do not wish to enter, please discuss with your coach. JAH

### **ASA South West Regional Championships**

Congratulations to all those who took part in the above Championships. Results will be available on the ASA South West website (<http://www.swimwest.org>) JAH

### **Speedo League**

Well done to all members of the swim squad team who performed so well at Millfield. For results of all the rounds please visit [www.speedoleague.org.uk](http://www.speedoleague.org.uk). As Division 1 Champions we are now promoted to the Premier League of the Speedo Western and look forward with great delight to next years competition. JAH

### **ASA South West Region Time Trials**

Anyone interested in swimming in the time trials (1500m, 800m and 400m Individual Medley) at Millfield on Saturday 5<sup>th</sup> and 19<sup>th</sup> January 2008, please see Jenni. Entry is £3.50 per event, warm-up 3.30pm and a 4.15pm start. This event is licensed and so the times can be used for National qualification.

## **DATES FOR YOUR DIARY**

### **Swimming Events and Dates:**

#### **2007**

**8<sup>th</sup> December**                    **Speedo League – Final Round**  
 8<sup>th</sup>/9<sup>th</sup> December            Welsh Disability Championships – Swansea  
 10<sup>th</sup>/11<sup>th</sup>/12<sup>th</sup> Dec           Club Championships

#### **2008**

5<sup>th</sup> January                    ASA SW Long Distance Time Trials – Millfield  
 12<sup>th</sup>/13<sup>th</sup> January           City of Derby Open Meet  
 19<sup>th</sup> January                ASA SW Long Distance Time Trials – Millfield  
 2<sup>nd</sup> February                50<sup>th</sup> Bazuka Swimming Champs - Sheffield  
 3<sup>rd</sup> February                DCASA Championships – Tiverton  
 9<sup>th</sup>/10<sup>th</sup> February           DCASA Championships – Plymouth  
 23<sup>rd</sup>/24<sup>th</sup> February        DCASA Championships – Tiverton  
 1<sup>st</sup>/2<sup>nd</sup> March                DSE Junior Championships - Sheffield  
 8<sup>th</sup>/9<sup>th</sup> March                DCASA Championships – Tiverton  
 15<sup>th</sup> March                    DCASA Relay Gala – Plymouth  
 16<sup>th</sup> March                    DCASA Junior Sprint Gala – Plymouth  
 31<sup>st</sup> March–6<sup>th</sup> April        British LC Championships – Sheffield  
 20<sup>th</sup> April                      DCASA Interclub Gala – Plymouth  
 3<sup>rd</sup>/4<sup>th</sup>/5<sup>th</sup> May            ASA SW Youth Championships  
 18<sup>th</sup> May                      ASA SW Relay Gala - Millfield  
 7<sup>th</sup>/8<sup>th</sup> June                 ASA SW Age Groups - Millfield  
 14<sup>th</sup>/15<sup>th</sup> June              ASA SW Age Groups – Millfield  
 29<sup>th</sup> June                      ASA SW Sprint Gala - Gloucester  
 21<sup>st</sup>/22<sup>nd</sup> June              DCASA Development Gala – Tiverton  
 5<sup>th</sup>/6<sup>th</sup> July                    DCASA Development Gala – Tiverton  
 10<sup>th</sup>/13<sup>th</sup> July                ASA National Championships – tbc  
 24<sup>th</sup> to 27<sup>th</sup> July            ASA National BAGCAT Championships, Sheffield  
 29<sup>th</sup> July to 2<sup>nd</sup> Aug        ASA National Youth Championships, Sheffield  
 24<sup>th</sup>/25<sup>th</sup> October            59<sup>th</sup> Inter-Divisional Swimming Champs  
 28<sup>th</sup>/29<sup>th</sup>/30<sup>th</sup> Nov        ASA SW Championships - Millfield

### **Biathlon Events and Dates:**

24<sup>th</sup> Feb 2008                National Schools Biathlon Championships, Bath  
 18<sup>th</sup> May 2008                National Biathlon Championships, Macclesfield.

### **Triathlon Events and Dates:**

### **Issue 22 - Newsletter Contributors**

RAB – Robin Brew

JAH – Jenni Henry  
MS – Martyn Stacey  
BE – Bridget Every  
RB – Richard Brady  
SD – Sally Davies