



Davenport Dolphins Swimming Club
Affiliated to:
East Midlands Region & Northamptonshire
ASA
Swim at: Davenport Leisure Centre NN11
4FP

President: Mrs Lesley Sharp

Dear Swimmers/Parents

Another season has passed, and what a season it has been yet again. With swimmers and the club going from strength to strength in all forms of competition and training. The club is still slowly growing in numbers which is great with some new younger members making their way in to our Bronze (Stage 8) and Silver (Stage 9) squads. Over the course of the 2011/2012 season we will be looking up our intake of younger swimmers in Bronze especially males and females in year 2 and 3 at school (6-8) year olds.

As with last year, many thanks go to my dedicated team of lane helpers/coaches who have done an excellent job in assisting me in producing the results that we have achieved this season. Including:

Lesley Sharp, Darren Barber, Sara Hanby, Josh Holman, Katie Holman, Harry Ballman, Louise Balloch, William Leong, Adele Jolley.

We are looking to also increase the number of poolside staff/helpers we have on poolside, especially for our Gold (Stage 10) and Olympic Squad, if anyone is interested in learning the ropes of coaching and working alongside me during sessions, please let me know of your interest.

Also thanks go out to our poolside helpers for galas and open meets, who have provided swimmers with a calm and relaxed environment to compete in. Including:

Kate Bond, Dawn Mann, Angela Smith-Williams, Khan Putland, Rose Coates, Diane Murphy.

Lastly but certainly not least, thanks to everyone that helps support us in galas, our club championships, and development. A lot of hard work goes into these events and it is certainly clear to see, that everyone's hard work allows us to put on superb events.



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Competitions

The level of swimming this season has again significantly risen. In terms of a statistic amount, I am not sure how many P.B's have been achieved over the course of the season, but it has definitely been a huge amount, with 130 personal best times occurring at the club sprints in July. We have a greater number of swimmers again qualify for county and regional level of swimming. As with last season I hope to see the pattern continuing, and that the continued hard work for swimmers in training carry's on producing the type of result and more as each season goes on.

Counties 2011

Continuing the success from the previous County Championships, as a club we took 30 swimmers to counties this year, gaining loads of Top 1, 3, and 8 places in individual events, and overall positions in age groups aswell. For full results of the county championships please see the website.

It is anticipated this year that as club we will be able to have over 40 individual swimmers qualify this year for the 2012 county championships (50% of the club membership), and hopefully with the efforts of the swimmers in the coming season, will help the club achieve this target and hopefully exceed it.



Swimmers attaining Top 6 places overall at county 2011: L-R Keely Saville, Joseph Iacovides, Carey Davis, Darren Barber, Jack Bond, Sophie Iacovides

Midlands

For this years Midland Regional BAGCAT Championships, I was pleased to have 4 swimmers qualify for individual events, in comparison to the previous seasons 1 swimmer. We also took 4 swimmers to represent the club for the 4 x 100 Med Relay. In addition we had two swimmers selected to represent Northampton in relays through their participation in the County Development squad. This is down to the hard work, effort and commitment that these swimmers have shown this year with regards to the training, which has successfully converted to competition improvements.

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Midlands (cont)

Individual Qualifiers

Jack Bond
Emma Bond (representing Northampton)
Anya Bennett
Joseph Iacovides

Daventry 4 x 100 Medley Relay Team

Carey Davis
Kimberley Mann
Alex Gibbons
Rachel Sullivan

Swimmers representing Northampton Swimming Club in Relays

Emma Bond (4 x 200 Freestyle)
Sophie Iacovides (4 x 100 Freestyle)



For our swimmers the midland regional events are the next stage of competition for our developing swimmers to achieve, and as with counties, I hope that we can take more swimmers to the competitions next year, and again in more events.

Junior League

The Junior League this season has this year been very successful. After the unfortunate cancelling of the first round due to poor management and communication of the host pool, something we are very familiar with, the second and third round produced some fantastic swims, even though for both rounds were unable to field full strength teams, due to swimmer absences.

Going into the third and final round, held at Hinckley, we were ranked 4th out of the 5 competing teams, however with some gutsy performances and efforts, achieved a first place finish. A feat that had left me speechless for much of the evening and night afterwards.



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New Members

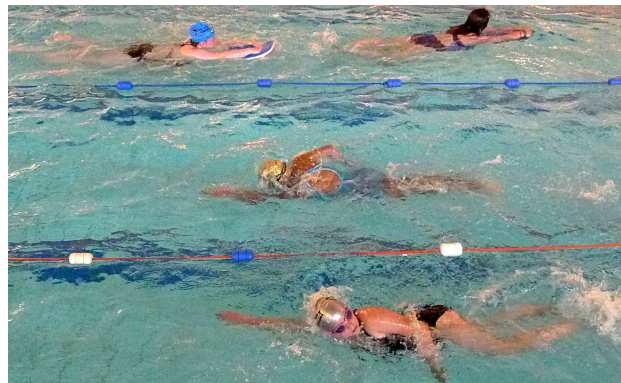
Since the start of September and through the season, we have had a high number of new swimmers that have fitted in with the club really well. I would again like to welcome these swimmers as well as their parents to our club and hope that they spend many years with us as a club.

Kit for next season

Can all swimmers in each of the squads please have the following kit ready to use for September, as well as the usual, costume/trunks, hats, goggles etc etc.

Bronze

- Kickboard
- Pullbuoy
- Fins



Silver

- Kickboard
- Pullbuoy
- Fins

Gold

- Kickboard
- Pullbuoy
- Fins
- Hand Paddles
- Skipping Rope



Junior Olympic/Olympic

- Kickboard
- Pullbuoy
- Fins
- Hand Paddles
- Skipping Rope



Left—Kiefer Ergo Paddles—Perfect size and shape (and cost) for paddles.

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Friend/Swimmer/Coach/Teaching Superstar

Many of you may know that one of our club coaches Darren Barber is heading up and along the M6 to Birmingham to further his career in primary education. Myself and the Davenport Dolphins committee, would like to say a huge thank you to Darren for all the hard work and support that he has given to the club since returning to train/coach since September 2009.



Myself and Darren have grown up together since a very young age, going from nursery through to college together, as well as training together as youngsters at Davenport Dolphins and Northampton Swimming Club for 8 years.

When I had announced to Darren back in the summer of 2009 that I was returning to coach, I was met with the news that he would love to come and train with me in our Olympic squad (and although this comment came from an inebriated state), Darren followed through his statement and came back to train and race with Davenport. I have had a fantastic time working with Darren, in which over the last 2 years he has achieved numerous personal bests, and has improved on events that as a younger swimmer I know for a fact he wouldn't have been interested in doing.

Shortly after returning to swim, Darren had asked if he could become involved with the coaching at the club, an offer I knew I shouldn't refuse. To have Darren as part of the coaching setup has been fantastic. He has been able to offer me knowledge from his role as a swimming teaching, and allowed me to have another viewpoint on an extensive amount things related to how we coach swimmers as a club. We have been extremely lucky to have such a great personality involved with us, especially one that all the swimmers love.

The good news is Darren has said that he will be happy to represent the club in team competitions such as Arena League.

Once again, I would like to say thank you to Darren for all his effort, good luck for university and I will miss him even though he will only be 35 miles up the road. However I have one admission to make, and that is I am severely jealous of him and his girlfriend who are moving into an apartment that has digital scales built in to the kitchen work surface.

THANK YOU DARREN!!!

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General Housekeeping

Sorry to put a dampener on the mood of the newsletter, but this is something that is extremely important for all swimmers and their development.

It is becoming more prominent that (a minority of) swimmers are arriving late to training, and arriving to training without the correct equipment (including goggles, hats, kickboards, pullbuoys and fins). Please could all swimmers attend 10-15mins on poolside, to allow themselves to prepare for the session, and for the coaching staff to make the necessary decisions on swimmer lane positions. For those swimmers arriving late, they are missing very crucial parts of the session, and it very difficult for them to start and join in with swimmers that have already been in the water for 5-15mins already.

Moving Forward for September 2011

At this point last year, I talked about swimmers taking “**ownership**” of their swimming, and taking the opportunities given to them in training and at competitions. This is something that has worked extremely well for those swimmers that have taken this advice on board. This is something that I feel is crucial to take into next year, and I am hoping those swimmers that have take responsibility of their swimming to be able to share there experiences with their squad peers and members of the club from all the squads. This “**ownership**”, comes in the way of attendance, attitude to training, for improving all strengths and weaknesses (ESPECIALLY THE WEAKNESSES) and effort in training.

One main focus I am keen to develop, is the area of **teamwork**. At the last few opens meets and gala’s we have been to this season, their has been a strong positive team atmosphere and I would love this to continue and cultivate within our swimmers. It was great to see swimmers from all squads interacting and supporting swimmers during the Northampton open meet in July, something that I am 100% sure helped our athletes push themselves that extra bit harder, especially at the back end of races. With the world championships going on in Shanghai as I type, it is clear to see even at International level how a strong team bond has a positive effect on performance, with the USA, Australia, China, French, and even Team GB showing this quality at this meet.

I expect this teamwork to not only be prominent in competitions, but part of our training programmes, with swimmers pushing themselves and others, with encouragement, and enjoy pushing each other to make a competitive training environment.

Again, thank you for such a fantastic season of swimming, and best wishes for a hot Summer, I hope everyone is ready for next season, ready to train hard, and ready to swim fast.

Rob Sharp
Head Coach



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