

Dronfield Dolphins News

Easter 2006

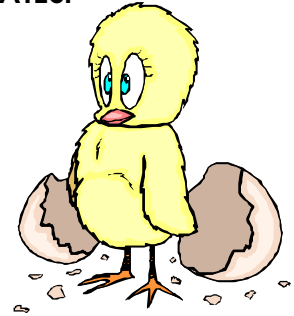


Easter 2006 Training

THERE WILL BE NO SQUAD TRAINING ON THE FOLLOWING DATES:

Good Friday 14th April
Easter Monday 17th April

Saturday 26th & Sunday 27th March
Squad Training as Normal



Judges & Timekeepers

We are keen to encourage Parents to train as Judges & Timekeepers for our Club. Every time we attend a Gala, we have to supply a Judge & 2 Timekeepers. We currently have a dwindling supply of these Officials, and are keen to recruit 10 Parents from our Younger Swimmers to participate in this Training. It is not Rocket Science, and there are now options to do this course online. This recruitment is essential to sustain the Club's Contribution to successive competition.

If you are interested, please see Ann Basford or E-Mail Ann at:

ann@dbasford.freemove.co.uk



CLUB TRACKSUITS

There was Great demand for these new Tracksuits, and Leslie has ordered them, and is awaiting their delivery.

We are not sure how long they will take, but will keep you posted with information as we receive it.



Revised Training Times

The Senior Coaches have been looking at maximising Pool time for the Upper Squads. For a **trial period**, Saturday training for A1 & A2 will be as follows:

- A1 now have the availability of Saturday Morning 9.30 - 11am & Saturday Evening 6-7pm
- A2 now have the availability of Saturday Morning 9.30 - 11am & Saturday Evening 5-6pm
- Anyone still requiring the 2hr Saturday night session should speak to Dave or Corinne.
- Wednesday Night training for A2, is by **invitation only**, and should not be treated as part of the new timetable.

Coaches are keen that Swimmers in these Squads Swim at least one of these Saturday sessions on a regular basis, as this timetable has been designed to use Pool time to it's maximum, and give these Squads more opportunity to fulfil training commitments required by the higher squads.

Any queries, see Corinne or Dave.

Dave and the Mountain!!

As you may be aware, Dave Shepherd, one of our Senior Coaches suffered a fall whilst out running. Dave has wrote an account of what happened for his Running Club, and forwarded it on to me. I thought it would be nice to share this with everyone.

HIGH PEAK MARATHON – DERWENT WATERSHED 2006

So how did the accident come about? The annual event was the Derwent Watershed covering 42 miles over the bleakest part of the Dark Peak. All entries are in teams of 4 leaving Edale with the first team starting at 23.00hrs and each subsequent team at one minute intervals. We started at 23.23hrs. The conditions were cold -5 degrees, but quite still with good visibility and a dusting of snow that evening covering all the exposed icy areas. We had a good start and were soon picking off several of the earlier teams.

At around 3.00am we were coming off Derwent edge, hit the check point at Lost Lad and then descending to Sheepfold Clough, east of the Derwent/Howden reservoirs. I was leading our team down the fast decent and within a few milli-seconds the race is all over for our team. My foot is at 60 degrees lateral to my leg and the talus bone is as prominent as Great Gable.

My immediate thoughts was for the 3 other team members who had not previously completed this event, then there was the recent photograph of Alan Smith of Manchester United , thirdly the plan to complete the West Highland Way in April and finally my main aim this year was to complete the Northumberland 100 mile event at Spring Bank, nothing else seemed important.

Without wasting any time we put on all our spare clothing, the tent was erected and with the maximum dose of Ibuprofen and Paracetamol, Pete and myself huddled together to increase our core body temperature but then I soon started to shiver uncontrollably, not because of the cold but of the shock even though I had the use of the emergency sleeping bag which proved difficult with my dislocated ankle, but worst of all was the spasms of cramp that lingered on and off for over an hour.

Meanwhile the other two lads, Mark and Paul went on to the next check point to raise the alarm. Then after some 2hrs plus two lads from the Edale Mountain Rescue (EMR) arrived with the oxygen, additional bivvy shelter for Mark, Pete and Paul and the luxury of hot drinks.

Chris from the EMR started to get down to the job in hand and cut off my fell shoe and neoprene sock but due to the dislocation could not find a pulse and needed to get a healthy supply of blood back to my foot as soon as possible. Chris said "Its going to hurt, so suck on the gas as often as you like, you can't overdose, and I'll re-position your foot on your call". The lads pinned me to the ground, " **Now**" I cried. Chris got it right first time and my foot is living again.

Before we know it we have a sunrise and 15 EMR members all working towards sledging/carrying me of the hill or the possibility a helicopter depending on availability. I am now lifted on to a stretcher, zipped into a warm bag, secured with multiple straps and a cage over my head. At about 7.00am the EMR team get the call, a Sea King helicopter from RAF Leckington with be hear in 20 minutes. Once on board we were just 5 minutes to Shirecliffe College and then an ambulance to Northern General Hospital.

So what do the X Rays show? 3 fractures of the Tibia and Fibia, and quite possibly the partial rupture of the medial ligaments. So that's me house bound for a few months.

The good news is that I may be able to sell my right fell shoe on 'E-Bay', Walsh PB, size 13, one owner, only used 5 times.....the response may be staggering.

Dave Shepherd

So, there it is Dave's reason for being in Plaster.



We would like to wish Dave a speedy recovery from everyone at Dronfield Dolphins.