



Dear Swimmers and Parents,

Review of first cycle of 13-14 season

What a great start to the season.

I am delighted to see so many talented young swimmers at the development meet and Xmas Cracker in particular. We have been growing gradually over the last few years but it great to see so many 8,9 and 10 year olds competing. We have our biggest team ever going to the COPS mini grand prix series and so far look to have more swimmers qualify for county championships than last year.

We have had a great start in youth squads, with most swimmers gaining PBs already this season. We finished 4th in the final of the Arena League (one better than expected) and have placed 4 swimmers on the South East England Team to compete in Barcelona in January (more than any other team in the South East). We have just competed at Hillingdon Level one meet where we had more swimmers gain National Qualifying times and were the stand out visiting club.

Plans for next cycle to Easter 2014

Academy and Mini Stars

Academy continues to be popular and successful so will continue in the same way. Lisa and I have looked to try and make mini stars more accessible. We have moved the Weds session to Thursday at 4.30-5.30pm at Stantonbury. Hopefully being a bit later will help more swimmers attend. I appreciate this is still when many parents have to work, but with so much of our pool time in early evenings this needs to be shared amongst squads and swimmers need to be used to training shortly after school.

Bagcat Development and Rising Stars

The sessions will remain similar with the content the same. A large focus on skill education of strokes and turns with Bagcat Development swimmers with added focus on aerobic training. Lisa and the excellent volunteer coaches will continue to focus on the key fundamental skills such as body position and propulsive skills.

Bagcat Performance (incl first year)

There are some changes to the time table to enable us to utilise available coaching and pool time better. This group is evolving from a one size fits all bagcat training group to providing more planned progression from technical skills work to physical training in 3 steps. We expect that this will provide a smoother transition which will help swimmers enjoy performance training and competition. I have tried to find solutions to the fact that this group have a lot of early evening sessions however it is not possible at the moment. If you have problems in getting to sessions please discuss this with Lisa.

Youth Performance groups

We will have the same planned emphasis as this last cycle with 4 weeks Endurance, 4 Quality and 3 weeks preparation/specifics into counties. This will differ slightly for swimmers going to Commonwealth Trials. The content of training will continue to integrate skills to race pace training, although emphasis of skill will change from the last cycle.

Quality sets will be Mon, Weds, Fri, with Race Pace repeats increasing in distance (50% of No1 event, it was 25%) and Aerobic Sets will also increase in set volume and distance repeats during Endurance phase.

Schedule

The new schedule document is enclosed, this starts on **Thursday 2nd January** (although there is no AM session). I appreciate this is short notice and apologise. We will be understanding in the first few days as people adjust. However on reflection I would rather move to the new timetable straight away than return to the old one for a few days. There are very few changes to last season (and are in red).

1. Mini stars switch from Weds (Leon) to Thurs (Sta)
2. Bagcat Perf first season switch to slightly later Saturday AM (6.50-7.50am) and earlier Sunday PM (6-7pm) to use pool time more efficiently. BP first season also train Friday night rather than Thursday night. This is to fit in with the available coaching and session content changes that Lisa is planning.

Fixtures List

I have not sent an amended fixtures list as the only changes have been and gone. The targeted meet is Counties for all swimmers (except those going to Commonwealth trials). Even if you have not got entry times you may still be selected for relays at counties. Hopefully we will have a few more qualified after the Linslade and Bletchley meets in early Jan. Nick has already emailed info about this meet. If you havnt had it please let me know. **Anyone with county qualification times should enter.**

Due to counties there are few development meets available at this time of season. However there are some in April-May so swimmers in AC, MS, RS, BD please look out in your email in the next couple of month.

The need to attend Zonals is now less so we will not be attending this meet as a group. I have concerns about it affecting counties performance for many. If you are an individual in Yp1 or 2 who feels this is a key meet for you then please contact me ASAP.

Goal Setting Forms

These are for swimmers in YP1, 2 and 3 as well as Bagcat Performance groups. Swimmers should print off and complete section one then pass it to their coach in early cycle. These are no longer compulsory. I have not included these as they have been sent regularly in the past and are available on the website. http://www.cmks.com/CMKSC/Gregs_Page.html

Swimmers and Parents requesting a progress update meeting can do so by emailing me or Lisa. The Goal Setting form may form the basis to any discussion.

Volunteering

I would like to ask every parent in the club to consider helping as a volunteer in some way. We rely on parents coming forward to help at galas, on the committee and volunteer coaching. If you are interested in helping please email on gregbuckcmk@yahoo.co.uk. We would not be able to function without our excellent volunteers.

Squad Movements

Squad movement letters have been sent out very recently or are in the process of being sent out. We will not approach swimmers who are not moving up to discuss as this is not possible without impact on delivery. However if you wish to discuss your child's squad placing with me or Lisa then please email to arrange a meeting.

Looking forward to 2014

In my last newsletter I challenged us all to work hard and make good on the undoubted talent in the club. There has been a great response we should be really proud of our results and improvement in 2013. Going forward please don't underestimate the following 3 key aspects of training:

- Volume of training - attending advised sessions is important for current and future performance.
- Technique - listening and taking ownership of improving and maintaining skill is obviously key.
- Positivity - you will get tired and sometimes external issues affect us but put a smile on your face and you and your team mates will be happier and faster.

Let's have another great year in 2014.

Regards,

Greg

Greg Buck

CMKSC Head Coach