

Development Squad, March Newsletter

Welcome to the March newsletter for the Development Squad. March has been a superb month of training. All swimmers are excelling in their training. All swimmers who attend regular are making huge improvements. It is so pleasing to see the young swimmers training throughout the Gold-Silver-Bronze squads and taking to our coaching methods. We have had a new influx of swimmers promoted to the Bronze Squad and I think they have all taken to it like a duck to water. I am a demanding coach and I believe all the newly promoted swimmers are meeting those demands. Just a quick note to all swimmers: Please try and arrive for training at least 10 minutes before the start of the session. It is important to take part in mobility exercises before the swimming session starts, so the body is ready to swim fast!

March has been a great month with lots of swimmers taking part in the County Championships. Training is exceptional, focus is first class, attendances are high and the professionalism is superb, if we can have every swimmer in the squad to be on time I will be a very happy coach! Also a reminder that swimming is such a highly skilled sport the more your child swims the better they will become.

Cheshire County Championships 2013 Over two weekends in the month at March Winsford SC took over 30 swimmers to the Cheshire Championships at Macclesfield. This is a competition where only the best swimmers in the County compete against each other. Winsford swimmers did exceptionally well with many medals, top 8 finishes and PB's. It was very pleasing to see a lot of younger swimmers from Comp B and Development taking part from the club. The experience of racing at such a high level will stand our swimmers in good stead. Out of the Development Squad we had competing were: **Adassa Sproul, Faye Coleman, Jay Cushen, Katie Wilson, Will Deeming**, plus for the relays **Finn Armitt, Harry Armitt and Reece Hughes**. Well done to all competitors especially those swimmers who attained individual qualifying times. I hope next year we will have more qualifiers from the Development Squad. Winsford SC managed to finish 4th in the Senior & Junior Champs and 5th in the age group champs, which is a fantastic achievement for a club our size. I have to say a special well done to Jay Cushen who finished 3rd in the Bagcats and won many gold medals throughout the two weekends. Also well done to the 12under relay teams both A and B teams swam fantastic with the A team picking up 3 Bronze medals in the girls and boys relays. It was a great championship for Winsford SC I am sure we will get over 40 competitors competing next year from our club.

Reasons why we compete There are lots of meets coming up (listed below), which are suitable for the Development Squad. Attendance at the meets on the whole is very good. I have named 6 key points to why competing regular is so very important. Entering meets is extremely important for the following reasons:

- a. Keeping track of your progression;
- b. Being competitive, trying to be the best;
- c. Giving the coach up to date times to set training pace, make squad moves etc.;
- d. Gaining qualification times for bigger and better meets;
- e. Practice tactical/racing skills and great nutrition & hydration;
- f. And the most important reason of all!!! Having **FUN** racing and seeing if you can beat people.

Meets coming up which are suitable for Dev Squad:

27th & 28th April Satellites Open Meet L2, Macclesfield. **Entries Closed.** 27 participants.

4th & 5th May Wrexham Spring Meet, Wrexham Waterworld. **Entries Closed.** 27 participants.

19th May Wigan Starter Meet. **Entries Closed.** Well Done to all swimmers who have entered this meet. We have had 35 swimmers put in entries for this meet. It is fantastic to have so many swimmers taking part.

25th & 26th May Swim Conwy Open Meet. **Entries closed.**

8th June Cath Ankers meet, Wrexham. **Closing date to be confirmed.**

22nd & 23rd June, City of Liverpool Summer sprint meet 50m/LC. Please keep an eye out for this meet. Ideal for all swimmers from the Development Squad to gain racing experience in a 50m pool. **Closing date to be confirmed.**

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| Good Luck to all swimmers for April, and Good Luck to all swimmers competing in the Satellite Open Meet. I hope you all have a great Easter and keep up the good work in training. Thanks for your support Dan Goodwin. |
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