



FEBRUARY NEWSLETTER

Club

Welcome to the first newsletter. Hopefully this will improve the communication and make it easier for swimmers and parents to understand the way the club works and what galas to enter. In terms of a club, we have had a bright start to 2017, training performances through all the groups have been excellent and the tough training period over Christmas was embraced by the swimmers and results have shown in the first weekend of Cheshires. We had many swimmers making finals and finishing in medal positions, more importantly we had many PBs swam and swimmers enjoying their racing which is what matters to me the most. We still have two weekend left of the Cheshires and I will provide the medal tally in the next newsletter. Good luck to all those swimmers competing in the Cheshire county championships and those going for British Championship qualifying times at the Burns meet. A huge good luck message also to the swimmers going to the Stockport Mini Meet, and the Sputniks gala all taking place in Feb. Note that all swimmers going on the training camp in Spain must attend the Sputniks rounds taking place on the 11th Feb.

The performance and fast track swimmers will be going away on an abroad training camp to Spain in February, this will be a tough week for those swimmers and is an educational curve for many swimmers to push their training to the next level. Updates will be posted on the clubs Facebook page. Swimmers that are seen to be training regularly and pushing themselves will be invited on next year's camp, so if this is something that does interest you then ensure that you are catching your coaches attention by listening and training hard on a regular basis.

Please note that the forms are now available for the Satellites Open meet. This will take place over 2 Saturdays 4th & 18th March, please ensure that all the forms are handed into the black post box by no later than 6th Feb. If you are unsure about what to swim or what to enter, please contact either your group coach or Ric.

In the next newsletter it will be in a slightly different format where each coach will be explaining a little bit about what they are working on and provide helpful tips that will help towards your performances in training and competition. It will also include an extra attachment from myself to parents of different areas such as nutrition and psychology to help you understand the lifestyle of a top swimmer.

February Galas

4th & 5th Cheshires

11th Sputniks

11th & 18th Stockport

Mini Meet

Gala closing

dates in February

11 & 12 March

Bristol Meet – forms

by 3rd Feb

4 & 18 March

Satellites Open Meet

– forms by 8th Feb

24, 25, 26 March

Sheffield Premier

Meet – forms by 20th

Feb

8-9 April, April Fools

Meet – forms by 28th

Feb

1-2 April, COSSACS

Meet – forms by 28th

Feb

Don't forget the £2

admin fee



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Academy

January saw the launch of the new Satellites Academy. This has been set up to bridge the gap between the learn to swim stages and the competitive squad structure. The Academy has three levels, Bronze, Silver and Gold. I am pleased to say that this has been a success so far with most of the classes filling up if not already full. The standard and hunger of the swimmers in all the stages has been pleasing to see and it will not be long before we see the first wave of graduates making their way into the squad. From February we will be awarding a Rising Star of the month award to each of the stages in the Academy for those who are showing excellent progress and effort, so for those of you in the Academy make sure the hard work is kept up!

The Academy works very hard on getting the skill level up to that of competitive swimming, we will be happy to accommodate the needs of swimmers and if you know of anyone who may benefit from the Academy please contact Ric or Jenny for more information.

Academy Dates to note:

Sunday 12th Feb- SILVER AND BRONZE SWIMMERS ARE INVITE TO A SWIM CLINIC WITH RIC on FC (Macclesfield 9-10am) Dates to follow for GOLD swimmers.

*****Academy please note the term dates that are posted on the club notice board*****

General Info

Unwanted Christmas gifts?

When we host a gala we have a raffle, if you have any unwanted Christmas gifts that we could raffle please bring them in, they would be much appreciated



Post us your questions

Post your questions into the Satellites post box and we will answer them in our newsletters.

Cancelled **Training Dates**

All training sessions will be cancelled on:

Saturday 4th February
Cheshire Gala

Sunday 5th February
Cheshire Gala

CONTACT DETAILS

Head Coach: Ric Howard
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