

**Development Squad, October Newsletter.** Welcome to the October newsletter for the Development Squad. We have now completed two months of the new season and going off results from the Club Champs and results from the Swim Conwy meet things are going very well from a lot of our swimmers in the Development squad. It just shows that with many hours of consistent training it will help our swimmers to become fitter and more skilled and set them up for future success. We have got many talented swimmers in the squad and many swimmers who want to aim higher and higher. It is very pleasing to hear of swimmers targeting QT's for the North Midlands in January (closing date 3<sup>rd</sup> Nov) and for the Cheshire County Champs in March. My target is for 100% of the swimmers out of the Development Squad to qualify and enter the North Midlands (if old enough to compete). I believe this is possible for those swimmers who attend regular and take part in the meets set out by the coaching staff. We have set up a time trial for Sat 2<sup>nd</sup> November for all swimmers out of Dev and transition to gain race experience and maybe to achieve last minute times for the NM.

**ADVICE!!! Do swimmers need a special diet?**

No. Not unless they have a medical problem or diet related condition that has been diagnosed by a nutrition professional. As a general rule, top swimmers follow a “**4 MORE 4 LESS, 4 ME**” diet:

- More – complex carbohydrates like rice, bread, and pasta.
- More – lean quality protein like chicken, meat, fish.
- More – water, fresh juices.
- More – fresh fruit, nuts and vegetables.
- Less – take away food.
- Less – saturated fats and oils.
- Less – processed and pre packaged foods.
- Less – fizzy drink.

Some parents may want to know about supplements like vitamins, minerals and special substances like Creatine, Glucose and so on.

**The five golden rules about these products are:**

1. They may be of some use to some swimmers in some situations and on some occasions but consult a sports nutrition professional to help determine what might work for your child;
2. Nothing takes the place of consistent hard work, good technique and a great attitude;
3. If something sounds too good to be true, “Miracle Sports Performance Powder – Improves Endurance by up to 60%...” it probably is too good to be true!
4. Never introduce a new product – no matter what it is promising – within 7 days of an important meet. Many parents have fallen for the trap of giving kids a “special” breakfast or all new “miracle” supplement on the morning of a big meet only to find their kids spend more time in the toilet than in the pool.
5. Read rule 2 again – no supplement can turn mediocrity into magnificence. Teach kids to believe in themselves and to take responsibility for their own swimming performances rather than to rely on the promises of a supplement advertising campaign.

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

**16<sup>th</sup> & 17<sup>th</sup> Nov, Stafford Apex SC.** Closed, 22 entries.

**17<sup>th</sup> Nov, Cheshire Junior Meet.** Closed.

**24<sup>th</sup> Nov, Wrexham Sprint Meet.** Closed.

**30<sup>th</sup> Nov & 1<sup>st</sup> Dec Snow Frills LC, Sheffield.** Closed, 20 entries.

**11<sup>th</sup>, 12<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> Jan, North Midlands Championships, Macclesfield.** This is the target meet for all development swimmers. Racing against the best swimmers in the North Midlands. Please enter all events you have qualifying times for. We want to take a huge team and every swimmer from the Dev Squad. **Closing Date Sunday 3<sup>rd</sup> November.**

**9<sup>th</sup> Feb Cannock Pheonix L3 Open Meet, Wolverhampton.** Suitable for all Development Squad swimmers. Fantastic awards for top 6 in each age group, for each race. **Closing date TBC.**

As always in the world of competitive swimming there is a lot going on in November. Stafford, Cheshire Junior & Wrexham Sprint meet and of course lots of training! Racing is great fun and provides our youngsters with essential experience but the most important thing for all junior swimmers is consistent training because this is what will help our swimmers to learn the skills and develop their fitness for future success. Good Luck to all. Dan Goodwin.