



## DX Talent Development Group – July 2008

### Intro...

As you will have seen, many more talented swimmers are now coming in to join our talent group. The morning sessions has seen a growth in numbers and some logistical problems for the coaches in sorting out the lanes... This will take some patience as the lanes settle down and the swimmers settle into their own routines and patterns.

### The Expansion Of The Talent Development Group

Aside from the normal “new entrants” being given an opportunity to train part time with DX, there has been an overall expansion with new staff and pool time. This is as a result of working closely with the county and regional ASA & Sport England.

Linked in with this was the recruitment process for a new part time coach. The funding obtained to secure this was due to these organisations wanting to continually raise the performance levels of swimmers and coaches throughout Derbyshire on a mentoring programme. This closely follows the national plan for athlete development from “learn to swim” through to “competitive development” pathway to Performance level. This is therefore seeing more swimmers accessing the DX Programme.

We have some of the best clubs & coaches in the country as our partners & we see no reason to pull swimmers out of their very successful squads where the swimmers needs are addressed. These coaches and clubs are doing a great job by producing better and better swimmers year on year. Therefore the natural progression was to expand the Talent group so that they could still remain part of their own successful home club.

### New Coach – role and responsibilities

Following the response to the adverts we welcome aboard our new assistant Coach, Kim Hill, who has accepted the offer to take up her post. She will commence her position in mid August, working closely with both Mark and Simon adding an extra dimension to the coaching staff. Kim is currently the assistant coach at Stafford Apex, where she has been for the last two years. She is an ex-swimmer who trained and graduated

from Loughborough University in Sport and Exercise Science. She is Ongoing Level 3 in the high performance squad a Loughborough and comes with a good reputation from Ian Armiger. Previously she worked as a coach for Loughborough Town Swimming Club. Kim has specialist skills in analysis and performance of swimming, applied sports science in swimming, nutrition, exercise and sports psychology.

Kim will be responsible for managing the talent development squad and ensuring that the needs of these swimmers are best addressed. This will be in partnership with the club coaches that are delivering the fast swimmers in the first place. Kim will be employed by Derby City Council and managed by Mark. They will work with the main squad as well as the Talent Group as part of their 20 hours per week.

There will be an extra session on Tuesday evening (at Moorways), with land work 17:00 to 17:30, pool work 17:30 to 18:30 and stretching 18:30 to 18:45, specifically for the talent development group.

Mark will take overall coaching responsibility and work with the coach to deliver the programme required.

### Time table...

As well as his commitments in the south of the county, the additional coaching resources will enable Mark to work with Simon in the north take weekly sessions. With the success of swimmers in gaining places on GB teams, Mark will also be heading to Belgrade for the European Juniors at the end of July. Simon will be part of the GB coaching team for the National Event groups in September.

### Swim Camp

Details are still to be finalised, but the swim camp in October is open to the Talent Group. The flights will be different to the main group but costs will be in the same region. The plans will be confirmed soon, if not already, and full details given out.



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