

CRACKING START TO THE NEW PLAN AT COUNTIES



Having recently (Jan 2017) taken over as Head of Performance, James Nock together with new Head Coach, Adrian Smith have been hard at work developing and administering a brand new strategy and plan to Eastbourne Swimming Club.

This weekend saw the first of the new plans targeted meets, taking seven of Eastbourne SC's swimmers to compete in the final round of County Championships.

On Saturday there were 6 swims and 5 PB's with Ava-Lily Parry narrowly missing out on a South East Regional Base Qualifying Time on the back of a 2.3 second improvement. Kian Day took a second off his 50m Breaststroke, as did Marcy Harley on her 50m Butterfly. Sophia Titterton-Manos and Kacey-Lee Phillips both managed 2 seconds off their existing PB's in 50m Butterfly which equates to an improvement of over 5%.

Sunday saw Marcy Harley smash 13 seconds from her 400m Freestyle Personal Best time and over 1.5 seconds from her 50m Backstroke time. Ava also PB'd for the second day in a row on her 100m Butterfly. The other two swims were completed in style by Sarah Quinn and Chloe Hughes with their end-times being almost identical to their previous bests.

James said, "These results after just 8 weeks of the new training plan are very encouraging. New plans often take time for swimmers to adapt to so this weekend definitely far surpassed any expectations that I had, well done to all those involved."

We look forward to much more success in the future, as the new plan really takes hold.

Anyone interested in swimming with the Eastbourne Swimming Club should contact the club for a free trial session and chat with the Head coach.

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