

East Region Para-Swimming Training 11th May 2019, Flitwick



Athletes from around the region attended the East Region Para-Swimming training session being held at Flitwick Leisure Centre in Bedfordshire.

Regional training sessions are aimed at athletes with a Para-Swimming classification and athletes who are on the waiting list for classification. Coaches are also encouraged to attend regional training sessions to help improve their knowledge of Para-Swimming by working with different athletes and coaches to gain more experience.

The training session commenced with an hour of land training led by Carl Cooper, Swim England, Para Swimming Talent Coach. Carl took the athletes through the process of learning different land training techniques, RMAP exercises and routines suitable for each of the athletes.



Ollie Waddington, head coach for the pool session, also took part in the land training along with the coaching team for the day consisting of Jane Cattle, Emma Cattle, Lauren Murphy, Louise King, Emma Warrington, Willem Lowry and Eleanor Short. Coaches were assisted by senior swimmers from Flitwick Dolphins SC, Tyler Watson, Emma Boost, Maddie Phillips, Emma Schofield and Lilli Thompson, with Sandra Grant, Team Manager for the day, also being put through her paces with Carl's land training!

After a short break, the swimmers headed for the swimming pool and the coaching team worked with all the swimmers going through various race warmup options, swimming training techniques, skills practice, stroke efficiency as well as dive start practice and swim down practice. With plenty of feedback from the swimmers to the coaches on what they were learning, the two hours spent in the water had proved to be highly beneficial to all of the swimmers who attended.

After the hour of land training and the two hours in the swimming pool, the swimmers were all still smiling and had thoroughly enjoyed the whole training experience. The region would like to thank Carl and Ollie for leading the training session and all of the support coaches and helpers who contributed to a successful regional training session.

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