



# MARCH NEWSLETTER

## Club

February saw the conclusion of the Cheshire County Championships and another great year for Satellites. The full report is on the website but the progression of the club is there for all to see:

### Medal Count:

Gold: 27	Total 2016: 19	Total 2015: 3
Silver: 50	Total 2016: 26	Total 2015: 6
Bronze: 31	Total 2016: 23	Total 2015: 10
Top 8: 83	Total 2016: 129	Total 2015: 98

As you can see the medal count is going up and we are having more Cheshire champions than ever before and having more finalist than ever before. Some stand out performances through the meet came from Reece Grady, Adam Frost, Ruby Burns, Davina Christie, Holly Needham and William Martindale. However, every swimmer that swam at this year's Cheshires swam in a way that makes me proud to say they are Satellites swimmers.



The disability contingent was very strong at this year's Cheshires which is a great sign for the disability nationals that are coming up later this year, well done to you and make sure you keep up the great work with Craig.

February also saw the first round of the Sputniks Series. This was a huge success. Many of the swimmers in our academy stepped up and

performed very well, and the behavior and enthusiasm was witnessed and mentioned by Neil Booth who has seen and experienced swimming all around the world, even refereeing at Olympic Games. A huge well done to all of you who took part in the meet and a special thanks to all the older swimmers and the parents who helped on the night it is greatly appreciated

A group of swimmers from Age group competed in the rounds of the Stockport Mini Meet series. I personally attended the first round, and I was delighted to see the progression of these swimmers. They stepped up and showed that the future of Satellites is very bright. Well done, Rosie Jones, Izzy Green, Mia VanDam, Mary Odell, Erin More O'Ferrel, James Parker, Lee Crawford, Thomas Denham Everett.



## Upcoming Galas

**4<sup>th</sup> March Satellites  
Open Meet**

**18<sup>th</sup> March Satellites  
Open Meet**

**24-26<sup>th</sup> March  
Sheffield Premier**

**1-2<sup>nd</sup> April  
COSSACS**

## Galas closing soon

**8 & 9 April, April  
Fools Meet – forms  
by 8<sup>th</sup> March**

**8 April, Sputniks  
Round 2 – forms by  
27<sup>th</sup> March**

**Don't forget the £2  
admin fee**

**[Click here for Gala  
details](#)**



**Head Coach**  
**Ric Howard**  
**Ric\_Howard@hotmail.co.uk**

This month the Performance group and the Fast Track group went away on our second abroad training camp. A group of 21 swimmers from Satellites went to Spain for 7 days and took part in a grueling and demanding week of training. Although some days we were having to train outside in thunder storms of Biblical proportions the swimmers stood up to every challenge that was set by myself and Craig. Some key sets included 10x300 Fly, 7000m of FC, 2400m of Best Avg and many more along them lines. I was amazed at how the swimmers responded and the way they refused to give up when their heads were down. It was not all hard work, there was a huge amount of fun had out there. An afternoon off saw the swimmers take a trip into the local town or into Malaga and even to visit a crocodile park and meet the biggest crocodile in Europe!! Can I just say a huge thanks to the swimmers, Craig and especially the Team Managers Carol and Fiona for making this trip a huge success. Thanks also to Colin and Steve and all the team at Sports Abroad for arranging things behind the scenes.



**TRAINING FOCUS FOR MARCH:**  
**PERFORMANCE:**

In March the Performance group will be working more on the underwater skills as well as fine tuning the work done away on the camp to race fast in our targeted meets.

**FAST TRACK:**

Fast track are working on improving their aerobic capacity whilst holding their underwater. The Para swimmers are transitioning from aerobic to speed in preparation for their international meet.

**AGE GROUP:**

Age group are continuing to work on their underwater fly kick and hypoxic training. The main stroke focus this month will be on breaststroke.

**JD 1 & 2:**

In March this JD 1 and 2 will be working heavily on turns to make them ready for upcoming meets as well as increasing the volume to work on endurance.



**Head Coach**  
**Ric Howard**  
**Ric\_Howard@hotmail.co.uk**

## Academy

The Satellites Academy continues to grow and the quality of swimmer is very high. We saw that they are all hungry to race at the Sputniks series and through the coaches i am hearing great things about the progression of each group. We are delighted to announce that we are expanding the academy by adding an extra gold group. We have the details of the first swimmer of the month awards, and exciting news regarding our first graduate through the academy to the main squads. Finlay will graduate from Gold 2 group to the competitive squad in March. Well done Finlay.

Congratulations to all the academy swimmers who were chosen as February's Swimmers of the Month

Swimmers of the Month are:

**Rocky Mcquire, Winnie Graham, Ryley Johnson, Mia Wilshaw, Izzy Whittle, Megan Graham, Sophie Syms, Freya Thomas, Lucy Hammond and Isabella Baker Bradbury.**

We are coming close to the end of term. The last day of swimming for the Silver and Bronze groups this term are:

Saturday Swimmers- April 1<sup>st</sup>

Sunday Swimmers- April 2<sup>nd</sup>

Thursday Swimmers – April 6<sup>th</sup>.

I will be emailing the details for the next terms swimming in the middle of March but the start dates will be:

Saturday Swimmers - 22<sup>nd</sup> April

Sunday Swimmers – 23<sup>rd</sup> April

Thursday Swimmers – April 27<sup>th</sup>

The Summer term has many more sessions with Saturday and Sunday swimmers having 14 sessions and Thursday swimmers 13 sessions. Details to follow.

Gold group swimmers swim throughout the Easter break. Ric will be sending out the timetable for Eastertime shortly.

In addition, the second Sputnik Gala is on 8<sup>th</sup> April. It was a great success in February and all the swimmers enjoyed the experience. I hope more of the academy swimmers will join us at the second Sputnik gala.

If you know of anyone who would benefit by being in the Satellites Academy, please get in contact with Ric or Jenny and they will be happy to help.

A huge **thank you** to Auto Trader, who are backing the Satellites Academy

## We need you

**The club are still looking for a chair person,** if you feel you can volunteer some of your time this would be a huge help. The club are also looking to train parents as time keepers and further should you wish. The rewards of this are endless, as mentioned Neil Booth who is now an international referee who has been to several Olympic games, world championships and nationals, all this began by a simple timekeeping course. The more officials the club has, the more meets we can run for the swimmers in the club and the stronger we can grow as a club.