

Development Squad, Sept Newsletter. Welcome to the September newsletter for the Development Squad and welcome to season 2013-2014. We have got a long season ahead of us, many dreams and aspirations, many hours in the pool and many hours competing. It is a fresh start and a chance to look at our goals and targets for the year ahead. In September, training has been geared around getting fit, building up a base of training in which we can take into the winter season. Training as always has been faultless in terms of effort from the swimmers. Attendance has been good, although I always want better! As a coach it is clear to see those swimmers who train regular like clockwork are the swimmers showing the most improvement. Swimming is the most technical sport in the world and that is why so much time needs to be put into it in order to reach our potential.

This month we have had the Teaspoon Meet. I have written a report with more detail, but it was a very successful day for all our swimmers. Many PB's, fast racing and most of all, valuable experience of racing LC. The younger a child can gain these experiences the better. This will set him/her up for the future to grow into confident swimmers and people.

This month we have also had the club champs over two weekends. I was very impressed with a lot of things, the turnout; we had huge numbers taking part, the variety of events swimmers raced in and the skill and speed at which we swam at. It is very early season and nobody will be 100% fit yet, so it is even more impressive swimming so fast so early on. It was also very pleasing to see lots of swimmers race the middle (200-400m) and longer distances (800-1500m). Remember the more experiences young swimmers gain the better their future in the sport will be. Also it was so pleasing to see huge entries for the IM events, at Junior and Age group IM's are our bread and butter. IM is the most important event a swimmer can do; it shows me which swimmers are multi talented and skilled on all strokes. Please remember to use these times or times gained in the next month to enter the North Midlands Championships which will take place in January.

ADVICE!!! Question: My child is 9 and is a great freestyler. What does she have to do to make it to the top?

The first thing to accept is that **there is no such thing as a champion nine year old freestyler**. Swimmers who experience success pre-teenage years generally do so because of accelerated growth, i.e. they are bigger and stronger than the other kids! It's not always the case but size, strength does play a part, as does technique, skill and fitness. Another common situation is that as kids grow, change and develop, their ability to swim the competitive swimming strokes also changes, this year's backstroker could be next year's freestyler and then the following year they are great at swimming fly. In the long term, the factors which determine success as a senior swimmer are the 5 Ps:

- **Perseverance** – the ability to try and try and try and try – and to never ever give up;
- **Patience** – it takes time to become a great swimmer – about ten years of consistent hard work;
- **Physical training** – great swimmers are usually the best prepared. It takes a high level of physical fitness, technical development and skills refinement to make it to the top;
- **Personality** – world class swimmers demonstrate some common personality traits – none the least being determination, commitment, the ability to overcome adversity and the capacity for accelerated learning;
- **Passion** – Swimming is like anything else in life: you have to love it to do it well!

Meets coming up which are suitable for Dev Squad:

19th & 20th Nov, Swim Conwy Autumn Meet, Llandudno SC. Super fast, ultra modern pool. Ideal for all who have qualifying times. A great meet with all distances and strokes. Great chance to get some early season fast swims in!! **Entries Closed.**

16th & 17th Nov, Stafford Apex SC. Brand new swimming pool. Located in the centre of Stafford. Fantastic meet for all swimmers who qualify and a chance to swim fast and improve on all PB's and develop racing skills. **Closing date 2nd Oct.**

17th Nov, Cheshire Junior Meet. Excellent opportunity for all junior swimmers and those swimmers with less experience of racing to compete against other swimmers from the county. **Closing date 2nd Oct.**

24th Nov, Wrexham Sprint Meet. Good meet to have some fun over the shorter distances. **Closing TBC, Soon.**

30th Nov & 1st Dec Snow Frills LC, Sheffield. Ideal opportunity for all swimmers to gain race experience in a top class LC pool. **Entries Closed.**

11th, 12th, 18th, 19th 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. **Details will be out in the next few weeks with qualifying times. Please keep an eye out.**

In late November or early December we will be running a time trial in preparation for the NM Champs in January. This is likely to consist of mainly 50m and 200m races plus 100 IM.

There are lots going on in the next few months. Any questions please ask, we are here to help and to get the best out of every swimmer. I don't want to sound like a broken record! But the more training everyone can put in now will help to produce some great results in the future. Good Luck for the up and coming months and as always thanks for your support. Dan Goodwin.