

Sun, Sun, Sun and FAST Swimming.

On Saturday 6th July Winsford Swimming Club hosted its 4th Summer Development Meet in what turned out to be the hottest day of the year, so we all happily baked all day indoors! We welcomed many clubs and swimmers all ready to race. The development meet is geared towards the younger swimmers who are keen to gain race experience, to put their skills learnt in training into practice and most of all to have FUN! Win, lose or draw (Mainly winning!) we all went into the racing giving everything and racing with no fear. We had 38 swimmers competing and all came with a very positive attitude and like always ready for battle and ready for anything the day had in line for us. It was great to see so many new faces racing and enjoying the whole occasion. There is always going to be nerves at the start of the meet but once the meet got going and we started to race every swimmer performed out of their skin!

There were so many highlights and so many things I could mention but what has pleased me most was the attitude of all swimmers. It was so great to see the vast majority of swimmers getting in and racing fast and racing with freedom and racing with a smile. I honestly believe if someone enjoys what they do, they will do a great job, and all of Winsford swimmers did a great job and were smiling all day. Of course there are ups and downs and that is normal, it is how you manage those lows and move on which makes you the champion. We at Winsford have champions and everyone was champions in my eyes on Saturday because everyone fought for every meter, length, race and we all fought for each other. I have said this time and time again but the team spirit on poolside was first class as always. The most successful hunting animals hunt in packs and that is what we do, we hunt together all the time and we feed like kings every night on raw meat!

My own personal highlights (not including the food provided, very tasty!) was the 200 IM. Junior and age group swimmers should be targeting this event. It shows who has the all round game, it shows who is fit and it shows tactics, skills and technique. The 200 IM is our bread and butter and boy o boy we certainly do eat a lot of bread (white sliced is my favourite!) at this swimming club! It showed on Saturday, all of our swimmers performed superb all day on all events, but I think the 200 IM was the event where we all performed even better than superb. It was great to see the racing and great to see our swimmers coming out on top, again and again and again!

There were 38 swimmers competing so I will mention every swimmer, but it will have to be extremely brief or Neil won't be able to fit all on the site but here goes in surname alphabetical order (sorry Katie Wilson)! Well Done to: **James Adamson**, superb swimming and always wanting feedback, **Harry Armitt** always fighting in the race, developing nicely, **Rory Armitt** who does everything at 100 mile an hour! Very competitive!, **Harry Aspinall** first ever gala, great job and great experience, **Max Beasley** for racing his best always and with great attitude, **Alex Clarke** getting better with every race, good future, **Sophie Cliffe** for some great swims especially the Brst, **Faye Coleman** for gaining more and more confidence, **Alice 'ronseal' Deeming** does exactly what it says on the tin, always get a good race, **Will Deeming** for racing the Brst and Fly events and doing very well, **Josh Egerton** for a great 100 Fly, I like fly swimmers!, **Hannah Faulkner** again giving it her best even though not feeling 100%, **Josh Fielden** good racing especially the Free events, **Jordan '1 event, 2 training sessions' Gaskell** for winning his 100 Fly and doing 4 hours training before!, **Harry and Louie Goodfellow**, both brothers are a joy on poolside and always racing with great fight, nothing fazes them, **Aaron Grindley** racing great especially on the Brst events, **Sam Hawes** again just gets

down and does the job, lots of great swims, **Alisha Hawkins** raced one event but what a great race, massive PB, **Elisa Hughes** for becoming more confident and swimming with a real smooth style, **Reece Hughes** the longer the race the better, great free, **Alex Humphries** who gives it 100%, great talent, great attitude, **Kate Kenworthy** who has improved so, so, so much over the last few months! **Kai Knowles** who had a very busy schedule but came through it superbly, **Mad 'happy' Langton Flint** always smiling and always coming out of the race with massive PB's!, **Taryn Lawson** the senior swimmer for the day, giving it her best and some good swims, **Georgia Maundrill** always giving her best and always ice cool, **Hannah McEnaney** improving all the time and racing with great fight, **Olivia Morley** for some great technical swims, lovely free technique, **Alex Moss** after the false start in the 200 IM he dusted himself down and got on with it, superb attitude and a champion, **Henry Oliver** some great experience gained and racing as if he has done it all his life, **Amber & Lydia Rose** both swimming very fast and knocking huge amounts of their PB's, **Joseph Scott** swimming very well and improving all the time, **Keeva and Orla Stott** both sisters swimming happy and swimming with lots of focus and determination, **Martha Townend** always smiling and is strong on all strokes, and last but not least **Katie Wilson** a great 200 IM, improvements have been incredible, Well Done. I hope I haven't missed anyone off! Sorry it is so short on each swimmer but 38 swimmers is a lot! Each and every swimmer should be proud of themselves because I am. So many medals, ribbons, PB's and most important so much fun had by all. It is all about racing fast and we definitely did that and we did it in style!

So many people to say thank you to: the team managers who helped to get the swimmers to the race on time, the many people who helped organise the meet and helped to make the event go off trouble free, it doesn't matter how big or small the contribution it all helps out a lot, the parents for their support, Secker who coached on poolside (hope you enjoyed it!!), you were a great help, and like always the biggest thank you goes to the swimmers, they are why we are all at Winsford SC. I sometimes scream, sometimes shout and sometimes I can get a little but frustrated! BUT I will always give my all for you, WELL DONE to everyone. Oh, nearly forgot a big thank you to whoever made the food, very nice sandwiches, they went down nicely and thank you to Shanley for delivering me some food as well, in my hour of need!! Also thank you to all the visiting clubs hope you all had a good time, some very impressive swims from your youngsters, hope to see you next year.

As always a great Quote to finish my mammoth report, from Ian Thorpe below.

"For myself, losing is not coming second. It's getting out of the water knowing you could have done better. For myself, I have won every race I've been in".

Ian Thorpe

Hope you all enjoy the sun and remember your sun cream!! See you all at training and remember the Sandbach School Moto! UT SEVERIS SEGES (As you sow, so shall you reap). So in normal language if you put the work into your training and turn up all the time you will get the rewards come race day!

I have just heard the ice cream van outside, time for a 99!

Thanks again, Dan Goodwin.