

St.Helens Swimming Club

Affiliated to the ASA NW Region, Lancashire County SWPA



Swim Northwest Coaching & Training Seminar

Liverpool Aquatic Centre 3rd October 2009

Two swimmers (Courtney Dodson & Alice Harrison) and two coaches (Shaun Woodward & Shaun Dodson) from St.Helens Swimming Club were invited by Swim Northwest to the Liverpool Aquatic Centre to have a day's coaching by Great Britain Swimmer Kerri-Ann Payne, current World Champion and Olympic Silver medal winner (10km Open Water Swim).

Kerri went through all her training requirements drills, practises and sets and gave a insight to what is required to become the worlds best.

There were also coaching tips for all club coaches on to how to deliver sets, training and guidance to getting the most out of your swimmers.



Pictured with Kerry-Ann are Teachers from St.Helens, Shaun Woodward and Shaun Dodson.



Pictured in the water with Kerri-Ann are St.Helens swimmers:

Courtney Dodson & Alice Harrison