



Olympic Swimmer Coaching



The Committee is delighted to announce that **Lizzie Simmonds** and **Andrew Wills**, both members of Team GB at various Olympic and World Championships, will be holding coaching sessions on Friday, 23rd November and Saturday, 24th November. More about our Olympic Swimmers...



Lizzie Simmonds has represented Great Britain in the Olympics, FINA World Aquatics Championships, and European championships. She specialises in backstroke events, and is a former European champion in the 200m backstroke.



Andrew Willis has represented Great Britain in the Olympics, FINA world championships and European Championships. He specialises in breaststroke events and most recently made the 200m breaststroke final at the 2018 Commonwealth Games.

Friday, 23rd November:

No sign-up required, just arrive at your allotted squad time below

5pm – 6pm	Talk to the Development and Junior squads in the creche
6pm – 7pm	Development Squad coaching in the pool
7pm – 8pm	Junior Squad coaching in the pool
8pm – 9pm	Senior Squad coaching in the pool
9pm – 10pm	Talk to the Senior and Junior squads in the creche

Saturday, 24th November:

Please sign-up on the noticeboard now, indicating your preference of time.

10:30am – 11:30am	Workshop 1 Lizzie and Andrew will run dedicated sessions in their specialised strokes, focussing on technique, starts and turns.
11:30am – 12:30pm	Workshop 2 As per workshop 1.

Spaces for the Saturday workshops are limited to 40 swimmers in each session (8 swimmers per lane.). Therefore, we will be operating a strict ballot process in the event that the sessions are oversubscribed. On the sign up sheet, please indicate your preference of time and swimmer. These preferences will be accommodated where possible.

Please note that this event is free of charge, with funds raised from the Bingo Night in May and this year's Open Meets, covering all the costs. Thank you to all the volunteers that have made this possible.



Sign-up on the noticeboard

now!



