

Development Squad, September Newsletter

Welcome to September's newsletter, and welcome to the new 2012/2013 swimming season. It is a fresh start for everyone and a time to get back into some good, consistent training after the summer reduced programme. September has been very good with all swimmers working well and very eager to make a good start to the season. Over the next couple of months we will be continuing our aerobic based training with technique and skills incorporated throughout. Attendance has been improving all the time and it is clear to see that the swimmers who are consistent in attendance are producing some very good improvements in their swimming. Well Done.

In September we have had the Club Champs and the Teaspoon Meet in Sheffield.

Teaspoon, Sheffield

On Sunday September 23rd we took over 25 swimmers to Sheffield for the Teaspoon meet. This was a fantastic opportunity for our swimmers to gain some very important experience of racing Long Course (50m) in a pool where the National Championships take place. All swimmers performed fantastically well producing many outstanding swims against some of the best swimmers in the North. It was so very pleasing to see our swimmers perform with great determination, especially those swimmers for who this was their first Long course Meet. Well Done to all participants. Representing the Development Squad was, in no particular order: **Alice Deeming, Domi Dean, Faye Coleman, Finn Armitt, Georgia Maundrill, Harry Armitt, Will Deeming, Adassa Sproul, Katie Wilson, Nathan Byrne, Sam Houghton and Alex Moss** (who couldn't compete because of injury).

Club Champs, Winsford

The 2012-2013 Club Champs took place over two weekends in September. This meet was the perfect chance to gain some early season race practice and for many out of the Dev Squad to gain some experience and new PB's for events they may not have competed over before. It was great to see so many swimmers competing over the weekends and swimming with great skill. It was even more pleasing to see so many swimmers competing over the 200m & 400 distances and even some swimmers competing over the 800 & 1500m Free. Remember that the middle and longer distances should be what young swimmers should be racing and not just the 50m races.

I thought everyone did fantastically well and it was good for me to see how each swimmer is developing and maturing into their racing. Even though the Club Champs were not licensed this year, you CAN use these times gained at the Club Champs to enter the North Midlands Championships which take place in January. Details of the NM Champs will be out this week or next, so please look out for them and see if you have any qualifying times. Winsford SC want to take a huge number of swimmers to the NM and I would like as many swimmers as possible from the Dev Squad to qualify and enter. When the details for the NM Champs do come out please try and enter as many events as possible. It is your chance to race against the best swimmers in the North Midlands!

Meets coming up:

17th Nov: Wrexham Sprint Meet. Entries closed, we have over 25 swimmers competing, Well Done to all participants.

18th Nov: Cheshire Junior Meet, Macclesfield. Ideal opportunity for all of the younger swimmers to gain racing experience against other teams from Cheshire. Closing date 14th Oct, I would like as many swimmers as possible to enter.

1st/2nd Dec Warriors Percy Mason memorial gala. I would like all swimmers to enter this meet, this will be the last chance to race before the NM Champs. Please try your very best to enter, I would love to see close to 100% turnout from the Dev Squad. Details will be on the web-site very shortly, please keep an eye out! Closing date TBC.

12th/13th & 19th/20th North Midlands Champs. Every swimmer who has qualifying times is expected to enter, this is a TARGET MEET for all swimmers in the Dev Squad. Closing date TBC (But usually late oct or early Nov).

It has been a great start to the season and I believe if attendances remain high, and the effort in training is as high as it usually is, then a lot of swimmers can perform to a very high standard.

Thanks for your Support, Dan Goodwin.