

## **Development Squad, February Newsletter.**

Welcome to the February newsletter for the Development Squad. February has been a great month with the main focus for the month was to get some good solid training in preparation for the Spring and summer season. February also saw Winsford SC take a large team of swimmers to Wolverhampton to take part in the Cannock Pheonix open meet. Winsford swimmers again performed superbly well helping us to again for the second year running gain top club. This was a fantastic achievement and on top of that we gained top overall boy and girl and numerous top positions in each individual age group categories.

As you all know Head coach Dave will be retiring at the end of the season and so we are currently in the process of looking for a new assistant coach. On Saturday 8<sup>th</sup> March two of the short listed candidates will be coming down to Winsford for an interview and pool side coaching session. Each candidate will be given 30 minutes to take a technique session so we as a club can see the candidates in action and also for the candidates to get a feel for the club and our swimmers. We want to make a good impression, could you all please make every effort to attend this Saturday (8<sup>th</sup> March) 6-7:30pm and to be early on poolside as the first candidate will be coaching from 6-6:30 pm; the second candidate will be coaching from 7-7:30 pm. The 6-7:30 pm session is for the usual swimmers in Comp B+, Gold and Silver. Bronze attend their usual 5-6pm slot.

### **ADVICE!!!**

How much training should my child do??

There is no clear answer! However it does depend on a few things:

1. Your age, as you get older you want to increase the number of sessions gradually. We have a squad system in place which will naturally increase pool time for your child as they progress through.
2. Your goals, if you want to reach a regional or national standard or higher, many hours of training is needed for a swimmer to learn the skills and technique and to develop their fitness levels.
3. Your commitment levels, if you want to be the best you can be, more training will equal better results. If you are happy with the level you are at then more training will not be needed.

As a general rule throughout a swimmers career they want to increase their training year on year. Morning swims are encouraged at all ages and next season morning swims will be incorporated for all in the Development squad. Morning swimming is essential for a swimmer to reach their potential and without it a young swimmer could struggle to get the required time they need in the pool to learn the skills and gain the fitness levels. For next season I will be looking at increasing morning pool time for the Development and comp B+ swimmers in order to give our swimmers greater opportunities at Winsford SC.

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

**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.**

**3<sup>rd</sup> & 4<sup>th</sup> May, Wrexham L2 spring Meet.** Great meet for all Development Squad swimmers in a very fast pool. **Closing date TBC.**

**18<sup>th</sup> May, Wigan Starter Meet L3.** Ideal meet for all Development squad swimmers to gain new times for events you may not have entered before or to gain new PB's. We gained top club last year. **Closing date 26<sup>th</sup> March.**

**24<sup>th</sup> & 25<sup>th</sup> May, Conwy Meet L2 Llandudno.** Superb meet, probably the fastest pool we go to and a meet where we can combine swimming, sun and sand, well more stones than sand! **Closing date 19<sup>th</sup> March.**

February has been an outstanding month for all our young swimmers. We have got a huge pool of talent coming through, the future is exciting. It is so pleasing to see more and more Gold swimmers attending Saturday morning. Morning swimming equals dedication, Well done.

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

Swim Fast. Dan Goodwin.