



Kelly Swimming Newsletter

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



Issue 4, Friday 2nd March, 2007

The Kelly Swimming Newsletter

Thank you for all the positive feedback re the newsletter. I am sure it helps all round with communication and information. Please don't forget if you have anything of interest or would like to communicate to other parents or swimmers please do let me know. - RAB

NUTRITIONAL TALK - Science in Sport - EVERYONE WELCOME.

Don't forget the 7th March – Presentation by Peter Slijkhuis M.Sc. of Science in Sport on nutrition. 7.30pm Melvin Hall.

This presentation is open to all those involved or interested in any sport.

This is a very important aspect of training, recovery and competitive preparation. I strongly urge all parents who can make it to attend. The presentation will include hydration, energy replacement, recovery strategies, and pre-competition strategies. Could you please indicate if you are likely to attend by dropping us a quick e-mail to let us know numbers as there will be a **free complimentary Nutritional pack available worth £10**; We don't want anyone to miss out. Contact henryj@kellycollege.com - RAB

Training Times for the forthcoming week.

There are no major changes to this week's timetable. However at the end of next week sees the last block of County Championships taking place at Tiverton and as a result there will no swimming on Saturday or Sunday. 10th/11th March. Training for the Triathlon Squad will be as normal on Saturday AM. - RAB

Swimmer of the Month

Some fantastic performances by many of our swimmers and triathletes this month making selection a very hard task, however, very well done to the following who made a significant contribution to the record books.- RAB

Boys Cameron Brodie

Outstanding performances at the Devons, placing 2nd in two Championships and winning 2 Junior Championships, plus 5 National Qualifying times. Cameron produced a 9 second PB in his 200Fly where he dropped from a 2.21 to a 2.12. School Age Group record

Girls Jennifer Oldham

100m backstroke Champion at Devons, 2nd in 50m backstroke, breaking the school record set in 2002 by Rachel Banfield. Just .1 off breaking 100m backstroke school record held by Olympian Helen Jamieson.

Triathlete of the Month

Rebecca Windemer

Rebecca has competed in 3 National finals this month, as part of a team in the ESSA Relays, she represented Devon at the intercounties cross country Championships and at the Schools National Biathlon Champions. Of particular note is her result at the inter Counties Cross Country, where she finished 117th out of 283 finishers one of the youngest in a two year age group. This is not a dissimilar position to Paula Radcliff in her first appearance at the championships. RB

Happy Birthday

Caroline Ball was 18 on Thursday so many happy returns from all the staff and swimmers. Caroline managed to achieve 10 of the 18 x400's on 5min 30sec in the time we had available on Thursday pm!!!. 8x400 FC to look forward to next week Caroline!! – Here's looking forward to your 21'st B'day (21x800m) – before you judge me too harshly it is important to tell you that Caroline's goal is to swim 5km at the European Open Water Championships. Have a great party on Saturday – RAB & staff

Red Nose Day

If anyone has any suggestions of how we can contribute on Red Nose Day Friday 16th March - please do let us know, sensible or otherwise I am sure the staff are always up for a challenge.

Devon County Championships, weekend of 10th/11th March.

The following are due to swim at the Devon County Championships on 10th/11th March, 2007.

Louise Watkin, Megan Mackenzie, Olivia Whitbread, Meghan Spence, Roseanna Perry, Jennifer Oldham, Hannah Drewett, Olivia Duffield-Moore, Sophie Calpin, Victoria Cadge, Fabian Whitbread, Oliver Lake, Westley Hawkins, Cameron Carpenter-Warren, Patrick Blake, Cameron Brodie, James Macfarlane, Lawrence Oxborough, Daniel Brown, David Hill, Daniel Kidwell, Liam Cosgrove, Jeffery Hill, Joshua Lake, Jack Dobbs, Matthew Henry, Laura Giddings, Katherine Larcombe, Rebecca Windemer, Phoebe Chester, Rhianna Stewart, Hollie Mays, Olivia Whitbread, Kathryn Stacey, Sophie Howe, Caroline Ball, Megan Mackenzie, Rory Oxborough George Humphrey, Andrew Chesters, Matthew Stacey, Paul Sutherland. Oliver Dibben, Oliver Dunn, Justin Southam. JAH

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

6 members of the Squad qualified at the Regional Champions at Millfield to take part in the Schools Biathlon National Championships, in Bath. The event consisted of a swim of 50m for the youngest athletes, 100m for year 9 and above and a run of 1000m. All of the students performed extremely well, postings times very close to their best amongst a very high standard of competition, achieving the following results:-

yr 9, 19th - Rebecca Windemer .
yr 10, 11th Lawrence Oxborough
yr 11, 15th Westley Hawkins
yr 12/13 11th Alex Richards
yr 12/13 6th Alex Hepworth - RB

Lanzarote Training Camp, 18th – 25th October 2007

26 swimmers have booked onto the camp for Lanzarote. Could I please remind those who have not yet paid their deposit to do asap please. - JAH

South West Regional Biathlon Championships

The South West Regional Biathlon Championships, which is a qualifier for the National Biathlon Championships (Norwich, 20th May) are being held at Millfield School, Street, Somerset on 25th March, 2007. Entries have to be completed by **Tuesday March 6th**, so please let Jenni know if you wish to enter. Please also make sure that you are a member of the MPAGB. Please telephone the MPAGB on 01225 386808 or www.mpagb.org.uk to join or to check if you are still a member. Your membership No. will be needed for the entry. - JAH

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

Sponsored Swim

Two of our disability swimmers are looking for sponsors during their National Championships next month. Jan Langton and Sarah Timms have signed up for a 1 hour sponsored swim during the Cerebral Palsy National Championships which take place at the end of March. Both these girls need your support and cash!!! If you are able to help with donations in any way, please contact the Swim Office Henryin order to register your donation in aid of Cerebral Palsy. This will be a great challenge for both girls but I am assured that they are looking forward to it!!! Many thanks for your support in this event. -MS

DCASA Development Galas

Could all Development Squad parents with children who are 9 before beginning of July please put the DCASA Dev Gala dates in their diary, as there children will be competing at these Galas. (Dates: 30th June and 1st July 2007). - BE

SWIM CAPS

If anyone would like to order named swim caps, can they please let Jenni know on henryj@kellycollege.com or on 01822 813165 before the end of next week (Friday 9th March). The minimum number to be ordered will be 2 per person, but you can order more if you wish. - JAH

DATES FOR YOUR DIARY

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

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 4 - Newsletter Contributors

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MS – Martyn Stacey
BE – Bridget Every
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