



CHRIS COOK CLINIC

Chris held another of his very popular Swim Clinics for the Squad last month. He took them through goal setting, encouraging them to look at their strengths and weaknesses and then how to set achievable targets. Copies of the sheets he used can be found on the club website, as well as a few more pictures.



Chris also helped out at the mystery jar stall, helping to raise over £120 for the new blocks. Many thanks to all those who donated jars and also to everyone who helped on the stall (see the picture on the left). We managed to sell out early again, so not everyone who put their name down was able to help, but thanks anyway! Let's try and have even more jars next year. If everyone who feels able could just donate 2 jars, we'd be able to keep selling till the end.

Social Media

Just a reminder about the Squad website, now live at <http://www.tadcasterswimsquad.org>. News stories, gala calendar and information, as well as useful forms for galas and kit

Check it out!



September Swimmers of the Month



Congratulations to Nina Thorp, who was selected by the Coaches as the Foundation Squad SOTM. She was chosen for her hard work, pushing herself hard, which is why she was promoted a lane

Congratulations also to Jemima Browning, who was chosen by the Coaches as Swim Squad SOTM. She was chosen for her determination in improving her starts and turns and sprinting, working hard with a cheerful attitude.

Galatastic

Well done to all the swimmers who competed in the September Sprints Meet. Don't forget you can see full results at www.openmeets.co.uk. Well done also to everyone at the Yorkshire Winters Competition. There were some excellent swims and PBs, and a silver medal for Tom!

Upcoming galas include:

- 26 October 2014: Halloween Meet, the first Foundation Squad gala with 16 swimmers entered
- 1/2 November 2014: York Regional Qualifier at Hull where there are 15 Main Squad swimmers entered
- 23 November 2014: Santa Meet, the last full Squad gala before Christmas. There are 37 swimmers due to compete.
- 6/7 December 2014: N.E.R.s (North-Eastern Regional Championships) This is only for those who have qualified – qualifiers will be notified after the York Regional Meet.

For info the Yorkshire Championships qualifying times can now be viewed at www.yorkshireswimming.org under 'Speed Swimming' Please note the change this year: it will be age as at **22 February 2015**.

Squad Kit

Stuck for ideas for Christmas? If you want stocking fillers or larger presents, why not order something from the extensive range of Swim Squad kit?

There's a huge choice: T-bag shirts, hoodies, polo shirts, shorts, track-suit bottoms, hats, bottles and bags are all available.

Please could we ask that you place orders by 31st October to guarantee delivery by Christmas.

Order forms are available on the squad noticeboard, or soon on the club website. Alternatively, see Steph Hiscott for more details.

Coaches Corner



This month, I want to concentrate on turns. All the squad coaches have noticed that, many times, our swimmers are failing to execute the turns correctly, displaying poor technique and weak push off. To improve their turns, swimmers have to try to do excellent turns at each and every session, and these should be done at speed. Turns are part of most races and, although squad swimmers are swimming fast, many are losing ground on competitors on the turns.

So, come on swimmers - do your turns correctly and times will improve.

A big thank you to Chris Cooke who, on his visit to Tad, took time to carry out a goal setting exercise with the swimmers and also spoke about drills, technique, and yes, turns.

There were some really good results at the Dartes Meet last month and now is a busy period for all connected with squad as there are several meets to attend. Good luck to all competing over the following weeks



Chair's Chat



Hi All

Well done to all those swimmers who did so well at the Yorkshire Winter Competition this month - we are really proud of you all.

It was great to see Chris Cook again last month. I am sure you all enjoyed his swim clinic and will join me in thanking him for his time with us and also for his help at the duck race.

Thanks to everyone who brought jars, we had more than last year but still ran out before the race started, Now is the time to start collecting jars for next year.

Good luck to foundation squad entering your first gala, enjoy it..

Victoria