

**June Newsletter.** Training over the month of June has been to its usual high standard. It is good to see new swimmers coming into the Squad all the time. I feel all the swimmers promoted from Transition are doing very well and coping well with the new demands of the Dev Squad. Attendances are good overall and attitude amongst all swimmers is outstanding. Well Done to all.

---

### **Wrexham Cath Ankers**

Winsford SC took 25 swimmers (11 from Development Squad) to the Cath Ankers Meet in Wrexham. All swimmers performed fantastically well gaining many new PB's (which can be used in future meets), top 6 and many medals. It was so pleasing to see so many Winsford swimmers finishing in the top 6 and racing with great determination. This was a very successful meet for the Development Squad and each swimmer would have gained a lot of valuable experience of putting their skills learnt in training into a competitive environment, against some very strong opposition. Congratulations to all participants everyone did fantastic.

Swimmers from the Development Squad were:

**Domiziana Dean, Ethan Wright, Faye Coleman, Georgia Maundrill, Harry Armitt, Adam Blackburn, Alice Deeming, Finn Armitt, Thomas Wilson, Will Deeming, Katie Wilson**

**(I hope I haven't missed anyone out, if I have please contact me and we will correct any mistakes)**

**Winsford SC Time Trial** (23 swimmers from Dev Squad) Well Done to all participants, everyone swam with great skill and determination. Time Trials are an excellent way to update any PB's and gain new times. Please use these time trial times for any future L3 meets.

**Galas coming up: Winsford Dev Meet L4 & Biddulph Open Meet L3.** Good Luck to all participants in these two, end of season meets. I will be there to support all swimmers.

**Galas to enter: Winsford SC Club Champs**, every swimmer in the Development Squad is expected to enter. Enter as many events as possible especially the distances of 200m and above. **Teaspoon 50m LC Meet** in Sheffield. As many as possible to enter, great chance to gain experience racing LC.

Overall the month of June has been fantastic all swimmers are training really well, attendances for the vast majority is good (remember: Swimming is such a technical sport, the more sessions attended the better the skills will become, resulting in faster swimming!) Racing is very good and improving all the time for those who are racing regularly.

Just a reminder that Friday evening training 8-9:15pm is open to all Gold and Silver swimmers, please try and attend this skills session. Also summer training is up on the web-site, please try and attend as many sessions as possible to keep up some base fitness and improve on skills.

Good Luck for the month of July and look out for entries to the Club Champs. The Club Champs are your best opportunity to try and gain North Midland Championship times and enter any events never raced before.

Thanks for your support, Dan Goodwin.