

Development Squad, June Newsletter Welcome to the June newsletter for the Development Squad. June has been a fantastic month for both training and racing. It is great to see so many swimmers improving their skills and technique. It is clear to see that those swimmers who attend all the time are those who are showing the biggest improvements. We are now well into Summer and I know there are lots of things to do in the evenings now that it is light for longer but please, please keep training attendance high. It is proven that in swimming like in all sports the more you practice the better you will become.

Please note in the Long Term Athlete Development, girls age 8-11 and boys age 9-12 are recommended to do 4-7 hours per week in the water (**minimum**), for them to reach their full potential in the future.

We have taken part in two meets in June which are suitable for the Development Squad:

Catha Ankers

We took 35 swimmers to the Cath Ankers meet in Wrexham. It was great to see so many swimmers competing and so, so many youngsters. It gave me an ideal opportunity to watch everyone race and see how they are developing. Please see the report for a full write up.

Liverpool Summer Meet

We took over 20 swimmers to race in Liverpool 50m pool. It was again great to see lots racing and gaining valuable experience in a Long Course pool. All swam outstanding with Winsford dominating the 9 years, 10 years and 11 years boys age group categories. Well Done to all swimmers.

Sometimes parents expect different things from their child at meets; please see below what I believe is most important.

What should I expect in terms of results at Meets?

You should expect to see:

- Your child enjoying swimming with his / her friends;
- Your child learning to love challenging him / herself and taking pleasure in competition;
- Your child demonstrating all they have learnt in terms of swimming technique, dives, starts, turns, finishes, underwater kicking.
- Your child showing some self responsibility in their warm up, recovery, meet day nutrition and personal management.
- Your child showing a sense of "team" by cheering for team mates and supporting other members of the squad.

In terms of results...expect nothing. Where kids are concerned....**Medals are meaningless and times are tedious** unless they are accompanied by LLL – a **love** of the sport, **learning new skills and life lessons**.

In the development Squad we are all learning with every session and every race we do. I am sure a lot of swimmers out of the Development Squad will have superb futures in the sport of swimming. Keep on training and anything is possible!

Meets coming up which are suitable for Dev Squad:

6th July, Winsford Summer Development Meet. Entries Closed. Over 30 swimmers participating.

20th & 21st July Salford Open Meet, 26 entries, hopefully all will be accepted!!

22nd September Teaspoon, 50m Sheffield. A great meet for all who want to experience swimming in a first class LC pool. It is over one day and all the races are only 50m in length, I deal first meet of the season and I would strongly recommend all to enter. This meet is first come first served please get entries in ASAP!

Next Season please look out for the Club Champs which are on 14th/15th & 28th/29th September. The club champs are your best chance to gain licensed times so you can enter future meets. Please take this opportunity to enter any events you may not have swum before or any events where times need updating. Please grab this opportunity and give your children the best start to the swimming season. If in any doubt please catch me before or after training, then I will advise you on what your child should be entering and what he/she is capable of.

Good Luck to all swimmers for July, and Good Luck to all swimmers competing in the City of Salford Meet. Summer holidays will be coming up soon, so please keep an eye out for the summer training schedule. We do plan on keeping a good number of sessions running in August, so we can keep a base level of fitness up and to work on technique and skills. Please try and keep as fit as possible over the summer months so we can all begin the 2013/2014 season off with a good start. We have got a busy year of competitions and these meets will be published shortly. Any questions please come and see me any time before or after training, I am here to help.

Thanks for your support Dan Goodwin.