

## 27 Medals at Salford

A gang of 23 swimmers took part in the Salford end of season summer meet on the weekend of the 20<sup>th</sup>&21<sup>st</sup> July 2013. This meet was geared towards any swimmer who has not achieved a NQT in any particular event. It was an ideal opportunity for most of our swimmers to race for one last time before the season finishes. This meet was very strong, with swimmers coming from all across the north west and even as far as Sheffield. Our overall age of the team was very young and mostly on their early stages of their competitive careers, however our swimmers were not fazed and raced with tremendous courage, bravery and determination. Winsford came away with 27 medals of all colours, many top 8 finishes and many, many PB's and lots of race experience.

The conditions were ideal on poolside very fresh (well fresh as can be for a poolside!), the sweets, biscuits and drink were delivered frequently (filled the gap in the stomach!) by all the staff at Salford, results were up in a flash (faster than flash Gordon!), there was no waiting for start lists (printers very fast!), the meet ran very quick with no stoppages (like a running river!) and all the Salford staff were very helpful (thanks for chicken curry!). It was a superbly run meet with no stone left unturned. So all this, put the coach (me) in a very good mood (well for most of it!).

Each race was a learning curve whether it was exceptional, good, average or bad and each race gave all our swimmers the chance to mix with some exceptional talent. Racing at a young age is all about experience and each time when we stood on that block at Salford we raced with more and more cleverness. We won lots of medals, winning medals is great when the competition is average but winning medals at the Salford meet when the competition is very, very strong is even more sweeter!

As always it was great to witness the team spirit it was great to see the support for each other and it was great to see the fight in everyone's racing. In life all you can do is try your very best and this weekend at Salford everybody did that. There were so many highlights, too many to mention everything, but it was great to see the racing between all the 11-13 year olds girls, it is a very competitive age category and great to watch, (maybe not so much for the parents!) It was great to see Harrison Aspinall swimming his first ever away open meet and gaining two medals. It was great to watch the 200 Free and 200 Fly events where we did exceptionally well. I love a fly swimmer and at this meet we had a very good number racing the 200 Fly and swimming it with great tactics. It was great to see more and more swimmers from Development Squad competing at the meets. The whole meet was great, especially the Sundays racing and it was a great way to finish the season off.

As always I will mention every swimmer who competed at Salford, in order of the report I have received (in no particular order!) so well done to: **Eleanor '800 free' O Grady**, who was either on PB or PB'd every race she swum, swam with great focus and maturity all weekend, **Hannah McEnaney** who raced very well whilst feeling very unwell, **Hannah Young** who gave it everything and then some, always looking for ways to improve, **Kate Young** who did some very fast swims and gained numerous PB's, always shows great determination, **Alissa Blackshaw** who is showing great improvements on her IM and BK races and is willing to race every stroke and distance, **Abbey 'flip turn' Brown** for swimming as always with desire and happiness, a great 200 IM (flip turn next time!) and 50 Fly, **Domi Dean** for great swims all Saturday, a great 200 Brst swim and as always so happy and so technical, **Katie Wilson** for medalling on the 50 BK and for gaining many PB's and racing with no worries, great swimming, thanks for the drink! **Isobella 'smell' Burton**, for supporting all team members and looking fast on the shorter distances, looking forward to 200 Fly at club champs!, **Amber Rose** for swimming superb, so many good swims and so cool under pressure, great free, **Lydia Rose** for some fantastic swims and like her sister never flustered, beautiful Brst technique, **Alice Deeming** who is getting better with every month, had a busy schedule but never complained got on with the task and did a great job, **Olivia 'snaps goggles' Capper** superb swims all Sunday, 200 Free, 100 Brst and 200 Fly, always races hard and improving all the time

and loves her Fly!, **Adam Blackburn** who was knocking a lot off all his PB's, great to see you go home happy, gaining some valuable experience, **Harry Aspinall** for his first ever away meet and gaining 2 medals for his 200 Brst and IM, lots of potential for the future, great to watch you race mate, **Adam 'Fly' Blackshaw** for some very fast swimming, I love a fly swimmer and you are very good at it, aim for the regionals next year!, **Cameron Jones** for some great swims and for swimming with absolute focus and some great PB's, great company poolside, **Ethan Jones** for swimming so many races and not once complaining of the schedule, a super 200 Fly and great to watch you swimming against some very big lads!, **Kai Knowles** who is another swimmer who likes the 200 Fly and every race in fact, shown great improvements through the season, **Alex 'film maker' Moss** who swam fantastic all weekend, super attitude and it showed in his results, looking forward to seeing your next film!, **Will Deeming** who really does give his very best, I can see this sport means everything to will and that has shown in his improvements over the last 6 months, **Harry Goodfellow** for swimming some fantastic races especially the Brst swims, lots of potential on the brst for the future, and finally **Louie Goodfellow** who is technically very good, great to have poolside due to is happy character, learning from every race. I hope I haven't missed any one off! Sorry the comments are not long but time is precious and time waits for no man! But I have to say well done to everyone, because everyone has gained something from the weekend, medal, PB, experience, enjoyment and most of all going to Salford together and racing with your mates, it can't be bad!!

Thank you to all team managers: **Claire 'flip turn' Brown** for being so supportive to all swimmers when they needed her! **Andrew Deeming** who as always is very calm and collected and reassuring to all swimmers. **Joanne Goodfellow** who is so happy and bubbly and again a calming influence to all swimmers and to **Helen '30mins' Jones** thanks for stepping into team manager for the final 2 races of the Sunday and thanks for cleaning up poolside, aided by **Izzy Burton!**, thank you to all supporters/parents, it is great to see you all sitting together at meets and also socialising at dinner time, that is what it is about Winsford against the world! Thank you to Salford for putting on an absolutely first class meet with top organisation, and like always the main thank you goes to all the swimmers who competed at Salford I have said this before but it does make a real difference taking a large team to a meet. Every swimmer did great and it was great to watch you race.

This is my last report, so I would like to say thank you and well done to all swimmers and everyone associated with Winsford SC, it has been a great season with so many highlights, the club and swimmers are doing fantastic and hopefully with everyone working together the club will continue to flourish in the future.

Final Quote I would like to copy and paste on my report:

***"I enjoyed every bit of my swimming career. I think that's the most important advice — to enjoy what you do".  
Summer Sanders 1992 double gold medallist***

A Happy Swimmer is a Fast swimmer, stay happy, life is to short!

Good Luck to all National Swimmers next week, swim very, very fast!

Hope you all have a good break from Meets in August and come back in September with even more fire in the belly to train hard and race fast.

Dan Goodwin.