

**July Newsletter** Welcome to Julys newsletter. Training for July has been fantastic, all swimmers have been very focused, determined and are very professional in their training. This has shown in the results at the Winsford Summer Meet and Biddulph Open Meet.

**Winsford Summer Development Meet ( 107 medals, 41 Gold, 35 Silver, 31 Bronze)**

In early July we staged the Winsford Summer Development Meet. It was fantastic to see so many swimmers from the Development Squad take part and swim outstandingly well. It was so pleasing to see all swimmers knock huge amounts of time off their PB's and swim with great skill and determination. Winsford picked up a massive 107 medals which was very pleasing and it just shows what hard work and dedication can do. Well Done to all participants on some fantastic results and I would also like to say the behaviour was first class on poolside. I would also like to say how great it was to see so many parents from the Development Squad helping out with the Meet, you are the future of this swimming club and without your help we wouldn't be the club we are today, thank you. Also a big thank you to the marshal's on poolside that ensured all our swimmers were relaxed and ready for all their races on time and focused to swim fast.

**Biddulph Open Meet** In mid July we had the Biddulph Open Meet, Winsford SC took 25 swimmers to this meet. All swimmers swam with great desire to finish the season off on a high and try and update current PB's and gain medals. It was good to see the younger swimmers compete against some very good opposition. Many medals were won, some swimmers picking up lots of medals. Each and every swimmer could take something away from the meet, whether that be a medal, PB or a high skilled race. Winsford only took 25 swimmers and yet we managed to gain 3<sup>rd</sup> place in the overall club standings well done to all.

July has been fantastic and over the season as a whole I believe every swimmer in the Development squad has improved a lot, with some outstanding results. What pleases me most is the attitude off every swimmer, we do try and have a good time when we train but the focus from every swimmer has been superb. Well Done.

**Meets to look out for:** **Sept:** Club Champs (every swimmer to enter as many races as possible, great chance to gain times, please focus on the 200m events and above) **Oct:** Wigan Best (suitable for higher end swimmers in the squad) **Nov:** Cheshire Junior Meet (as many swimmers to enter as possible, want to take a big team!) Wrexham Junior Meet (Ideal for first gala) **Dec:** Warriors Percy Mason gala (All swimmers to enter, rehearsal for the NM Champs in Jan) **Jan:** North Midlands (This Meet should be the goal for all swimmers in the Dev Squad, enter club champs to try and gain your Qualifying times) There is also Teaspoon Gala in September which entries are now closed, I believe we have over 25 swimmers attending, Well Done.

The season has now come to an end and after all the training it is a chance to take a step back from the intensity of training and have a bit of rest! However at Winsford we are keeping training going. For details of summer training please view the member's area and click on Development Squad for summer training times. Over August we are concentrating on technique and skills, please try and attend as many sessions as possible as these sessions will be very beneficial.

Well Done to all swimmers. The 2011/2012 season has been a fantastic success. Keep up the good work and best wishes for 2012/2013, have a good summer. Thanks Dan Goodwin.

And finally a massive Thank You to all the coaches who have helped me out over the season with the Dev Squad, you have all made a big, big difference to the swimmers. There is some very good coaches starting to develop, and I am sure some very bright futures in the sport of swimming coaching and teaching. I couldn't have done it without you. Well Done.