

## **Development Squad, December Newsletter.**

Welcome to the December newsletter for the Development Squad. December has been a quiet month for meets but this has allowed our swimmers to take stock and to focus on training for the North midland Championships coming up in January. Due to the Christmas holidays, training has been affected; however more swimmers from the development squad have been given access to morning training. It has been very good to see so many taking up the opportunities of training in the morning, this shows commitment and dedication to improving and to make progress in their swimming. It was also very pleasing to see so many parents at the meeting held by Dave, Barry and I. The turnout again shows us that there are many parents who want to help their child reach their potential. The meeting was about encouraging and explaining how important regular training is for a child and how important morning training is for a child to learn the skills and technique and to gain the fitness levels for competitive swimming.

### **ADVICE!!!**

The North Midlands Championships are nearly upon us what do you need to remember on the day of the meet:

- Always arrive in good time. You should be poolside 15mins before the start of each warm up.
- When you have arrived report to one of the team managers so they can check your name off.
- Sit with the team at all times wearing Winsford gear, Winsford caps are compulsory for all competitors, this is to show everyone who we are and to show pride in our club.
- Only leave poolside if you have asked a coach or team manager, nobody wants to miss a race!
- A full land/mobility warm up and swim warm up is essential for all swimmers unless excused by the coach.
- Report to your coach before the race to discuss goals & race plan. Report back immediately after your race to discuss technique and splits.
- In between races, stay warm and prepare for your next event.
- Smile! A happy swimmer is a fast swimmer!!

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

**11<sup>th</sup>, 12<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> Jan, North Midlands Championships, Macclesfield.** 68 Swimmers from Winsford SC taking part of which 34 from Comp B+ & Dev! A fantastic turnout and Well Done to all qualifiers.

**9<sup>th</sup> Feb Cannock Pheonix L3 Open Meet, Wolverhampton.** 38 Swimmers taking part, fantastic number of entries.

**15&16<sup>th</sup>, 21<sup>st</sup>, 29<sup>th</sup>&30<sup>th</sup> March. Cheshire County Championships. SC events Macclesfield, LC 800 & 1500 Liverpool.** All swimmers who have achieved North Midlands QT's should be targeting QT's for the County champs. The counties are another step up the ladder and County times are requirement for all Comp A & B Squad swimmers to achieve. It would be great to get a large number of swimmers from Dev to achieve county QT's. **Closing date 22<sup>nd</sup> Jan.**

January is an exciting month for the whole club; the North Midlands Championships are upon us. We have nearly 70 swimmers competing from the very young to the very experienced. The North Midlands are chance to race against the best swimmers in the area, it is a chance to put our skills learnt in training into race situation and it is a chance to enjoy the challenges of racing. It is also a chance to gain QT's for the county champs in March. Racing is great fun and should be enjoyed by all competitors. We are going to the NM to race fast and that is what we will do. All swimmers will have the full support of the coaching staff and team managers to help every swimmer to achieve their goals. We are one and together we will win the war!

Thanks for your support, Dan Goodwin.