

Development Squad, November Newsletter.

Welcome to the November newsletter for the Development Squad. November has been a very busy month for meets with the Stafford Apex, Wrexham Junior meet and the Snow Frills LC meet taking place. The performance at all three meets has been exceptional from the Development Squad. This has allowed our swimmers to get in some much needed race practice and to develop the skills learnt in training. This of course has had an effect with training on weekends but with all these meets out of the way it is full steam ahead for some solid training in December in preparation for the north Mids in January. It will be a very important month coming up as what we do in training over the next 6 weeks will be crucial to how we perform at the north mids. Attendance needs to be as high as possible because I want to coach our swimmers onto some great performances in January. It would be good to see more gold swimmers attending the Saturday morning session as this shows commitment to the sport and commitment to get better. The North mids is our last chance to achieve QT's for the Cheshire County Championships in March, please look at the QT's and target these at the North mids.

ADVICE!!!

My son is 11 years old and wants to play basketball two afternoons a week? Is playing other sports ok?

Yes! Pre teen kids should be out enjoying life, being fit, learning skills and being active. Sure – once they get to early – mid teens and make the commitment to be a great swimmer, then some of their other activities will need to be cut back but at 11 the “more the merrier”. A lot of sports have several cross over effects on swimming including:

- Basketball – leg power, co-ordination, speed, endurance.
- Gymnastics – balance, timing, flexibility, power, co-ordination.
- Martial arts – balance, timing, flexibility, power, co-ordination, self confidence.
- Running – aerobic fitness, leg strength.
- Football – aerobic fitness, leg strength, co-ordination, speed.

Look at the obesity epidemic in kids in all developed nations. It would be great to have every kid in the world swimming laps, but just having them outside playing sport and moving their bodies instead of seeing them inside eating junk food while watching tv has got to be good!

Meets coming up which are suitable for Dev Squad:

11th, 12th, 18th, 19th 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.

9th 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. 38 Swimmers taking part, fantastic number of entries.

15&16th, 21st, 29th&30th 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 22nd Jan.**

December is a training month for the Development Squad, please make the most of every session. We are training for the north mids in January, I want every swimmer to be racing very fast in January for that to happen attendance needs to be high throughout the festive period. We are now less than 6 weeks away from the North mids, please give your child the best chance for success and train as much as possible.

I will be writing my next newsletter in the New Year, so I would like to wish you all a Merry Christmas and a Happy New Year!

Thanks for your support, Dan Goodwin.