

**Development Squad, May Newsletter** Welcome to the May newsletter for the Development Squad. May has been a month of meets! It feels like we have had a meet every week of some sort but it has been an ideal chance to practice our skills and technique learnt in training and put into race situation. I have written reports on all meets I have attended so I won't be going into huge detail in the section below as it will be just repeating myself. May has been a hugely successful month, and it has shown in the results the young swimmers from Winsford SC have been getting. Of course there are areas for improvement from all swimmers, whether it is a start, turn, finish or a particular stroke but there is not a swimmer on this planet who is the perfect swimmer and certainly not a swimmer who is in their early stages of their competitive swimming careers. I have to say though; the improvement from all swimmers, especially those who attend regular has been phenomenal, so WELL DONE and remember the more swimming you do, the better the swimmer you will become.

#### **Meets: Wrexham Spring, Time Trials, Crusader, Wigan, Swim Conwy**

As you can see above we have lots of racing going on in May and reports have been written so please have a read. However I want to say how impressed I am with the swimming by all who have competed. No swimmer has let me or themselves down, everyone has raced with so much determination, it has been a joy to watch. Wrexham was hugely successful with some very fast times. At the time trials it was great to see our swimmers racing fast and with so little rest! At the Crusader we finished 2<sup>nd</sup> only by a few points. It was so pleasing to see our 12 under and 10 under age groups winning the vast majority of their races, well done to all for dominating at Leek. At Wigan we were crowned top club, superb achievement and finally last weekend we had some competing in Llandudno, which again there were some outstanding swims. So many meets and so many good results, and so much experience gained. It is so important for young swimmers to gain experience in racing and racing over all the strokes and distances. Well done to all for supporting the meets the coaches have set out for you. Each meet has a purpose to help our swimmers reach their full potential.

#### **What should you bring to galas??**

We have taken part in a lot of meets recently and we have some important racing coming up in the next couple of months. I thought it would be useful for those swimmers who are very new racing to give a quick guide into what to bring to a gala. Swimmers should bring the following in their swimming bag:

- 2 towels – one for drying after warm up, swim down, race and one for after the meet.
- 2 or more swimming costumes/trunks, training costume for warm up, tight fitting racing costume for racing.
- 2 pairs of goggles (in case one pair gets lost or breaks).
- A T shirt or polo shirt – Winsford SC
- A Winsford Swimming Hat or two, just in case one snaps
- Poolside shoes – flip flops or similar
- Plenty to drink – squash or water (nothing fizzy)
- Snacks – fruit, nuts, pasta, rice (for full day open meets bring packed lunch, spare set of clothes, something to do book, game, magazine)
- Tracksuit/shorts
- The most important thing to bring to a meet is HEART and GUTS and DETERMINATION to swim VERY FAST!

#### **Meets coming up which are suitable for Dev Squad:**

**8<sup>th</sup> June Cath Ankers meet, Wrexham. Entries closed.** 37 swimmers participating!

**22<sup>nd</sup> & 23<sup>rd</sup> June, City of Liverpool Summer sprint meet 50m/LC. Entries closed.** Over 20 swimmers participating.

**6<sup>th</sup> July, Winsford Summer Development Meet.** Entries Closed. Over 30 swimmers participating.

**13<sup>th</sup> July Manchester LC Summer Meet. Entries Closed.** Over 30 swimmers participating.

Next Season please look out for the Club Champs which are usually in late September/early October. The club champs are your best chance to gain licensed times so you can enter future meets. Please take this opportunity to enter any events you may not have swum before or any events where times need updating. Please grab this opportunity and give your children the best start to the swimming season.

Good Luck to all swimmers for June, and Good Luck to all swimmers competing in the Cath Ankers, Crusader and Liverpool LC Sprint Meet. We have got lots of meets going on in June, so please attend training as much as possible to give yourselves the best chance to swim fast! Thanks for your support Dan Goodwin.