

# RET福德 SWIMMING CLUB

Established 1896

Affiliated Notts A.S.A., A.S.A. East Midland Region

Please reply to: [retfordswimcoach@hotmail.co.uk](mailto:retfordswimcoach@hotmail.co.uk)

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1<sup>st</sup> June 2011

Dear Members and Guardians,

Just another update on the great progression we are all seeing at Retford swimming Club.....

## **Club Progression**

I can not explain how pleased I am on the massive improvement we have made as a club, I don't think I have seen as much improvement in any programme so quickly that I have worked in over my career and it is all down to you the swimmers, we are looking stronger and stronger in training and now it is starting to reflect in competition.

Now the most important thing is to keep improving on our weaknesses, the biggest weakness we have as a club is our turns. Not just the turn speed on the wall put more importantly the 5 metres in and out of the walls; this is one of the most important phases of a race as you should be able to swim faster inside the flags than at any other point of a race. Our aim is for swimmers to approach the walls at speed and rebound fast in and out the turn and hit great streamlining before their feet leave the wall and all this without breathing inside the flags (apart from breaststroke). This is aimed at swimmers in the early widths group all the way through to the masters group - Its now up to you to make the next step up and overcome our weaknesses to be stronger and faster.

## **Squad Structure**

Progression is continuously ongoing with the new structure that will be implemented in September, we are currently working as a coaching team to set squad goals and targets so we can ensure there is continuous improvement throughout the club. You will only see slight changes from September so don't worry.

## **Nova Centurion County Squad Trials**

I want to say a huge congratulation to the small group of swimmers that have been selected by the coaching team to try out for the county squad; those other swimmers that enjoy the performance side of the club don't worry as there will be lots of opportunities to try out for the squad.

## **Retford Open Meet – Ponds Forge International Pool**

This is another way as a club we have moved on, the meet is full and we even had to close to entries before the final closing date which is a fantastic success while there are a lot of big clubs throughout the country struggling to run meets due to low numbers. As a team the day will be a chance for us all to show how we have moved on as a team, I would ask all swimmers competing to be ready of poolside at 8.00am so we can do pre-pool warm ups, photos and be ready for the pool warm ups, also can we ensure every swimmer wears a club hat and t-shirt and bring loads of fluid and healthy snacks. See the club shop if you have not got one. Any swimmers that are not competing are more than welcome to come and watch the fantastic event.

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## Assessment Nights

Thank you to all the members that have been spreading the word about the club, we are now looking a lot healthier in every sessions and still have swimmers coming to join. Remember assessment night is the first Wednesday of every month at 6.00pm but we do ask for swimmers to be able to swim 50m to join the club.

## Swim Festival

What a fantastic day to see so many younger swimmers racing for the first time, as a club we looked as strong as other clubs at the festival. Well done to the whole team for a great time spirit and wiliness to help each other out and to the master swimmers for showing the younger ones swimming can be a life long enjoyment.

## Summer Plans

There will be no full break for the club over the summer; instead we will provide a reduced training programme over the six week school holidays. This is to reduce the numbers of swimmers that may go away and then come back to find the club is closed down for 2 weeks. I will send out more details when they have been confirmed.

## Competition Plan 2011 – 2012

I have started working on a competition plan for next season that will start in September, we will aim to race as a team in late September at an open meet, then the licensed meet in October at Retford followed by club championships in November to then finish off with a home gala around late December or early January. This will all be aimed at giving swimmers the best chance possible to gain or get close to County Championship Times but also give the younger swimmers chance to do some racing. Notts ASA have restructured the competition calendar, the biggest change you will see is a reduced number of league galas and a split youth and age group county champs, the youth champs are planned for December time while the age groups will still be in March time. This has not yet bee confirmed so may not start until 2012-2013 season. I will keep you updated.

## No training – Sunday 19<sup>th</sup> June 2011 due to our open meet

## Swimmers Corners

TURNS, TURNS, TURNS do I need to say more.

## Coaches Corner

Once again the team has been improving on poolside every week and challenging each other to try new things and learn from each other, this is fantastic and a huge thank you for embracing each others ideas. Remember the coaches meeting on Tuesday 7<sup>th</sup> June.

As always if you have any questions then just come and see me or use the email in the header.

Kind Regards

Simon Ferrarelli  
Director of Swimming