



**Monday 12<sup>th</sup> March 2018 NEWSLETTER 11**

**THE CENTRAL BEDS OPEN MEET** was held at the Saxon Pool, Biggleswade over weekend. This was the last opportunity for DDSC swimmers in their quest to achieve new or improved 2018 East Midland Regional Qualification times (RQT). The Daventry results have just been emailed so here are the results done in age order. 8 new pbs, 4 new or improved regional qualification times. This takes us to 15 qualifiers.

- Isabel Sharp 12yrs: 2<sup>nd</sup> 100m free 1.10.61 pb, 2<sup>nd</sup> 200m fly 2.51.55 (RQT) 2<sup>ND</sup> 50m Fly 35.20 pb RQT, 2<sup>nd</sup> 100m fly RQT, 3<sup>rd</sup> 400m IM 6.11.00
- Trinity McCleary 13yrs: 2<sup>nd</sup> 200m back 2.43.14 pb, 3<sup>rd</sup> 100m Fly 1.17.88, 4<sup>th</sup> 400m free 5.03.97 pb, 7<sup>th</sup> 50m free 31.23
- Bethan Thomas 14yrs: 2<sup>nd</sup> 200m breast 3.01.24 pb, 4<sup>th</sup> 200m IM 2.42.27, 5<sup>th</sup> 200m fly 2.44.74 pb RQT, 6<sup>TH</sup> 50m fly 33.40
- Stanley Beasley 14yrs 1<sup>st</sup> 100m fly 1.11.61 RQT, 5<sup>th</sup> 50m fly 33.50,
- James Ward 14yrs 50m breast 37.68 Regional QT (well done on achieving your first RQT)

**SATURDAY 17<sup>TH</sup> MARCH 2018 LEICESTER & DISTRICT WINTER LEAGUE ROUND 3:**

- CONGRATULATIONS to the A Team who have made the **FINAL** of Division One and will be at Braunstone pool
- The B Team will be at Market Harborough Pool for their Division 2 gala

Wishing both teams the best of luck

**SATURDAY 24<sup>TH</sup> MARCH 2018: JUNIOR GALA AT NUNEATON:** Team selection notifications have been emailed to those selected with the main notice on the board at the pool for you to indicate availability.

**Sat 14<sup>th</sup> April 2018** sees the start of the 2018 Leicester and District Diddy League programme. This competition is for swimmers aged 9-12yrs ages at 30<sup>th</sup> June 2018 (but swimmers have to be a minimum of 9yrs on 16<sup>th</sup> June 2018). We will be fielding 2 teams. (Round 2 on 12<sup>th</sup> May / round 3 16<sup>th</sup> June so please keep those dates free)

- We have just been notified that for round one the A Team will be at Wellingborough and the B Team will be at Corby. Team selection notices will be going out very soon.

**Also, the same weekend: Sat 14<sup>th</sup>/Sun 15<sup>th</sup> April:** East Midlands Regional Youth Championships 14+yrs: Rob will be at Sheffield with the qualifiers

**Sat 21<sup>st</sup> April 2018:** Nuneaton SC Junior Gala for swimmers aged 9,10yrs,11,12yrs & 13yrs ages at 31<sup>st</sup> December 2018

**Hon. Secretary:**

Sharon Winter C/O Daventry Leisure Centre, Lodge Road, Daventry, Northants NN11 4FP  
[ddsclubsecretary@gmail.com](mailto:ddsclubsecretary@gmail.com) Tel: 07532 450325

**Sat 28<sup>th</sup> / Sun 29<sup>th</sup> April:** 2018 East Midland Regional Championships at Corby Pool for swimmers aged 11-13yrs

## **EASTER 2018 OPERATING TIMES:**

**THESE WILL BE NOTIFIED AT THE EARLIEST OPPORTUNITY AS THERE SEEMS TO BE SOME MISCOMMUNICATION AGAIN BETWEEN THE DLC AND DDSC RE OPERATING TIMES**

## **MAY BANK HOLIDAYS**

**MONDAY 7<sup>TH</sup> MAY CLOSED**

**MONDAY 28<sup>TH</sup> MAY CLOSED**

### **FUNDRAISING:**

As reported in last week's newsletter, we will soon be placing the orders for Technical training equipment using the donations from the Northamptonshire Community Foundation and Tesco Bags of Help scheme. The other major project we are looking to fund is new FINA approved starting blocks, the current ones have been in situ since the Daventry Leisure Centre opened in November 1996! Our fundraising officer Lawrence Webb has asked me to publicise this.

The DDSC would like to give first opportunity to businesses (including those with previous association) who might like to sponsor a new FINA competition starting block. The cost to sponsor a block would be £350 (with each one costing £550.00p with a lifespan of 15-20yrs)-it's a really good deal!

Sponsor recognition could be by way of local press, Club website and /or a Partner Board. This project has a great tangible and visible result of any investment.

WITH THE CLUB GAINING PROMOTION TO DIVISION 2 OF THE 2018 ARENA NATIONAL SWIMMING LEAGUE, it is essential to upgrade the equipment at Daventry Pool thus taking another step in the continuous effort to raise the standards even higher.

- To get involved or for more information please contact Mr Lawrence Webb: [ddscfundraising@gmail.com](mailto:ddscfundraising@gmail.com)

**There are now only 2 blocks left to sponsor!  
We are extremely grateful for the sponsors support**

## **TEAM UNIFY MEMBER REGISTRATIONS:**

There are still many members who have not fully completed the registration process for the Clubs electronic registration platform (Team Unify). The DDSC is pleased to offer electronic payment processing and registration. The process is relatively simple for both new and returning members. You'll get access to your own private account that will eventually enable you to declare availability swim meets, sign-up for jobs, see your children's swim times histories, maintain your own contact information, and more.

If you are having problems, please contact the following people who are here to help.

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### **Trials:**

We had 4 swimmers attend trials last Monday. 1 from Rushmoor Royals SC has been invited to join gold and will be starting in late April following a house move, 1 invited for bronze, 1 invited for Academy 7pm and the other needs to have further tuition before being of the standard to join us. There is good interest in the Club.

### **YOGA AND VISUALISATION**

Yesterday, we were extremely lucky to have Lizzy Covill taking a Yoga and Visualisation session with our Gold and Olympic swimmers. Despite only 12 swimmers originally signing up...24 attended the session and I understand that all attendees enjoyed their experience. Morag will be looking to organise another session in the future.

We have it on good authority that Michael Phelps uses visualisation and mental preparation techniques to stay ahead of the game and deal with the pressure of competition!

**The United States absolutely dominated the pool at the 2016 Summer Olympics. USA Swimming took home 16 gold medals, and no other country won more than three. America's 33 medals were also greater than three times more than Australia, the country that won the second-most swimming medals.**

**How did U.S. swimming post such an impressive performance? For one, thousands of hours of training. But their X-factor was their mental preparation.**

**For months in advance, swimmers pictured themselves being successful during training and during competition. It's a technique that Keenan Robinson, the team's High Performance Director, encouraged the swimmers to use. One swimmer who used it to great effect was Cody Miller, a 24-year-old Indiana University graduate who posted an excellent performance at the Olympic trials to make the team.'**

**"It was a lot of preparation. Visualizing. Just experiencing other meets, we have World Championships, we have World Cup meets, we have a lot of international meets. When we're at those meets, we're essentially preparing for the Olympics. For months, before I qualified for the [Olympic] team, every night before I fell asleep, I would spend 5 or 10 minutes just kinda visualizing what the atmosphere at Olympic trials in Omaha was going to be like. What the pool was going to look like, how it was going to look when I was standing behind my line. So all of those things were already determined in my head and how I was going to act when that time finally came," Miller said.**

Lizzy runs her own yoga practice and specialises in many disciplines including Hatha yoga, Bowen therapy and Thai Massage.

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See her website for more information:

[www.yogawalks.co.uk](http://www.yogawalks.co.uk)

<https://www.facebook.com/YogaWalks>

**We remember...** This Saturday 17<sup>th</sup> March sadly marks the 15<sup>th</sup> anniversary of the death of former Club member Rachel Parkin when aged only 24yrs old. (Hence 'The Rachel Parkin' Trophy). She will be remembered for her vitality, exuberance and dedication to the sport. She was a 'One and Only'....and when you see her mum Jean who will be teaching at the pool on Saturday before Olympic get in, she will be hoping to play Rachels favourite song 'The One and Only' so please join her in the singalong.

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