

Development Squad, Octobers Newsletter

Welcome to October's newsletter. October has been a quiet month for the Development Squad in terms of competitions but it has provided us with the ideal opportunity to get some good training behind us. Training has been very good throughout the month with all swimmers applying themselves very well. The month has been predominantly skills based with aerobic swims throughout. Towards the end of the month we have moved onto some faster work in preparation for the meets coming up in November. In October Winsford SC were involved with a L2 Coaching course where trainee coaches were taking our swimmers. I have to say I was so very pleased with the way every swimmer trained whilst being coached by different people on the Friday evening and Sunday evening. All swimmers were very professional and eager to train for our guests. Feedback from the trainee coaches and tutor were that our swimmers were very well behaved, professional and keen to learn and work hard. Well Done to all swimmers in the Development squad over those 3 weeks, you all made a very good impression to all the trainees.

Arena League

On October 13th we took part in the first round of the Arena League at Macclesfield. We were Champions last year of Division 1 so this year we are now competing in the Premier League of the North West area. We were drawn against some very strong opposition such as Stockport Metro and Warrington who have thousands of swimmers feeding into their programmes. The competition was fierce and the crowd was very loud, getting behind all swimmers on the night. Winsford SC for our first outing in the Premier League for many years equipped our selves very well. Many close races and good competition. After round 1 Winsford are 11th out of 16 swimming clubs and this puts us in a strong position going into round 2 which is again at Macclesfield. Well Done to all swimmers from Development Squad who was selected for the team, in no particular order: **Reece Hughes, Adassa Sproul, Finn Armitt, Niall Gibbs & Jacob Robson**. All 5 swimmers did fantastically well.

Meets coming up:

17th Nov: Wrexham Sprint Meet. We have over 25 swimmers competing, **Entries Closed**.

18th Nov: Cheshire Junior Meet, Macclesfield. We have 20+ swimmers competing. **Entries closed**.

1st/2nd Dec: Warriors Percy Mason memorial gala. We have 23+ swimmers competing. **Entries closed**.

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 4th Nov**. The North Midlands will be your opportunity to gain Cheshire County Times for March. Please do not miss this opportunity to compete against the best swimmers in the North Midlands. Please enter as many events as possible.

The gala committee and Coaches will be meeting up in the next couple of weeks. We will then be able to give you a full list of galas and meets to enter for February onwards. Winsford SC will also be competing in the Crusader League in the New Year.

Good Luck to all competitors in all the meets coming up. I will be there to support all swimmers.

Thanks for your Support, Dan Goodwin.