

Age Group Development				Junior Development			
Forename	Surname	Time	Imp	Forename	Surname	Time	Imp
Ellen	Senior	3.06.2*AGP	-6.3	Lucy	Coleman	3.34.4*AGD	-10.4
Aimee	Cooper	3.07.6*AGP	-1.6	Joye	Halliwell	3.34.6*AGD	
Georgia	Gregory	3.08.6*AGP	-6.8	Ellis	Nickson	3.37.5*AGD	-9.1
Millie	Wright	3.08.8*AGP	-7.8	Amelia	Murray	3.38.9*AGD	-8
Jessica	Robb	3.09.8*pt	-7.4	Joseph	Southern	3.39.0*AGD	
Chelsea	Gore	3.11.6*pt	-14.1	Leak	Hulme	3.39.4*AGD	-11
Jasmin	Gorman	3.15.3	-15.6	Erin	Leacy	3.41.9*AGD	-20.9
Rebecca	Booth	3.16.2	-3.3	Zoe	Radley	3.43.9*AGD	
Faye	Bayman	3.16.3	-11.2	Olivia	Sheenan	3.45.0*AGD	-18.6
Jake	Partington	3.17.7	-5.7	Nial	Clay	3.56.7	-14.6
Poppy	Goreman	3.18.2	-9.6	Jake	Dawber	4.01.4	
Lucy	Irvine	3.18.4	-8	Evan	McAvoy	4.01.6	
Sophie	Lyon	3.25.9	-7.9	Katie	Williams	4.02.5	
Ella	Walker	3.31.7	-5.2	Harry	Brew	4.03.4	
Elica	Corteen	3.35.1	-5.7	Finley	Littlefair	4.04.2	
Ella	Newman	3.47.4		Daisy	Poole	4.04.4	-0.8
				Madeline	Bailey	4.05.9	-12.3
				Isabella	Robb	4.07.8	-6.9
				Emily	Gaskell	4.08.3	-7.3
				April	Kelly	4.08.4	
				Lucee	Gregson	4.17.3	-24.6
				Harrison	Gregson	4.51.7	

From this month we have separated the results of our time trials, and you will find the Age Group Performance and National Development on a separate report, as there are different policies in place for the allocation of ability groups and the fact that these groups do a 400m Individual Medley.

Congratulations to all the swimmers who competed in the December time trials and again it is pleasing to report on the many successful performances, particularly in light of the time between this trial on our previous ones in October.

Time Trials are a very important part of the squads assessments of the swimmers development and are used by the coaches when planning the ability groups for Junior Development and Age Group Development.

### **Age Group Development**

Jasmin Gorman produced an excellent 15.6 second personal best (pb) time making her the most improved swimmer in the group for the December trials closely followed by Chelsea Gore with 14.1 second pb in third place as most improved swimmer was Faye Bayman taking 11.2 seconds off her previous time.

In all we saw 5 swimmers go under the 3:10 mark for the 200m Individual Medley with an excellent performance from Ellen Senior who topped the group with 3:06.2, Aimee Cooper continued her impressive development finishing in 2<sup>nd</sup> place with 3:07.6 closely followed by Georgia Gregory 3:08.6. Millie Wright was just 2 tenths of a second behind with 3:08.8 and Jessica Robb 3:09.8. These swimmers have been allotted a place with the Age Group Performance. With Chelsea Gore and Jasmin Gorman being offered a part-time place.

### **Junior Development**

Our Junior Development ability group continues to develop with several more swimmers progressing through our community swimming club programme, and competing in their first WLCT Swim Squad Trial.

Most improved swimmer this quarter goes to Lucee Gregson who came away with a 24.6 second drop in her previous time finishing in 4:17.3. Erin Leacy pushed hard finishing in 3:41.9 taking a very impressive 20.9 second off her best, 3<sup>rd</sup> most improved swimmer saw Olivia Sheenan take a 18.6 seconds off her previous time giving her a total of 41.2 second drop in the last 5 months.

Top swimmer in the group this time is Lucy Coleman finishing in 3:34.4 and a 10.4 second improvement, Joye Halliwell took second spot 3:34.6. Ellis Nickson took 9.1 seconds from his previous time 3:37.5. 4<sup>th</sup> place went to Amelia Murray 3:38.9 and a 8 second drop in her pb. New member Joseph Southern finished 5<sup>th</sup> 3:39.0 and Leah Hulme was our 6<sup>th</sup> swimmer under the 3:40 these swimmers along with Erin Leacy and Zoe Radley have all been promoted to Age Group Development.

**Swimmers who have been offered places in the next group may commence with their new group immediately, with payments being adjusted from the 1<sup>st</sup> February 2014.**

Just to clarify with our Junior Development new members the number at the side (JD1 – JD2 – JD3) signifies the number of sessions the swimmer is entitled to do each week, and it is important that swimmers do stick to this. Obviously due to commitments it is not always possible to attend your usual session and we do not mind swimmers making up sessions when missed but please do notify your group coach.

To keep a continued development in the sport it is important that swimmers do complete a regular training programme and inline with their ability 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**