



Para Swimmers from across the region, travelled from Stevenage, March, Cambridge, Royston, Newmarket, Essex, Hertfordshire, Bedfordshire and Colchester to the Flitwick Leisure Centre Sunday, the 22nd of May 2022 for an East Region Para training session.

East Region Lead Coach Louise King took the swimmers through their paces at the land training session, working on elements of RMAP protocols before the swimmers headed for the pool.

A number of coaches and Team Managers from across the region as well as Young Aquatic Helpers also attended to observe and to assist at the land training and on the pool deck for the swimming training session.

In the pool, after the warmup and work on their swimming strokes, the swimmers were coached on competitive starts and turns followed by a mini competition of 50m races putting into practice everything that had been learnt at the training session.

It was a great development opportunity, not just for the para swimmers but for the TM's, coaches and Young Aquatic helpers too. Sandra, TM for the day had this to say:-

“All the swimmers were marvellous, worked really hard with lots of smiles throughout. After registration on their arrival at Flitwick Leisure Centre they were all eager to get stuck into the land training and once that was complete, even more eager to get in the pool. Under the guidance of lead coach Louise King, the visiting coaches were intrinsic to the high calibre coaching that was delivered to all the swimmers under the watchful eye of Louise. With small group and one to one work taking place, the coaching delivered was highly beneficial to the athletes in attendance. The young aquatic helpers also gained a great deal of experience working with these inspirational athletes and proved invaluable with their assistance throughout.”

At the end of the day, the all-important team photo was taken and as you can see, plenty of happy smiling faces from everyone.

Later on, Emma Winter of Swim England East Region received a lovely message from one of the parents which says it all:-

Following today's session - Thanks for arranging such a great event!

Sonny had a wonderful experience and he will definitely come along to any more that you put on.

The coaching and technical support/feedback he got was fantastic!

Thanks again,

Gemma

If you get the opportunity to attend as an athlete, visiting coach, TM or other volunteer, please do take the opportunity to be a part of these brilliant regional training sessions.

For details of the next regional Para-Swimming training session, please visit <http://www.eastswimming.org> and visit the disability swimming development page.