

DERVENTIO EXCEL Be the best you can be



Summary – key contents

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Vision

Create a successful Derbyshire performance swimming pathway, from lessons to Olympic champion level, that is clear, process driven and allows high achievers to excel





Structure



Elite (South) •9-12 members •Full time •10 sessions •20-24 hours per week •British national to International level



National (South) •15-18 members •Full time •9 sessions •15-17 hours per week •English to British national level



Regional (South) •18-21 members •Full time •7 sessions •11-13.5 hours per week •High Regional to National qualifier



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Swim Squad

Talent (South) •18-21 members •Part time •1 session per week •Home club led programme •Performance introduction



National (North) •Full time •9 session per week •15-17 hours per week •English to British national level

Regional (North) •Full time

- •7 sessions
- •11-13.5 hours per week
- •Regional to National qualifier level

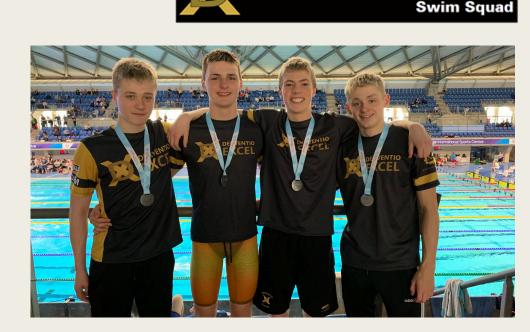
Talent (North)

- •18-21 members
- •Part time
- •1-2 sessions per week
- •Home club led
- programme
- •Performance introduction

Current Squad Numbers

DX South

- Elite = 9 swimmers
- National = 13 swimmers
- Regional = 19 swimmers
- Talent p/t = 8 swimmers



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TOTAL = 41 f/t + 8 p/t swimmers

DX North

- National/Regional = 8 f/t + 2 p/t swimmers
- Talent p/t = 10 swimmers

TOTAL = 8 f/t + 12 p/t swimmers

County Pathway Models



Squads	Derventio Excel (South)	City of Leicester	Notts ASA/Nova (Nottingham)
Elite Youth/Senior	9	10	17 + 11
National Age/Youth	13	12+17	20
Regional Age	19	16+18	24
Total full time	41	73	72
Part Time	8	19	36
Home clubs	8	10	10
Average swimmers per club (full time)	5.125	7.3	7.2

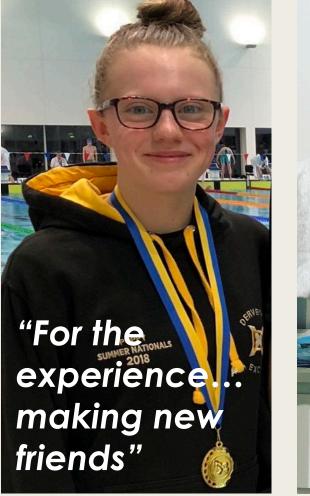




Age: 14 years History: Joined DX part time at 11 years old Home Club: Derby Phoenix & Eckington

Achievements:

- Multiple EM Regional medals
- Swim England National qualifier



"Bringing out confidence... getting stronger"





Swimmer Stories: Brad Evans

Age: 16 years History: Joined DX full time at 13 years old Home Club: Long Eaton

Achievements:

- Multiple EM Regional Medals
- British Summer Champs Relay Finalist
- Swim England National Medalist

Swimmer Stories: Mia Slevin

Age: 16 years History: Joined DX part time at 9 years old Home Club: Etwall Eagles

Achievements:

- Team GB European Youth Olympics 2017
- England Youth 2018
- British Swimming European Junior Champs 2019
- 3x British Champion

"I've grown in confidence since being at DX and I'm proud to be part of a very hard working team"

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"I'm really grateful for all the coaching and support I've got from DX"

JMEG

Swimmer Stories: Jacob Whittle

Age: 14 years old History: Joined DX part time at 10 years old Home Club: Ripley Rascals

Achievements:

- 11x British and 13x English National Age Record breaker
- 3x British Champion
- British Swimming European Junior Champs 2019
- Team GB European Youth Olympic Festival 2019





Welcome to Crystal Palace National Sports Centre



BETTER

QUESTIONS & ANSWERS:

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HOW CAN WE WORK TOGETHER TO HELP DERBYSHIRE SWIMMERS BE THE BEST THEY CAN BE?