

## Regional Age Groups 2013

Over two weekends in June we took 9 swimmers from Winsford SC to the North West Regional Championships in Manchester to do battle against some of the top swimmers in the region. The Regional's are a top meet with many national swimmers taking part and some of the best in Britain racing for honours. We had 9 swimmers qualifying for the regional age groups, of which I am writing this report for 8 of them; Ash Hogg has got a separate report. We had 6, 12 year olds and 2, 13 year olds racing and all but one racing in their first regional championships. Gaining regional times is an achievement in itself but for all swimmers to perform so fantastic with no previous experience at this level just shows they all have got very bright futures at Winsford SC. It is also important to note that all these swimmers will be competing next year at the age groups assuming they reach the qualifying times. I like to write about war and battle and fighting and swimming is very similar. You need heart, you need fight, you need guts, determination, you need to be an animal behind that block and I have to say that every swimmer did have that mentality, some more than others but everybody did have it. The one and only thing I wanted from the swimmers was for them to give 100% and to have no regrets.

All 8 swimmers did fantastically well and so I am now going to write a bit about each swimmer, in order of how many events they qualified for and if any swimmers had the same number of qualifying times I then sorted it by alphabetical order. So first up is:

**Alisha Hawkins, 12 years old:** Alisha Hawkins qualified for the 400 IM, 200 Free, 400 Free, 100 Fly, 100 Free, 200 IM & 100 BK. This was Alisha's second regional's after qualifying a year early when she was 11. Alisha throughout the whole two weekends swam out of her skin! I talk about mentality and attitude and Alisha has got the warrior spirit inside her and also a very loud mouth! Alisha swam all her events with great skill and fight achieving a 100% LC PB rate over all events. This just shows that she brought her A Game to Manchester. All races were fantastic, but outstanding swim of the championships was the 400 Free, achieving a 4.59.67 and gaining a place in the final. Reaching regional finals in the 12 years age group is very tough, there is often over 60 swimmers in that particular age group and to reach a final is a huge achievement. Sorry I didn't see your final Alisha, but your mother kept me up to speed, maybe your father will show me the video!!

**Olivia Capper, 12 years old:** Olivia Capper joined Winsford SC a week before the regional's from Alsager SC. In that very short time Liv has trained with a great attitude and is always listening and wanting to take on board what the coaches have to say. For me this is a sign that a swimmer has got a lot of potential, Liv wants to improve all the time. Even though we haven't had a lot of time with Liv she performed exceptionally well at the regional's, achieving a near 100% PB rate in all of her events. Liv qualified for the 100 BK, 200 Free, 400 Free, 100 Fly, 100 Free & 200 IM. Over the two weekends Liv has raced with a lot of confidence and has gone into her races positive and keen to impress and she certainly did impress. I believe Liv has grown in the last couple of weekends and I don't mean in height but in her mentality, without a doubt she has got a great future. I would like to say, thank you to Alsager SC and their coaches for helping Liv to get where she is today. Hopefully next year Liv will come to the regionals with goggles which haven't been chewed up by her dog!!

**Charlotte Pagett, 12 years old:** Charlotte qualified for three events in Manchester, 200 Free, 400 Free & 100 Free. We all know what we are going to get with Charlotte and that is bucket loads full of enthusiasm and bucket loads of heart! She reminds me of my Jack Russell! She does everything at 100 mile an hour and is so happy even on the cold winter mornings! Charlotte definitely gave it her all over the two weekends and this showed in her performances. Even though she was slightly off her 400 Free PB I thought she swam very well on all other events achieving LC PB's in the 100 & 200 Free. Charlotte has improved a huge amount this season, week after week she has put the work in training and she has attended all the time and it shows as training can do for the results in racing. Also I have never seen anyone eat so much fruit and veg before a race!! Charlotte offered me some but I declined!!! But yes, her dedication is fantastic and is very much appreciated by the coaching staff.

**Eleanor O Grady, 13 years old:** El qualified for two events at the regionals, the 200 & 400 Free. Eleanor is a swimmer who performs to a very high level the vast majority of the time and for me she did a great job in Manchester. Both of her races the 200 and 400 Free were LC PB times and both races were very well paced always coming back strong. I personally thought the 200 Free was the pick for me achieving an excellent 2.23.35, a super time and a super swim. Eleanor always wears her heart on her sleeve and I can see in her eyes in training and in racing that this sport means so much to her. I am sure El has got a great future in this sport because she works very, very hard and the attendance in the morning sessions is fantastic. El is always getting stronger mentally and this will help her reap even bigger improvements in the future. I am sure she will go on to be one of our best female 800 freestylers. I hope El will race one soon!!

**Ethan Jones, 11 years old:** Ethan Jones as an 11 year old gained two QT's in the 100 & 200 BK and was also very close to a number of others. To gain regional times is fantastic but to gain them a year early is even better. Ethan is a man of very few words but that doesn't matter to me because I don't talk that much either so we get on like a house on fire! Ethan however has got a huge heart and is fearless. Ethan always races with great determination and he seems to race with not a worry in the world! I thought Ethan performed exceptionally well in Manchester and he gained a lot of very valuable experience. I will promise everyone out there that Ethan will gain lots of regional times next year and he has got every chance of making finals in 2014. Ethan is a talent and I think can go very, very far in the sport. He does everything asked of him and as a coach that is a dream.

**Isobella Burton, 13 years old:** Izz qualified for two events in the 200 Brst & 100 Free and qualifying on the last weekend of May. Izz over the last year has improved loads and was very close to so many times, on so many different strokes and distances. This for me shows that she is an all-round swimmer, I think in the next year the IM races will be her bread and butter. Izz at this meet was very nervous especially before the 200 Brst, even though she wasn't satisfied with her 200 Brst race it was in a LC PB time. However her attitude and desire the following weekend in the 100 Free more than made up. She was like a different girl, she was ready for war! Izz achieved a time of 1.06.59 a fantastic time and a great race. She gave it her all and that is all I can ask of any swimmer, whatever the outcome. Izz's first regional's will give her good experience for next year for which I am sure she will qualify for every stroke. Izz is very keen to race the 400 IM and the 200 Fly in the future for which I know she will be excellent at.

**Josh Egerton, 12 years:** Josh qualified for the 200 Free on his last chance at the Satellite meet. I still remember hearing his dad cheering on Josh! I have heard some loud parents in my time but I think Josh's dad is probably the loudest and definitely takes the biscuit! Anyway I wasn't at Manchester for his race due to being at Wrexham but from reports after a shaky start and swallowing a lot of water down the first length, Josh swam exceptionally well, achieving a time of 2.30.68. Josh is an unpredictable character but I can honestly say he is a joy to coach and joy to watch when racing, he definitely has got huge potential and he definitely will learn a lot from his experience at Manchester. Just think what Josh could do with no wobbling on the block and not drinking the pool water when he races!! Josh I am sure next year will achieve many more QT's because he is a great lad and gets on with the job. Since his time at Winsford his improvements have been exceptional.

**Lydia Rose, 12 years:** Lydia qualified for the 100 Brst at the regionals and from the reports I was given she swam superbly well. Lydia doesn't give much away when I talk to her she is very quiet and very cool, nothing seems to fluster her but she gets the job done with no drama. I am going on record to say Lydia has one of the best Breast strokes I have seen and I am certain in the future she will go onto even greater things. Technique is everything at this age and when she grows big and strong like Oli, she will be an animal on that stroke! Lydia achieved a time of 1.30.86 which is a LC PB, a super swim and from reports technically sound. It's weird how strokes can run in the family, the roses breed breastrokers. Also a mention to Amber, (Lydia twin) I want you to be at the regionals next year, together we can achieve it.

Sorry for such a long report, I know it can be a bit boring! But I had to write about every swimmer because they all deserve to be praised. I really enjoyed being pool side with you even though it was very hot. Every swimmer performed under the most pressure they have probably ever swum under, but they came out of it superbly well, all experiences gained at this meet will stand them all in good stead for next year. I can honestly say we at Winsford have got lots of good youngsters coming thorough and I am sure we will have even more younger ones filling the team next year. So a final Well Done to Alisha 'Iron Lady' Hawkins, Olivia 'Chewed up goggles' Capper, Charlotte 'Jack Russell' Paget (sorry Pagett), Eleanor '800 free' O Grady, Ethan 'no comment' Jones, Isobella 'spanish revising' Burton, Josh 'Loud Father' Egerton, Lydia 'ice cube' Rose.

**Alisha Hawkins 12 years:** 400 IM 5.59.34 LC PB 20th out of 24, 200 Free 2.27 LC PB 29/60, 400 Free 4.59.67 8/45 made Final LC PB, 100 Fly LC PB 34/39, 100 Free 1.07.18 26/72 LC PB, 200 IM 2.47.93 LC PB 37/55,

**Olivia Capper 12 years:** 100 BK 1.19.04 LC PB 34/46, 200 Free 2.29.16 LC PB 37/60, 400 Free 5.20.23 LC PB 38/45, 100 Fly 1.23.21 LC PB 37/39, 100 Free 1.09.70 LC PB 56/72, 200 IM 2.54.08 50/55

**Charlotte Pagett 12 years:** 200 Free 2.29.80 LC PB 42/60, 400 Free 5.11.32 24/45, 100 Free 1.12.24 LC PB 68/72

**Eleanor O Grady 13 years:** 200 Free 2.23.35 LC PB 37/44, 400 Free 5.00.06 LC PB 18/22

**Ethan Jones 12 years:** 200 BK 2.50.36 LC PB 37/42, 100 BK 1.21.13 LC PB 32/34

**Isobella Burton 13 years:** 200 BRST 3.13.13 LC PB 25/27, 100 Free 1.06.59 LC PB 38/43

**Josh Egerton 12 years:** 200 Free 2.30.68 LC PB 43/47

**Lydia Rose 12 years:** 100 Brst 1.30.86 LC PB 47/63

**Overall 91% LC PB Rate.**

Keep up the good work everyone. Dan Goodwin.

PS: If anyone would like to cut and paste some of this and put in paper please feel free, I am now going to watch Die Hard on DVD!!