



Kelly Swimming Newsletter

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



Issue 8, Friday 30th March, 2007

The Kelly Swimming Newsletter

Training Times for the forthcoming week.

Please find attached the training times scheduled at Kelly over the Easter holidays. For all those who are returning home for Easter have a great time, but, please don't neglect your training as this is a very important phase for swimmers preparing for the WCASA Youth Championships which will take place at the end of the first week back at school. This will be the first LC opportunity to gain a NQT for Youth swimmers. We will also be attending the Sheffield "No Frills" Open Meet 2007 which will be on the 25th / 26th / 27th May which will be the last chance for Youth swimmers to gain their NQT's. Age swimmers, will have more time as they have until the 17th June to achieve their national times. If anyone is in doubt of the 'National Qualifying Times' please visit our web site www.kellyswimming.com – RAB.

Swimming Programmes.

I will be sending out a suggested training plan over the weekend via e-mail, which will include key swim sessions and some basic land training, for those who are not involved with home programmes.

Log Sheets.

Please also find attached at log sheet, for swimmers to complete at home. These sheets will be replacing the log books that we currently have in place. E-mailing log sheets means that we are able to monitor training more effectively and also provide more comprehensive feedback. Some swimmers have been very diligent in getting their log books filled out each week, but many haven't. As every pupil has an e-mail address at school / home and as part of their ongoing ICT skills / development, it would be more effective for us to receive the log sheets by e-mail each week. Could I ask that you begin over the holidays and send us back the attached log sheet each week to robinbrew@kellycollege.com. Each weekly sheet received will be added to our data base and also the volume achieved will be recorded. The information in essence will greatly benefit coaches, parents and most importantly swimmers as it acts as a personal record of training and progression. Could I ask all parents to give a big push on log book sheets and provide initial support if required. Log sheets will need to be in by the Monday of the following week. – many thanks RAB

Happy Birthday

Happy 18th to Daniel Kidwell (Saturday, 31st March).

Devon County Relays (24th March 2007)

Well done to our relay teams bringing back to Kelly College all four Championship Trophies. Congratulations to the boys teams of Matthew Henry, Paul Sutherland, Liam Cosgrove, Joshua Lake and Jeffery Hill, and the girls teams of Jennifer Oldham, Olivia Duffield-Moore, Sophie Howe, Caroline Ball and Victoria Cadge.

Jennifer Oldham, swimming the lead leg on the medley relay, broke the School record for 100m backstroke which has been held by Helen Jamieson (Olympian) since the 1980s. Helen's time was 1.04.71 and Jenny swam a 1.04.49 to take the record.

Matthew Henry also broke a school record when he led out the Boys 15/16 4 x 50m medley relay. Matthew did 27.74 for the 50m backstroke. The boys placed 2nd in the medley and freestyle relays, joining Matthew in these relays were Joshua Lake, Daniel Brown and Westley Hawkins.

The girls 15/16 years won the medley and freestyle relays, team members being Jennifer Oldham, Olivia Duffield-Moore, Roseanna Perry, Sophie Howe and Sophie Calpin.

The girls school relay of Megan Mackenzie, Sophie Howe, Olivia Duffield-Moore and Roseanna Perry placed 2nd.

Boys 11/12years were unlucky to be disqualified after a good swim to come in 2nd in the medley relay, but then made up for this by bringing home the bronze in the freestyle relay. Team: George Humphrey, Felix Davies, Justin Southam and Rory Oxborough.

Fourth place was where the girls 13/14years medley and freestyle team placed. Team: Louise Watkin, Hannah Drewett, Hollie Mays and Chelsey Taylor.

Devon County Sprints

Well done to all the swimmers who took part in the Devon County Sprints.

Please see www.kellyswimming.com for full results. Charlie Bayliss 3 personal best times (pbs), Felix Davies 4 pbs and 3 bronze medals. Thomas Every 3 pbs, 1 gold and 1 bronze medal. George Humphrey 1 bronze medal, Rory Oxborough 2 pbs, Justin Southam 4 pbs, two silver medals. Kathryn Stacey 2 pbs, 3 gold and 1 silver medal and Chelsey Taylor 3 pbs.

MPAGB S.West Regional Biathlon Championships

Senior Women

Heather Fell 1st

Youth B Girls

Hannah Drewett 4th

Youth C girls

Ellen Riis White 7th

Youth A Boys

Jeffery Hill 3rd

Joshua Lake 6th

Youth B Boys - Team Qualified for Nationals

Lawrence Oxborough 5th

Westley Hawkins 6th

Matthew Goater 9th

Youth C Boys – Team Qualified for Nationals

Oliver lake	2 nd
Cameron Carp- Warren	4 th
David Lunn	8 th

ESSA RELAYS – PHOTOS – LAST CHANCE TO ORDER

We have been sent proof photo prints of the teams that went to the ESSA Relays in February. We have the Senior Boys Teams (Jack, Jeff, Oliver, Liam and Paul), Senior Girls Team and pictures on podium, both relays, (Vicky, Amanda, Caroline and Jenny) and Junior Girls Team (Hollie, Kathryn, Chelsey and Rebecca). If you would like to see these photos, or order some please see Jenni. Cost of the photos are as follows:-

7x5 inch £4.49 each, 8x6 inch £6.10 each, 12x8 inch £9.25 each. This includes post and package.

Orders so far are: - Liam Cosgrove and Rebecca Windemer. JAH

Western Counties Youth Championships - URGENT

I think that all those who have qualified have now entered for the above event. Those entered are:-

Daniel Brown, Liam Cosgrove, Jack Dobbs, Oliver Dunn, Matthew Henry, Jeffery Hill, Daniel Kidwell, Joshua Lake, Matthew Stacey, Paul Sutherland, Caroline Ball, Victoria Cadge, Sophie Calpin, Hannah Drewett, Olivia Duffield-Moore, Sophie Howe, Megan Mackenzie, Hollie Mays, Jennifer Oldham, Olivia Whitbread, Roseanna Perry, Rhianna Stewart, Holly Yeo.

Please could **Jan Langton, Sarah Kate Timms and Laura Giddings**, let Jenni know if they would like to enter (events list on www.kellyswimming.com). David, Claire and Louise are not competing as they have two major competitions on the following two weekends. JAH

City of Sheffield ‘No Frills’ Open Meet – ENTRIES closing Sunday.

Entries are being processed for the above event, and at present, the following swimmers have entered:-

Caroline Ball, Victoria Cadge, Sophie Calpin, Hannah Drewett, Olivia Duffield-Moore, Hollie Mays, Jennifer Oldham, Kathryn Stacey, Daniel Brown, Liam Cosgrove, Oliver Dunn, Matthew Henry, Jeffery Hill, Joshua Lake, Oliver Lake, Matthew Stacey, Paul Sutherland, Fabian Whitbread, Olivia Whitbread, Roseanna Perry, Patrick Blake, Megan Mackenzie, Cameron Brodie.

All entries need to be in by **1st April**. It is assumed that everyone who would like to enter has done so. Please contact Jenni urgently if you wish to enter and have not done so. henryj@kellycollege.com JAH

Triathletes

Callum Tustin, Sam Herridge and Rich Brady will be competing at the Swindon Duathlon (run-bike-run) on Sunday 1st April (yes they are fools).

Flora Duffy will be competing for Bermuda on 1st April in the Dominican Republic in Central American Championships.

Callum will also be competing in the National Duathlon Championship on Fri 13th April. RB

DATES FOR YOUR DIARY

27th March to 1st April – British Swimming Championships, Manchester
21st April – Wiltshire Centenary Gala.
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 8 - Newsletter Contributors

RAB – Robin Brew
JAH – Jenni Henry
MS – Martyn Stacey
BE – Bridget Every
RB – Richard Brady