

16th December 2015

SWIMMING

Tokyo adventure for Tring swim coach Atkinson

Tring Swimming Club coach Lisa Atkinson has been selected for one of the two Development Coach positions on an Elite Training Camp, organised and paid for by British Swimming. The camp will provide international training experience for swimmers highlighted as having Olympic potential for Tokyo 2020, and is taking place in the planned Olympic venue.

This international opportunity gives Lisa the chance to learn from the very best and share her new experience and learning at SC.

Lisa is also head coach at Maxwell Swim Club in Aylesbury.

A Tring SC spokesman said: "We feel very lucky to have Linda as part of our coaching team at Tring. She is lead coach at Tring for our after school sessions on Monday, Tuesday and Wednesday afternoons. "Congratulations to Lisa for getting the recognition she deserves."

30th December 2015.

SWIMMING

Team Tring starlets show their potential

The Tring Swimming Club coaches are delighted by the progress made by all of the club's swimmers across the three rounds of the Arena League.

The Tring team has been up against a number of very big clubs who are a division above them in the Herts Major League, including Cheshunt, Stevenage, Harpenden and Hertford, as well as clubs who beat them comfortably last year such as Verulam and Bushey.

In that context, Tring's progress as a team has been excellent. They were narrowly beaten by Bushey twice in rounds 2 and 3, and managed to beat Stevenage in round 2, losing to them in a tight battle in round 3.

And given how many swimmers were competing in less favoured events to go for county times in round 3, there is clearly more improvement to be made at the Herts Major League in January.

Overall, Tring came 13th out of 16 clubs after the final round; including relays, the team achieved 51 PBs in round 1, 38 in round 2 and 37 in round 3 for 126 PBs in total.

Swimmer of the Night awards went to Molly Bradley, Thomas Monks, Rosie Cave, Nathan Gething, Isobel Geller and Tom Meacock.

Head coach Johnny Bradley said: "I'd like to highlight the teamwork shown throughout the three rounds, and in particular the contribution by swimmers who swam in relays only.

"I feel strongly that swimming is at its best as a sport when you're fighting together as a team, and every single swimmer is critical to the team's success, whether racing in five events or one.

"And often swimmers who swim relays only make the most progress."

A special mention went to Angus Miller, Lucy Cooper and Aliasha Mazey who all made great strides during the course of the competition.