

Fast Swimming, Medals, Trophies and Rock

On the weekend of the 22nd & 23rd of June, Winsford SC took 21 swimmers (or Soldiers!) to Liverpool to race (fight!) in the City of Liverpool Long Course Sprint Meet. For some swimmers this was their first opportunity to race in a LC pool and for all swimmers it was an ideal chance to gain LC race experience and to practice their skills learnt in training. Many swimmers who entered this their experience of racing in LC pool was limited but it did not phase any of our swimmers, in fact I believe every swimmer rose to the challenge and produced some exceptional results against some top swimmers. Even Michael Rock was there!

Winsford swimmers are fighters for there is no question about that, our swimmers do put in some great work in training and put in some superb work into their racing. It was very interesting to watch our swimmers racing and trying to win the heat or beat the person in the lane next door or simply racing the clock. It is very difficult to turn a chicken into a tiger, luckily for us we had tigers there on the weekend, all of them dressed up in body armour and carrying a whole range of weapons for the fight ahead! That for me is so pleasing because we had 21 gladiators, tooled up and for any coach all he/she can ask is for their swimmers to try their very best and all did that on the weekend.

There were so many highlights, from the very young who are just starting out on their long, sometimes stressful and hopefully enjoyable swimming career to those swimmers who have got a few more battle scars! What I can say though is every swimmer can take a lot away from the weekend. The highlight for me in terms of results was the 9-11 year olds lads, Ethan Jones (11 years top boy), Ethan Wright (10 years second top boy), Finn Armitt (10 years top boy) & Jay Cushen (9 years top boy) dominated their events. Winning so many medals, PB's and winning top boy in their respective age groups. It was so pleasing to see them race with so much determination and with a fierce competitive nature when racing. BUT the most pleasing thing to see was that they are such good friends when not racing and for me that is great and how it should be. Competition between them all spurs them on but they support each other and have a good time racing each other. Well Done lads, many exciting years ahead.

Even though the highlight was the 9-11 year olds lads every single swimmer did a great job, so that is why every single swimmer gets a mention because we were there as a team and we were all equal. So well done to: **Adam Blackburn** for swimming so well for your very first LC meet, you swam with a great attitude and enjoyed the experience, **Alex Humphries** who is racing more and more and with more training could become a great talent, **Alice Deeming** superb all weekend, I know I will get a good race every time she swims, always on the attack, **Amy Booth** who gained numerous medals and also came away with some very good times, always drawing an end lane! **Charlotte Pagett** who gave it her all, as always, some very good racing especially on the Brst and Fly events, & providing me with strawberries! **Elisa Hughes** who raced with a very good stroke technically, with more fitness could swim very fast, **Ellie Cushen** for her very first LC meet, this girl is so keen and has come on such a long way in a very short time, every time I see her she is holding onto a big box of biscuits! Thanks they were tasty! **Ethan Jones** for swimming out of his skin all weekend, what a talent and what a big heart and what small jammers! **Ethan Wright**, who fights and fights and fights and always comes out of the race smiling, some superb swimming. **Faye Coleman** who had only one race but came to Liverpool to gain some LC experience, had to wait all afternoon but raced with the best determination I have ever seen from you, well done and great time, **Finn 'forest gump' Armitt** well what can I say he dives in and just swims fast, a great talent and born to do Fly! **Georgia Maundrill** who gave it everything and often winning her heat, always game for a fight, raced with great focus and desire, **Hannah McEnaney** who swims with great technique but is now attacking her racing, great to see and I think she will just get better and better, **Harry Armitt** for swimming so well on his Free and Brst events, like his brother he is not scared of a race, I think a 1500 Free swimmer in the making! **Isobella Burton** for always giving it everything, came in the top 4 in so many events, really pleased for you in gaining a medal in the 100 Fly, getting stronger and faster with every swim, well done, **Jay Cushen** for someone so young he is fearless and does not have a weak stroke, at 9 this fantastic, Jay won

GOLD in every race! Loves to eat biscuits! **Kai Knowles** for swimming his first LC meet and gaining some great times and great to see his attitude to racing, loves to race, well done, **Olivia Capper** who has been phenomenal since coming to Winsford, she swum with first class focus, improving all the time and always wanting to take advice from coach and act upon it, great medals in Bk & Fly. **Rebecca Alderman** who sets the perfect example for what can be achieved with hard work in training, improved massively and swam superb all weekend gaining massive PB's, **Reece Hughes** who always races with a smile, some great swims and I think could be very good on distance free, well done, and finally **Will Deeming** (sorry mate I do this in alphabetical order so you are always last!) outstanding all weekend, like his sister he has a perfect attitude to training and racing, really is talented on his BK events, great racing Will.

It was so pleasing to witness the attitude of the swimmers, all of them wanted race tactics and all swimmers wanted race feedback and all swimmers responded very well. There were no tantrums, no toys thrown out of the pram, no knives being thrown at coach, just food! Win, lose or draw every swimmer was very professional in their approach and for a coach that is all I can ask. We had 21 swimmers there which was great, it was a shame we didn't take more, and to take the opportunity of racing in a LC pool. Experience is everything because without these experiences we can't improve and learn from them. I was very proud of every swimmer all did a great job, and all raced happy, so well done to all.

I would like to say a big thank you to Jenny Warburton and to Craig Blackburn for providing excellent team manager skills! Also a big thank you to all the parents for their great support, to me and to their children and to the club. Through good times and bad the support makes a huge difference to the swimmers. Also thank you to Liverpool SC for being so friendly and accommodating, I didn't get any food but I did plan ahead and bought two Turkey and Ham pies from Nantwich, so I ate them at dinner time! Also thank you to Hannah McEnaney for a very tasty homemade Jam scone, and to the Deeming for the muffins!

A good quote to read:

Being your best is not so much about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves. It has nothing to do with how many times you win or lose. It has no relation to where you finish in a race or whether you break world records. But it does have everything to do with having the vision to dream, the courage to recover from adversity and the determination never to be shifted from your goals

- Kieren Perkins [AUS]

Keep dreaming Winsford, and never, ever, ever, ever, ever, ever give up. Train hard and anything is possible.

It was a hugely successful meet, so again WELL DONE to all swimmers.

Dan Goodwin. (Time to watch some Tennis and eat a White Magnum!!)