April 2012 Newsletter

Dear Development Squad Swimmers

April has flown by very quickly but it has given us a good chance to get some solid training under our belts. April has been a month of few galas but a chance to train without interruption. April has been a month of predominantly skill, technique and aerobic work, hopefully this conditioning will aid the swimmers to have a very good spring and summer season. Training has been going very well, over the past week attendance has been incredible, it really is pleasing to see so many swimmers packing out the lanes and putting in some great effort into their training. The Development Squad is without doubt a very honest and hardworking group. Very well done to all.

There have a number of promotions in the Squad, congratulations to all. Don't worry if your child has not been promoted this time, promotions are ongoing and all swimmers are going in the right direction. Promotions are determined on a number aspects such as attendance, effort and performance in training, attendance and performance at meets and commitment to be a competitive swimmer, attendance at morning training also shows good commitment.

Well Done to all who participated at the Satellite L2 Open Meet, all swimmers swam with great determination, achieving many PB's, finals and Medals. This Meet is of a very high standard and experiences like this meet will be be very valuable for the future.

The Development Squad have got a few meets which are geared towards your children, they are:

**Wrexham L4 Cath Ankers Meet. Sat 9th june**. Entries in by Early/Mid May TBC. Ideal for all swimmers in the Development Squad. A great chance to gain race experience and gain first times and new PB's. This meet is very popular and as it is a L4 Meet it is a great opportunity for all swimmers who are inexperienced in racing.

**Winsford L4 Summer Development Meet. Sat 7th july**. Entries in by 25th May. ALL SWIMMERS in the Development Squad is expected to enter our Summer Development Meet. Please enter as many races as possible as this is a great chance to gain race experience and gain some official times.

**Biddulph L3 Open Meet 14th & 15th july**. Entries in by 26th June. Ideal Meet for all swimmers who meet the lower qualifying times. This meet has all the distances and is a good chance to finish off the season with up to date PB's to take into the season. As this is a L3 meet time trials are usually accepted as your entry times.

All the above meets will be supported by the coaching team. please support these meets and give your child the best possible opportunity to gain race experience and gain some qualifying times for the North Midlands Championships in January. If you have any questions please try and catch me before or after training.

A final good luck to all participants who are competing at the Wrexham L2 Meet at the weekend.

Hope you all have a successful May. Keep up the good work.

Thanks for your support

Dan.