

Development Squad, Novembers Newsletter

Welcome to November's newsletter. November has been a very good month for all swimmers. Attendance is very high and determination in training has been excellent. We have also had the chance to put our skills learnt in training into practice with the Wrexham and Cheshire Junior meets. It was very pleasing to see so many swimmers entering the meets.

We have found out this month that unfortunately the Winsford Swimming pool is closing for 3 weeks over December for maintenance. It is a very important time of year in preparation for the North Midlands Championships, please try and attend all training at the other pools and if possible please try and attend some public swimming sessions during the week evenings to maintain fitness. Times of when the Dev Squad can train are on the web-site.

Arena League. On November 10th we took part in round 2 of the Arena League at Macclesfield, against teams from Salford, Southport, Blackpool, stockport Metro, Preston, Carnforth & Ulverston. Again it was an electric atmosphere with some exciting racing taking place. Winsford SC managed to finish 5th, only being beaten by some huge clubs. All swimmers on the night performed fantastically well. After the two rounds we are ranked 9th out of 16 clubs, so for the final round we will again be at Macclesfield in December. 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.

Wrexham Junior Sprint Meet Competing from the Dev Squad: Finn Armitt, Harry Armitt, Faye Coleman, Ellie Cushen, Alice Deeming, Will Deeming, Harry Goodfellow, Louis Goodfellow, Samuel Houghton, Reece Hughes, Madison Langton Flint, Amelia Magee, Hannah Magee, Adassa Sproul, Katie Wilson, Thomas Wilson. The first meet for the Dev Squad of November was the Wrexham Junior Meet. It was fantastic to see so many entries; it was also very pleasing to see all swimmers race with great determination. We picked up many PB's, Medals and Golds, all swimmers did themselves proud when racing and their professionalism and behaviour was first class. It was very pleasing to see our swimmers coming out on top against swimmers from other clubs. Well Done to all.

Cheshire Junior Meet Competing from the Dev Squad were: Adassa Sproul, Alex Humphries, Domi Dean, Ella Townend, Ellie Cushen, Faye Coleman, Finn Armitt, Harry Armitt, Jay Cushen, Josh Fielden, Kai Knowles, Martha Townend, Max Beasley, Nathan Byrne, Olivia Morley. The day after Wrexham we took part in the Cheshire Junior meet; this was our chance to compete against other swimmers from our county. Again like the day before the swimming was fantastic, it was very satisfying to see Winsford swimmers at the top of the results sheet, many swimmers picking up medals of all colours and speeding tickets! I was very proud of the way everyone raced. There is obviously a lot of talent coming through our swimming club, the future is very bright.

Meets coming up:

1st/2nd Dec: Warriors Percy Mason memorial gala. We have 24+ swimmers competing. **Entries closed.**

12th/13th & 19th/20th North Midlands Champs. We have 62 swimmers from Winsford SC competing. This is against the best teams in the North Midlands and is the best opportunity to try and gain Cheshire County Qualifying times which take place in March. **Entries Closed.**

Mid Feb Date TBC. Cannock Pheonix Open Meet, Open to all Dev Squad swimmers who have Qualifying Times. Good meet for race practice before Counties and/or the spring meets.

The gala committee and Coaches have met up and the full competition calendar is now on the web-site for the rest of the season. Please keep an eye out for closing dates and please try and enter all meets which are suitable. Each Meet has a purpose and it is important for a swimmers development to race regular in order to practice skills learnt in training and keep all swimmers experienced in competitive racing. At age group level please enter a variety of races and distances especially the IM races, we want our swimmers to be multi-skilled, specialising in events can come later in their swimming careers. Meets suitable for Development Squad: **Jan:** NM, **Feb:** Cannock, **Mar:** Cheshires, **Apr:** Wirral, **May:** Wrexham & Swim Conway, **June:** Cath Ankers & Liverpool sprint, **July:** Winsford & Manchester.

Good Luck to all competitors in the Warriors of Warrington Percy Mason Memorial gala, next weekend. I will be there to support all swimmers. Also good luck to all swimmers in the junior gala at Macclesfield on the 15th Dec and well done on your selections.

Thanks for your Support, Dan Goodwin.