March 2012 Newsletter

Dear Parents/Guardians.

Welcome to March's Newsletter for the Development Squad. The month of March has been a busy month for those who have competed in the Cheshire Championships. The Development Squad had 8 qualifiers plus 6 others who have recently over the past 6 months moved up to Squad. All of the swimmers who competed did fantastically well, achieving many PB's, top 8 placing's and medals. Also a special mention to Abbey Brown for achieving second in the overall 9 year old girls BAGCATS awards. Winsford SC as a whole did fantastic with all swimmers racing with great skill and determination. The club finished 5th overall, behind only to the much larger Metro & City clubs.

Participants and qualifiers from the Development Squad were (in alphabetical order):

Abbey Brown 9

Alissa Blackshaw 10

Amber Rose 11

Charlotte Pagett 11

Ethan Jones 10

Ethan Wright 9

Faye Coleman 9

Lydia rose 11

March has also seen many hours of good training taking place. I have to say I am very impressed by the swimmers attitude in training. All swimmers work very well and put in some very good training. I can see that the swimmers who attend regular, with no breaks in their training are seeing some great improvements in their skills and fitness. Swimming is one of the most skilful sports and so it is very important to attend as often as possible for your child to develop their skills and reach their potential.

Over the the Spring and Summer months we will like always be working on the skills and techniques of the strokes, starts and turns but we will progressively make the sessions a bit more aerobically demanding. I am keen to push the swimmers more in training (in terms of distance) and this will help the swimmers in developing their aerobic capacities. At the younger age groups it is important that swimmers are worked aerobically with some sprint work. It is also encouraged that all the swimmers in the development squad to compete over the middle and longer distances.

On the 31st of March there will be a time trial and there will be a second time trial later in the the season TBC. These time trials are in place of the Crusader League which is not taking place this season. It is expected that every swimmer in the Development Squad will take part and to swim in a lot of events. This is an ideal chance to gain some new times, improve on old times, gain race experience and to practice the skills learnt in training in a racing environment. At a young age it is vitally important to gain experience in racing. I have already got my sights on the NM Champs next year (Jan 2013) and it is important for the swimmers to gain experience and times to take part. This year we had 25 swimmers, next year we would like over 30 from the Dev Squad taking part at the NM.

Other Meets to look out for are: Satellite Open Meet 28th/29th April. Cath Ankers Wrexham 5th/6th May Date TBC. City of Liverpool L3 LC Sprint Meet June TBC. Winsford Development Meet June/July TBC. Then in the distant future the Winsford Club Champs in September, this will be the best chance for swimmers to try and gain NM Champs times. please support the Meets as it is very important for your child to get on the competitive swimming circuit and develop their skills for future swimming success.

Thanks for your continued support.

Dan Goodwin.