



Kelly Swimming Newsletter

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



Issue 5, Friday 9th March, 2007

The Kelly Swimming Newsletter

Phew - what a week, returned from a busy weekend at the National DSE Junior SC Champs in Sheffield with David Hill, Sarah Timms and Louise Watkins with 19 Gold medals between them and 4 New British Senior Records and 8 New National Championship Records. (see full results below) Tuesday and Wednesday, British Disability Swimming and the EIS (English Institute of Sport) visited to conduct a series of Sports Science Support tests with the Disability Squad. Wednesday night saw our first in the series of specialist talks (on Sports Nutrition) held in the Melvin Hall and now we are all looking forward to the last of the Devon County Championships this weekend to be held at Tiverton which will see our swimmers compete on the Saturday in the; W50 BR, M100 BK, W 200 FR, M 200 IM, W200 Fly and on the Sunday in the; M 50 Fly, W 50 Fly, M 200 F R, W 200 IM, W 50 FC, M 50FC.

Training Times for the forthcoming week.

Monday AM will be cancelled as a result of the County Championships
The remaining sessions for the rest of the week will be as normal. -RAB

Training update.

Training has been going well and it was great to be able to top up the Performance and National Squad swimmers aerobic system with the extra sessions during last weekend of a competition free Saturday and Sunday. The big push at the moment is on turns. All groups have been including turn specific practices in training. I have introduced a new style of FC turn to the Performance Squad, the 'Torpedo Turn'. The turn has certainly made a significant difference for some of our performers in the squad and has even prompted positive feedback! Watch out for it this weekend. We will start to introduce the other groups to this very fast specific turn from next week. -RAB

British Disability Swimming.

I am not sure that everyone is aware that Kelly College Swimming was appointed as a Regional High Performance Disability Centre in April of last year following the rapid progress and development of the Disability Swimmers at Kelly. The benefit to the programme from this partnership has been immense. It has allowed us to access a host of resources that are of benefit to our AB and Disability swimmers alike. The meeting with the GB staff this week confirms that we are receiving extra funding for specific equipment and also a Strength and Condition coach to visit twice a week from the EIS. -RAB

NUTRITIONAL TALK – Science in Sport

Thank you all so very much for the excellent turn out for Peter Slijhuse' s talk on sports energy replacement, hydration and recovery methods. We have had some excellent feedback from parents who now have a clearer picture of sports specific energy and fluid replacement. The information that Peter presented was excellent. It was very valid and relevant to the needs of our swimmers and triathletes and comes from a wealth of evidenced based research. Our next talk will be on 'Diet and Nutrition' and I will be asking the British Swimming Nutrition Specialist and Old Kelleian, Lisa Dargavel to visit and continue the subject of Sports Nutrition from a food intake perspective. - RAB

Happy Birthday

Happy 18th birthday to Amanda Sanderson for today 9th March.

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, 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, Felix Davies, Sarah-Kate Timms, Thomas Every, Jan Langton, Charlie Bayliss.

If anyone thinks they should be swimming and their name is not on the list, please contact Jenni immediately. JAH

World Cup – Modern Pentathlon

Congratulations to Alex Hepworth who has been selected to compete for GB in two World Cup events in April, one will be staged at Millfield and the other in Barcelona. - RB

World Cup – Disability Swimming

Congratulations to Claire Cashmore, David Hill and Louise Watkin who have also been selected to compete for GB in the VISA World Cup in May which is due to be televised by the BBC - RAB

Lanzarote Training Camp, 18th – 25th October 2007

Thank you for all the deposits for the Camp. Flights now booked and accommodation reserved. We will get the travel details and camp information out closer to the time. The remaining balance for the Camp will need to be paid approximately 10 weeks prior to departure (14th June). We will give you a prompt!

South West Regional Biathlon Championships

Entries have now closed for the Biathlon Championships. Those entered are:-

Cameron Carpenter-Warren, Rebecca Windemer, Joshua Lake, Oliver Lake, Fiona Timms, Ellen Riis-White, Charlie Scoble, Hannah Drewett, David Lunn, Saul Phillips, Lawrence Oxborough, Callum Tustin, Matthew Goater, Westley Hawkins, Jeffery Hill, JAH

SWIM CAPS – URGENT ATTENTION

The following have ordered swim caps:

Olivia	DUFFIELD-MOORE
Felix	DAVIES
Cameron	BRODIE
Victoria	MOORE
Daniel	BROWN
Ellen	RIIS-WHITE
Hollie	MAYS
Ella	ELLIS

Please check that your name has been spelt correctly. **If anyone else would like a swim cap please let Jenni know by Monday morning.** I will be sending off the order Monday afternoon. JAH

REQUEST

We have a request from Geraldine Fry, Matron of Conway, as follows:-

Could you please ask your swimmer parents if they have any cast off (too small kit – uniform or sports, bathers etc.) It would help me a great deal to have a supply of spares for those who have 'lost or forgotten' their uniform/sports kit. Blazers especially welcome.

If you can help Matron with uniform or kit, can you please have it delivered to Conway House. Many thanks. JAH

RESULTS – CASTLE COMBE DUATHLON

The Castle Combe Duathlon (2mile run - 10mile bike - 2mile run) was held last Sunday (4th March) in very wet and windy conditions. However we had some good performances as can be seen from the results below:- RB

6th	Rich Brady
19th (1st Female)	Flora Duffy
33rd (4th Female)	Sam Herridge
62nd	Callum Tustin
93rd	Saul Phillips

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:

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 5 - Newsletter Contributors

RAB – Robin Brew

JAH – Jenni Henry

MS – Martyn Stacey

BE – Bridget Every

RB – Richard Brady