

**Re: Next season**

Dear Swimmers and Parents

Congratulations on another fantastic season for the Wolf Pack. The club retained our County and Regional titles and will be competing at British Nationals and English Nationals at the end of July and the beginning of August.

**World Championships**

Please look out for Stockport's very own Holly Hibbott competing at the World Championships in Budapest where she will represent Great Britain in the 400 and 800 Freestyle. The World Championships begin on the 23<sup>rd</sup> of July and Holly competes on the 24<sup>th</sup> of July in the 400 Free and the 29<sup>th</sup> of July in the 800 Freestyle.

**Club Championships**

Please see the dates of the club championships, this is a fantastic event that gets the whole club together with our youngest swimmers being able to mix with our senior international stars. Starting next season all payments and entries for Club championships will be made digitally to the ease of parents, time efficiency of the coaching staff and to minimise clerical errors.

17 <sup>th</sup>	SM 25m Club Champs (9&under) in Training time
18-20 <sup>th</sup>	SM Club Champs
25-26 <sup>th</sup>	SM Club Champs

**Swim Manager**

We have signed up to a program called swim manager, this programme will make our club run some much more time effectively from an administration point of view for coaches and parents alike, please see below the information.

Please look out for the below email and instruction from Michelle Jennings

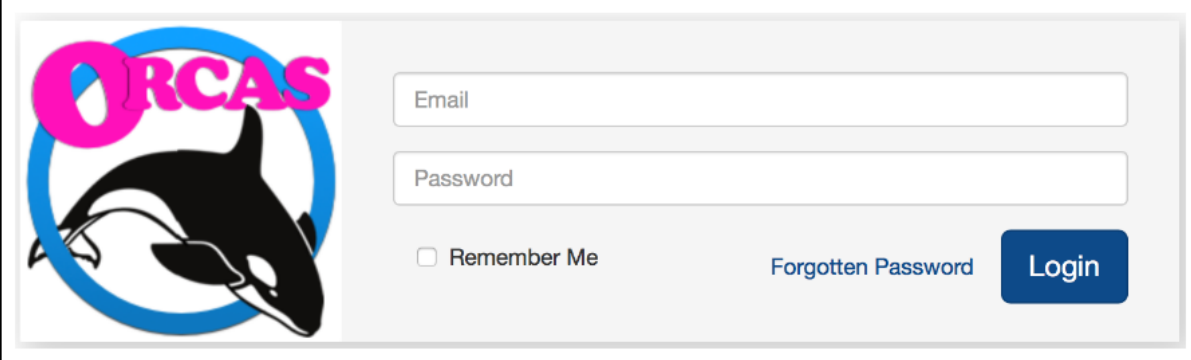
**Swim Manager – How to start up your account.**

**1. Logging In**

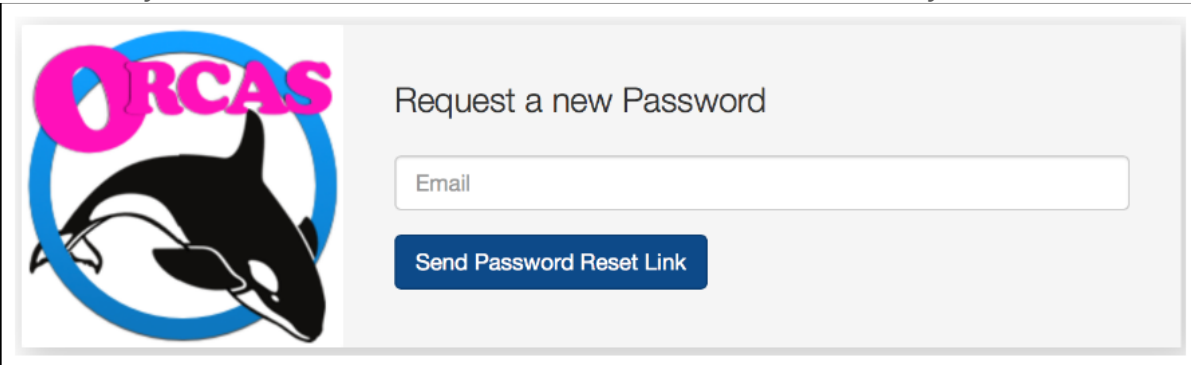
When your Club is ready to start using Swim Manager they will send you an email with the web site address for your Club.

To log in to Swim Manager for the first time follow these steps:

1. Go to the site address provided by your Club
2. Click the Forgotten Password link highlighted below



3. Enter your email address into the Email field and click "Send Password Reset Link".  
*Note that if you have more than one email address, you must use the address that your Club sent your welcome email to since this is the address that they have on record for you.*



4. Click the button in the email that is sent to you to choose a new password
  5. On the page that you are taken to enter your email address and your selected new password into the New Password and Confirm New Password fields
  6. Click Reset Password
- You will now be able to log in to your Club's Swim Manager site using the password you selected.

#### **Junior League**

Please keep a lookout to see if your child has been selected for the Junior League Area Final on the 23<sup>rd</sup> of September. This is a competition where swimmers of the age of 9-12 represent their clubs in a mixture of relay and individual races. Clubs from around the North West compete against each other, the winner of this round qualifies for the Northern final and the top 4 teams then qualify for the National final.

Being selected for the Wolf Pack junior league team is a massive honour and the atmosphere is 2<sup>nd</sup> to none with chants, face paint and the general team spirit.

Stockport is going to attempt to enter 2 teams this year which is a lot more work for the coaching staff but will expose way more of our junior swimmers to the fabulous atmosphere this competition brings.

### Video Footage

Over the summer time table from Monday 7<sup>th</sup> of July to Monday 28<sup>th</sup> of July underwater footage technique sessions will be available. These sessions will be 1 hour in duration, where swimmers will be able to view their technique being instantly able to correct and then see the difference played back to them, swimmers will receive the video footage of their strokes for future reference. These sessions will cost £35 for an hour sessions and cheques made payable to Stockport Metro SMSC or payed via bank transfer before the session to Sort code 090128 account number 89339090

Session options are:

Monday, Tuesday, Wednesday, Thursday and Friday 6.00-9.00am  
 Monday and Thursday 4.30-9.00pm

If you are interested please contact Luke Miller-Briggs at [Lukemiller.Briggs@lifeleisure.net](mailto:Lukemiller.Briggs@lifeleisure.net)

Monday 24th July	Tuesday 25th July	Wednesday 26th July	Thursday 27th July
	5:00-6:30am County Squad		
4:30-6:15pm All National Qualifiers	4:30-6:15pm All National Qualifiers	4:30-6:15pm All National Qualifiers	4:30-6:15pm All National Qualifiers
4:30-6:15pm JD3 & National	4:30-6:15pm JD3 & National	4:30-6:15pm JD3 & National	4:30-6:15pm JD3 & National
4:30-6:00pm Avondale JD1 & JD2 & County	4:30-6:00pm Avondale JD1 & JD2	4:30-6:00pm Avondale JD1 & JD2	4:30-6:00pm Avondale JD1 & JD2
6:30-7:30pm Academy*	6:30-7:30pm Academy*	6:30-7:30pm Academy & County	6:30-7:30pm Academy*
7:30-9:00pm Reg Age/Youth	7:30-9:00pm Reg Age/Youth/County	7:30-9:00pm Reg Age/Youth	7:30-9:00pm Reg Age/County

Whole Club Breaks from Friday 28th July - Tuesday 8th August

\*= JD1 swimmers who cannot make 4.30 can join academy 3

**Summer Timetable**

**Tuesday 8th August - Wednesday 30th August 2017**

<b>Tuesday 8th August</b>	<b>Wednesday 9th August</b>	<b>Thursday 10th August</b>
<b>4:00-5:00pm</b> Academy	<b>4:35-6:05pm</b> Reg Age, Youth JD3, National, Int	<b>4:00-5:00pm</b> Academy
<b>5:00-6:00pm</b> JD1, JD2, JD3 & County		<b>5:00-6:00pm</b> JD1, JD2, JD3 & County
<b>6:00-7:30pm</b> Reg Age, Youth National, International		<b>6:00-7:30pm</b> Reg Age, Youth National, International

<b>Tuesday 15th August</b>	<b>Wednesday 16th August</b>	<b>Thursday 17th August</b>
<b>4:00-5:00pm</b> Academy	<b>4:35-6:05pm</b> Reg Age, Youth JD3, National, Int	<b>4:00-5:00pm</b> Academy
<b>5:00-6:00pm</b> JD1, JD2, JD3 & County		<b>5:00-6:00pm</b> JD1, JD2, JD3 & County
<b>6:00-7:30pm</b> Reg Age, Youth National, International		<b>6:00-7:30pm</b> Reg Age, Youth National, International

<b>Tuesday 22nd August</b>	<b>Wednesday 23rd August</b>	<b>Thursday 24th August</b>
<b>4:00-5:00pm</b> Academy	<b>4:35-6:05pm</b> Reg Age, Youth JD3, National, Int	<b>4:00-5:00pm</b> Academy
<b>5:00-6:00pm</b> JD1, JD2, JD3 & County		<b>5:00-6:00pm</b> JD1, JD2, JD3 & County
<b>6:00-7:30pm</b> Reg Age, Youth National, International		<b>6:00-7:30pm</b> Reg Age, Youth National, International

<b>Tuesday 29th August</b>	<b>Wednesday 30th August</b>
<b>4:00-5:00pm</b> Academy	<b>4:35-6:05pm</b> Reg Age, Youth JD3, National, Int
<b>5:00-6:00pm</b> JD1, JD2, JD3 & County	
<b>6:00-7:30pm</b> Reg Age, Youth National, International	

Club Returns to Normal - Thursday 31st August 2017

Kind regard  
Richard Blackshaw