

## WLCT SWIM SQUAD – DECEMBER 2013 TIME TRIALS

Age Group Performance - 400 IM Time Trials					
Time Drop	% change	Surname	Forename	13/09/2013	15/12/2013
00:09	2.5	Gower	Jasmine	05:53.7	05:45.03
		Murray	Niamh	05:43.6	05:51.14
00:07	1.9	Baily	Imogen	06:00.1	05:53.22
00:04	1.1	Taylor	Grace	05:58.2	05:54.3
		Hall	Emily	05:49.0	05:58.14
00:06	1.6	Sheehan	Hannah	06:06.3	06:00.32
00:08	2.2	Green	Jennifer	06:14.9	06:06.77
00:05	1.5	Ashcroft	Libby	06:14.7	06:09.24
00:05	1.4	Wiseman	Masie	06:16.2	06:10.89
00:02	0.4	Wilson	Anna	06:16.0	06:14.33
		Murray	Aaron	06:15.2	06:15.73
		Rotherham	Hannah	06:15.3	06:16.58
00:17	4.2	King	Olivia	06:36.8	06:20.09
00:12	2.9	Gregory	Matthew	06:33.8	06:22.29
00:04	1.1	Brocklehurst	Ayesha	06:27.5	06:23.28
		wright	Chloe	06:22.8	06:24.08
00:02	0.6	Gower	Amber	06:27.0	06:24.70
00:17	4.2	Briscoe	Samuel	06:42.4	06:25.30
00:02	0.4	Baker	Katherine	06:29.6	06:27.96
		Meakin	Charlotte		06:28.00
00:05	1.2	Mitchenson	Lauren	06:36.8	06:32.14
		Holliday	Matthew		06:39.12
		Cain	Ruby		06:42.38

Congratulations to all the Age Group Performance swimmers once again we have seen some excellent performances throughout the group with several swimmers reducing their times by over 5 seconds. Leading the group this trial we see Jasmin Gower with an excellent 5:45.03 giving her a 2.3% improvement over the last 2 months. Developing strong is Imogen Bailey who broke the 6min mark for the first time.

Top improvement this time goes to Olivia King and Sammy Briscoe with a 4.2% improvement a massive 17 second drop from their previous best.

The 400 Individual Medley is a very important test swim to measurer along with other test sets that we do in training to measure the swimmers development, and the swimmers split times for each stroke will be found on the clubs website which gives a clear indication where swimmers can make further improvements over the coming months.

Please note that swimmers are continually monitored both in training and competition, to ensure that they continue to develop it is important that swimmers follow a regular training programme continually working to achieve the goals set and which in turn will help the swimmer meet the demands of the sport

The following will give an idea of what swimmers are expected to be doing each week.

National Group	7 sessions +
Age Group Performance	5 / 6 sessions per week
Age Group Development	3 / 5 sessions per week
Junior Development	1 / 3 sessions per week

For full information and the science behind it all please visit the Wigan BEST website at [www.wiganbest.com](http://www.wiganbest.com) and look at the sports LTAD (Long Term Athlete Development Plan).

### Les France

**Head Coach**