

# Kelly College Swim Squad

## Newsletter

### Issue 1 – 03.11.10

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#### **Kelly Swimming**

Welcome to our first edition of the 2010/2011 Newsletter. We aim to update you regularly with events and news of our swimmers and also to link with any stories or information which you may find helpful on our website. Please do regularly visit our downloads section as you will be able to access lots of invaluable information on all aspects of swimming and performance. To begin with I have posted a fact sheet from British Swimming about staying healthy during the winter and the precautions you can take to prevent colds and flu. I do hope you find our newsletters helpful and we welcome your feedback.

*Robin Brew*

Welcome back to all our swimmers, hope you all had a good half term and are raring to get going with all the important events coming up in the next few weeks. A list of forthcoming events can be found at the end of this newsletter.

Please always check our website ([www.kellyswimming.com](http://www.kellyswimming.com)) for news and details of events. The website is constantly kept up-to-date and we feel sure will be of great assistance to all our parents and swimmers in enabling them to plan ahead and keep themselves abreast of all that is happening with our busy Swim Squads.

*Jenni Henry*

#### **Performance Squad**

The fitness level of all our performance squad returning after half term was very pleasing. Cameron Brodie, Blaine Small and Lauren Steadman were selected for the AASE talent training camps in Cyprus. Mark Sammut broke two Maltese National records in Germany. Molly Redford swam out of her skin in the 100FC and the 50m relay at the National inter-county championships in Sheffield. Nadia Edling smashed five long standing personal best times at a competition in Germany, the remainder of the swimmers worked hard over half term to maintain and improve fitness levels. The focus now, for this next phase of training, will include the specific development of anaerobic capacity (very hard work), combined with recovery and skill sessions designed to improve technique and race skills. The current training ethos in the performance squad is outstanding, with every member of this squad pulling their weight and contributing in training. Although we are in the middle of relatively heavy training, the swimmers are all looking forward to the SW Championships this weekend.

*Robin Brew*

## National Squad

Glad to see everyone back into the swing of things after the half term break and pleased that most have maintained a good level of fitness. We are all looking forward to the South West Championships this weekend which will be good preparation for next Wednesday's ESSA relays where Kelly is looking to take on the likes of Millfield and Plymouth College. Time to start racing!

*Robin Francis*

## County Squad

Our County Squad swimmers have made some significant progress in the first part of this term. With an impromptu time trial session to help us make our final selection for the ESSA relay teams for next Wednesdays regional schools relay competition, we had 14 swimmers who achieved PB times for 50m freestyle and 50m breaststroke. The biggest pb went to Chloe Barrow who knocked 10 seconds off her 50m breaststroke PB!

*Robin Brew*

## November birthdays:



Chloe Barrow(12) Sam Kaye(19) Felix Davies (16) Ellen Riis White (16)

A very happy birthday to Chloe, Sam, Felix and Ellen.

## City of Plymouth Galas.

Well done to all those who took part in these galas. A date is to be arranged for all those who competed to have a photo taken with their trophies and medals. Please make sure that for the photo you wear the white T shirt with 'Kelly Swimming' on the front. More information soon.

We have some BAGCAT trophies in the SPC (Swimming Performance Centre) that were picked up for those who were not present on the last day, and some medals from the previous weekend. Check our website and if you have won a trophy, or have not received all your medals, please come and collect from the SPC.

There were some items left at Central Park Pools after the last day of competition, so if anybody has lost anything, please check with Jenni in the SPC.

### **ASA South West Short Course Championships:**

Information has gone out regarding these Championships, to be held at Millfield on Saturday and Sunday, 6<sup>th</sup> & 7<sup>th</sup> November, 2010. Please check our website for full details. [www.kellyswimming.com](http://www.kellyswimming.com)

### **ESSA 53<sup>rd</sup> Relay Divisional Championships:**

These are being held, again at Millfield, on Wednesday 10<sup>th</sup> November, 2010. All details, timings, teams, etc. can be found on our website. This is a really important event as it is the only way to qualify for the ESSA National Relays which, this season, are in Stockport on Saturday 5<sup>th</sup> February, 2011.

### **Lanzarote Camp – Easter 2011:**



Names are being taken for the camp planned for Easter (dates Wednesday 13<sup>th</sup> April until Friday 22<sup>nd</sup> April 2011). Anyone wishing to attend, swimmers and parents, should email their names to Jenni. A deposit of £100.00 for each person will be required, which can be paid directly into the school account. Upon receipt of your names an email with all the account details for you to pay your deposit will be forwarded. Flights are not yet available for April, so we cannot let you know the final costings, but will do so as soon as the flights become available.

### **Aachen, Germany:**

Mark Sammut competed in Aachen, Germany during the half term holidays and broke two Maltese National short course Records. The 50m backstroke record, which he already held, knocking 0.79 off his previous personal best to swim 28.07. The Maltese record for the 100m backstroke has been held since 1993 by Christian Gialanze, who is an Old Kelleian,

trained by Archie Brew, so Mark was thrilled to knock 0.96 off the old record. The new record now stands at 1:00.52. Mark also competed in the 200m freestyle (1.59.62) and the 200m backstroke (2.13.83).

Mark has now been chosen by Malta to represent them at the World Short Course FINA Championships to be held in Dubai in December 2010.



### **Saturday 6<sup>th</sup> November, 2010:**

Please note that training for the Performance and National Squad this Saturday will be at 2pm to 3.30pm, with no training in the morning. This is because the majority of swimmers in these Squads are at the ASA South West Short Course Championships, along with the coaching staff.

### **Speedo Aqua V Caps**

We have been requested by several swimmers to have a racing hat, preferably one of the new 'bullet' type caps, so please find attached a form to fill out if you would like to order a racing cap. These caps will be black with white writing and will come in medium or large, plus you can pick a flag to go on the cap, so if you are English you can choose to have

St. George's flag or, if you prefer, you can have the Union Jack. The choice is yours. The sooner we can get all orders in, the sooner we will be able to compete with these caps, so please send your order to Jenni as soon as you can.

### **Events for Kelly College for 2010**

6 <sup>th</sup> /7 <sup>th</sup> November	ASA South West Region (sc) Championships	Millfield
10 <sup>th</sup> November	ESSA Relay qualifiers	Millfield
3 <sup>rd</sup> /4 <sup>th</sup> /5 <sup>th</sup> December	Aquae Sulis Grand Prix Meet	Bath
10 <sup>th</sup> December	Kelly College Time Trials	Kelly

### **Events for Kelly College for 2011**

7 <sup>th</sup> /8 <sup>th</sup> /9 <sup>th</sup> January	British Gas Scottish (sc) Championships	Glasgow
22 <sup>nd</sup> /23 <sup>rd</sup> January	Exeter city Open Meet	Cardiff
5 <sup>th</sup> February	ESSA Relay National Championships	Stockport
19 <sup>th</sup> /20 <sup>th</sup> February	DCASA Championships	Plymouth
5 <sup>th</sup> – 12 <sup>th</sup> March	British Gas British Championships	Manchester
6 <sup>th</sup> March	DCASA Championships	Plymouth
19 <sup>th</sup> /20 <sup>th</sup> March	DCASA Championships	Tiverton
16 <sup>th</sup> /17 <sup>th</sup> April	Taunton Deane Open Meet	Millfield
7 <sup>th</sup> May	Cornwall & West Devon League	tba
21 <sup>st</sup> May	Cornwall & West Devon League	tba
26 <sup>th</sup> June	Cornwall & West Devon League	tba
30 <sup>th</sup> June – 3 <sup>rd</sup> July	British Gas Scottish National Open Champs	tba
21 <sup>st</sup> - 25 <sup>th</sup> July	British Gas ASA Age Group Championships	Sheffield
27 <sup>th</sup> – 31 <sup>st</sup> July	British Gas ASA Youth Championships	Sheffield