



Dear Swimmers and Parents,

Review of the last cycle – Lisa

The Academy and Mini Stars time trial gala was successful with more swimmers competing. All swimmers were excited to receive their medals. I would encourage swimmers in Mini stars and Academy to attend the next one due at the end of this term (info to come later). This is the best way to first experience the competition environment.

A team of development and BP swimmers competed in the final round of the junior league. The swimmers who competed swam exceptional well with a number obtaining Personal best times. Unfortunately we will be relegated this season due to the clash with Regionals. However this promises to be a more positive experience for young swimmers now.

We had our largest team attend the first round of the Peterborough. Some were new to competing and enjoyed their first experience. All swimmers swam well and obtained a number of personal best times. We are all now looking forward to the next round and retaining our top club trophy.

The Xmas Cracker was a well attended meet from the BP and Development squads, the swimmers loved the atmosphere which helped them being motivated before their swims. There were some very big personal best times. Well done to you all 😊

Review of the last cycle – Greg

Hillingdon and the Christmas cracker gala were the targeted meets for YP groups. Both competitions produced a significant amount of Personal Bests, especially on shorter events. At Hillingdon we were 3rd best visiting team against the best teams in London and the South East. Oliver Lines picked up the Top boy award. In total there were 4 meet records, 5 club records and 1 county record set by CMK swimmers.

Despite significant injuries and withdrawals in the Arena League final we eventually finished 3rd in the table this year - **our best ever finish**. Well done to everyone taking part in the 3

rounds. Again we have just missed out on National finals but we were as close as we have ever been.

The mid cycle meet of Lincoln Vulcans was very successful, many swimmers swam faster than expected in early season with a few PBs. On the same weekend the Oxon and North Bucks County team finished 13th (best ever) with a high percentage of the team from CMK. The focus on 400s at Flitwick and 800/1500s at Peterborough worked well with some swimmers able to focus on these events without worrying about the rest of the weekend program. Tom Flaherty and Max Murphy gained National top ten rankings.

Outside of competition many of the training strategies employed were successful. The increased summer training allowed a positive start to the season for many. Greater age differentiation has worked well with senior sprinters enjoying more specific training and better results on sprints. The attitude and attendance of the whole club in land training is much improved. Well done to everyone on this important part of training. Lisa and the committee have worked very hard to increase numbers with recruitment drives and open days which has been great too.

Schedule

The new schedule document is enclosed.

The key changes (in red on the document) are:

1. Younger swimmers in their first season with BP are asked to do some shorter sessions. A reduced amount of aerobic training should make the jump from development squads smoother.
2. The age of swimmers in Bagcat Development is to be increased to approximately 13-14. This group will now focus on aerobic training as a greater percentage than in the past. This has always been the purpose of this group but the difference between BD and Rising Stars have become blurred over recent cycles. The squads continue to have the same entry requirement on skill but are different on age and therefore physical development.

In order to make this change some younger swimmers formerly in BD have been asked to train with Rising Stars in this cycle. I would like to reassure those swimmers that this is not a move down and that the content of training will be similar to before. Swimmers will continue to be recruited from BD and RS as they always have been to BP.

Training times for BD have changed to help amend the content of the sessions.

These changes come into effect IMMEDIATELY.

Fixtures List

The fixtures list remains unchanged and is available on the website. Please remember this is an overview - dates often change. Meet information continues to be circulated by email when finalised.

Goal Setting Forms

These are important for swimmers in **YP1, 2 and 3 as well as Bagcat Performance** groups. Swimmers should print off and complete section one then pass to their coach as soon as possible. Swimmers in YP1 and YP2 **must** complete these.

Squad Movements

Squad letters have already gone out. If you wish to discuss your child's squad placement please contact your squad coach.

2013

This time of year brings a lot of the highlights of the season. In this cycle we are targeting County champs for swimmers in Performance groups and those involved from development squads. Some swimmers will focus on the international selection trials in Leeds which are on the same weekend.

Counties dominates the meet calendar but we will continue to run the time trials gala for Mini Stars and Academy at the end of term and expect to send out details for a development meet taking place after counties soon.

We have seen in the first part of the season that many individuals have improved by making changes to positivity in training, attendance or attitude to skill. A new year brings the opportunity to make a fresh start and set even higher standards.

Regards,

Greg

Greg Buck
CMKSC Head Coach