

## **Development Squad, January Newsletter.**

Welcome to the January newsletter for the Development Squad. January has been a very busy month with the first major championships (North Midlands) of the year taking place over two weekends. It was fantastic to see so many youngsters taking part, gaining valuable experience in the art of competitive swimming racing. It was very pleasing to see all swimmers enjoying the racing and enjoying the experience of swimming fast. Everybody swam outstanding and performed superbly well, it was great to watch. Well Done to all competitors.

Now that the North Midlands are over our attention shifts to Cannock in a week's time and then onto the Cheshire County Champs. Training is key to success, the more training you do the better you will become at swimming. Please attend as much as possible because it is clear to see those swimmers who attend regular are making giant strides forwards in their swimming skills, technique and fitness and this shows in their performance on race day.

### **ADVICE!!!**

What meets should my child do?

Your first point of call is the web-site, if your child has QT's they are eligible to compete in that meet.

If in doubt I will tell you exactly which meets you should try and enter in the newsletter.

If you are still unsure please try and catch me after training, but beware I am very fast out of the pool after a session!!

As a general guide it is important for every child to experience 3 types of meets: 1) Meets where your child will win medals, for confidence. 2) Meets where your child will be competitive but will be challenged. 3) Meets where your child will find it very tough to medal, so your child can be challenged even more and to see the standard we want to get to. A variety of meets is good for swimmers.

It is so important to enter the meets recommended by the coaching team so your child can put all skills learnt in training into race situation. Also it is important to race so we can gain experience, there is a lot more to racing than just turning up and diving off a block, the whole day or weekend can be like a military operation!

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

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

**15<sup>th</sup> Feb, Time Trial, Winsford.** All swimmers who are available are recommended to enter the time trial. Ideal chance to race and gain valuable experience and to improve on PB's or to gain first time swims. **Closing date sat 8<sup>th</sup> Feb.**

**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. **Closed.**

**26<sup>th</sup> & 27<sup>th</sup> April. Satellites Open Meet, Macclesfield.** Suitable for all swimmers with QT's. Great venue and super fast. **Closing date TBC.**

January has been an exceptional month with so many fantastic swims at the North Mids. February has started superbly well with Winsford Swimming Club leading Division 1 of the Crusader after round 1. All is going well so thank you to all swimmers for the effort and professionalism you show in training, please attend as much as possible so we can all make further progress leading into the spring competitions.

Thanks for your support, and keep up the good work.

Swim Fast.

Dan Goodwin.