

Development Squad, April Newsletter Welcome to the April newsletter for the Development Squad. April has been another month which has flown by. We had one meet in April which was suitable for the top end of the Development Squad (more information below) and many hours of training. Next month we have lots of competitions coming up (4 in total) so I hope all the training we have done will pay off in the next 4 weeks. I am positive that those swimmers who have attended regular in April and throughout the season will attain their goals in the competitions. Like always the focus amongst the group is exceptional and very professional. Well done to all.

Satellite Open Meet, Macclesfield 27th & 28th April

We had two swimmers from the development squad taking part in the L2 Satellite Open Meet, Katie Wilson and Jay Cushen. Katie & Jay competed with great skill and determination against some of the best swimmers in the region. Both came away with many new PB's. Katie achieved a 4th & 6th place in her BK events. Jay achieved 4 gold and 2 silver medals. It was very pleasing to see them race and compete, alongside 25 other swimmers from Winsford in the Comp A and Comp B squads.

Reasons why weekday morning training is so important. The Development Squad don't have access to many swimming training mornings per week, however I thought I would list the reasons why morning training is so important:

1. Swimming is very technical and requires huge hours of practice, without morning training the swimmers will not get enough time in the pool to improve their technique, skills and fitness.
2. Morning training are 2 hour sessions; the longer sessions allow us to include more into every session.
3. Morning training is very helpful to get the swimmer used to swimming early. Most competitions have early warm up times and racing. It is important to be able to swim fast in the mornings.
4. Swimmers are fresh in the mornings, so we can get a lot of good work in before school. Also morning training sets up the swimmer for the rest of their day.
5. Mornings are fun, challenging and it shows commitment. The swimmers who train regular mornings are the swimmers who will reach their potential. Evening training alone is not enough to be competitive.

Meets coming up which are suitable for Dev Squad:

4th & 5th May Wrexham Spring Meet, Wrexham Waterworld. **Entries Closed.** 27 participants.

11th May Winsford Time Trials. Every swimmer in the Development Squad is expected to enter. All time trials we run are to help our swimmers become more experienced in racing.

19th May Wigan Starter Meet. **Entries Closed.** Well Done to all swimmers who have entered this meet. We have had 35 swimmers put in entries for this meet. It is fantastic to have so many swimmers taking part.

25th & 26th May Swim Conwy Open Meet. **Entries closed.** 17 participants.

8th June Cath Ankers meet, Wrexham. **Closing date 1st May.**

22nd & 23rd June, City of Liverpool Summer sprint meet 50m/LC. This is a target meet for our club please support this meet. Ideal for all swimmers from all squads to gain racing experience in a 50m pool. It would be great to get a huge club turnout. **8th May.**

6th July, Winsford Summer Development Meet. All swimmers in the development squad who meet the qualification criteria are expected to enter our home meet. Superb meet for all young swimmers. **Closing Date 22nd May.**

13th July Manchester LC Summer Meet. This is Winsford SC's end of season meet. We are trying to get a record number of swimmers entering this meet. Last chance to race in the season 2012/2013. Last chance to race Long Course and in the commonwealth pool. Please support this meet, it would be great to see a massive turnout to finish the season off on a high. **Closing Date TBC, probably soon after Wrexham Spring Meet.**

Good Luck to all swimmers for May, and Good Luck to all swimmers competing in the Wrexham Spring Meet, Time Trials, Wigan Meet & Swim Conwy Meet. We have got lots of meets going on in May, so please swim fast! Thanks for your support Dan Goodwin.