

Patrons: Sharron Davies MBE, Stephanie Millward MBE

Hosting Work Experience – Another First for Team Bath AS

Team Bath AS welcomed Frome Swimming Club's Hannah Dors for a week of work experience over the summer, giving the aspiring coach a valuable insight into the world of performance swimming and a possible career in sport.

This was the first time that Team Bath AS has hosted a work experience student as part of the Club's initiative to support the development of swimmers across the region and it's something that has proved very successful, as Team Bath AS Club Development Officer, Karen Bowen explains:

"The possible outcomes for swimmers who enjoy the Club environment are numerous and we are working to make sure that our young adults are aware of the opportunities a foundation in competitive swimming can offer. We currently have older swimmers training as officials, swimming teachers and as coaches, so offering this opportunity to shadow our coaching team for work experience is a natural enhancement for this area."

Commenting on her time with Team Bath AS, Hannah said.

"My week at Team Bath AS was both informative and very motivating. I gained valuable knowledge about what it is really like to be a high performance coach both on the poolside, at a gala and how to liaise with parents of swimmers."

"Whilst shadowing Chris Alderton and Liam Willcox, I was able to understand the sets and ask questions about the swimmers progression. With a wide range of swimmers, it has allowed me to see different stages of development and I was also able to see different ways of coaching. I learnt that coaching isn't just about reading the set out to the swimmers but about how technical the strokes must be and also how the coaches act as a support system for the swimmers."

"I thoroughly enjoyed my time with Team Bath AS working with county, regional, national and also paralympic athletes. With all the athletes, coaches and the development officer making me feel very welcome and a part of their club for a week. Being with the team has made it easier to see that coaching is what I aspire to do in the future."

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