



WLCT Swim Squad  
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## WLCT SWIM SQUAD – APRIL 2013 TIME TRIALS

<b>Age Group Performance</b>	<b>400IM</b>	<b>Age Group Development</b>	<b>200IM</b>	<b>Junior Development</b>	<b>200IM</b>
Anna Hulme	05:43.2	Matthew Gregory	03:05.9*	Jennifer Green	03:18.6*
Charlotte Nester	05:45.1	Olivia King	03:09.1*pt	Rebecca Booth	03:34.2*
Matthew Silvester	05:48.3	Charlotte Meakin	03:09.1*pt	James Wallwork	03:37.4*
Emily Hall	05:54.2	Samuel Briscoe	03:11.1*pt	Lucy Irvine	03:39.4*
Greta Hampson	06:00.8	Molly Meadows	03:12.8*pt	Jenson Beentjes	03:40.0*
Jasmin Gower	06:03.0	Masie Wiseman	03:13.3*pt	Skye McMahon	03:43.1
Dan Wade	06:03.6	Amber Gower	03:14.8*pt	Poppy Gorman	03:43.5
Niamh Murray	06:04.1	Ruby Cain	03:14.9*pt	Daisy Lear	03:46.7
Grace Taylor	06:18.0	Ayesha Brocklehurst	03:19.2	Ella Newman	03:50.6
Hannah Sheehan	06:18.2	Georgia Gregory	03:21.3	Jasmine Gorman	04:03.9
Aarron Murray	06:25.1	Chelsea Gore	03:28.0	Emily Allen	04:05.8
Anna Wilson	06:31.2	Sam Johnson	03:31.1	Leah Hulme	04:15.8
Lauren Mitchinson	06:43.9	Lauren Jones	03:33.7	Jessica Jones	04:21.7
Chloe Wright	07:07.0	Harriet Finn	03:33.8	Madaline Bailey	04:44.4
				Olivia Sheehan	04:59.8

Our April Time Trials saw some slight changes introduced to the format with Age Group Performance swimmers competing over 400m IM, with a further change planned for June Trials with the extension of the 400 IM for all National Performance swimmers.

Time Trials form a major part of the swimmers development and have several very important purposes in the swimmers development, with this in mind it has been decided to ensure that all swimmers are timed at each trial. This means if a swimmer is unable to attend they will be asked to complete a time trial at the first session they attend after the trial regardless of reason. This way we will be able to monitor a swimmers fitness levels and speed development.

Well done to all our swimmers who have completed this months time trails again we have had some fantastic improvements.

Poppy Gorman led the way with a fantastic 45.9 second drop in her time coming in at 3:43.1 for her 200m IM. Rebecca Booth produced a brilliant 3:34.2 and took 19.7 seconds of her previous best with Masie Wiseman not far behind with a 15.7 second drop closely followed by Lucy Irvine with 15.5 second pb.

Congratulations to those swimmer who have been promoted to the next ability group these swimmers have met the criteria of the higher ability group and have been selected to train with their new group from the immediately. All promotions are based upon competition results, training targets, and time trial results.

It is clear those swimmers who are following the recommended training programme by completing the correct sessions for both their age and ability are producing some excellent performances. If you wish to step up to a National programme swimmers do need to be completing the correct level of training which is in line with sports LTAD for your age and ability.

Report and results will be published on the new Wigan BEST website at [www.wiganbest.com](http://www.wiganbest.com) within the next couple of days.

### **SWIMMERS INVITED TO TRAIN WITH THE NEXT ABILITY LEVEL**

#### **SWIMMERS TO NATIONAL DEVELOPMENT** (Recommended number of sessions per week 6/9)

**Matthew Silvester** Based on his age training attendance and competition performance, Matthew has been offered a full-time place in the national development group.

**Anna Hulme, Charlotte Nester, Emily Hall,** have been offered a part-time place with the National Group and will be able to attend 2 session per week.

All places in the National Group are subject to continue attendance and performance and offers of places may be withdrawn to make room for up and coming developing swimmers.

**SWIMMERS TO AGE GROUP PERFORMANCE** (Recommended number of sessions per week 5/6)

**Matthew Gregory.** Based on his excellent County Performance and continued development within the training programme Matthew has been offered a full-time place with Ager Group Performance.

**Charlotte Meakin, Sammy Briscoe, Molly Meadows, Maisie Wisman, Amber Gower Ruby Cain.** Have all been offered a part-time place with the Age Group Performance. Again the places are subject to continued development and swimmers must look at developing there training programme.

**SWIMMERS TO AGE GROUP DEVELOPMENT** – (Recommended number of sessions per week 4/5)

**Jennifer Green, Rebecca Booth, James Wallwork, Lucy Irvine, Jenson Beentjes.** Have all been promoted to Age Group Development.

**Les France  
Head Coach**