

LITTLEHAMPTON GALA SHOWS GREAT POTENTIAL FOR EASTBOURNE SWIMMING CLUB AT COUNTY & REGIONAL LEVEL!



On Sunday the 9th April a well supported and strong team of swimmers from Eastbourne Swimming Club travelled to the Arun Leisure Centre near Bognor Regis for the Littlehampton Easter Open Meet, with the specific task of gaining times and offering experience, to be able to enter both future County and Regional events.

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 a huge step forward in the development of the club's future potential. There was great team spirit, with lots of jokes and a great friendly atmosphere (which really does help on an 11 hour day!), leading to a relaxed but focused group of swimmers.

There were some BIG PB's from many of the team, with lots of the swimmers edging nearer and nearer to South East Regional Qualifying Times, which was great to see. Of particular note was Adrian Wright, who broke the 16 and over 200m Individual Medley record and Kian Day who broke the 14 and under 200m Breaststroke record.

With great stats across the team, like: Swims – 62, PBs – 34, 1sts – 14, 2nds – 7 & 3rds – 8, James reflected, "These results after just over 3 months of a new training plan are very encouraging. 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.

GO TEAM EASTBOURNE.....

Please feel free to get in touch with the club if you're interested in becoming a team member or even learning to swim. If you can help with sponsorship or raffle prizes, why not help our great club represent Eastbourne in the best way possible.

Contact us at: Email: eastbournesc@gmail.com

Web: www.eastbourneswimmingclub.org