

# ELLESMERE PORT AMATEUR SWIMMING CLUB

(Affiliated to ASA North West Region)



## SWIMMING PHILOSOPHY

Swimming is a technique driven sport. An athlete who possesses adequate core body strength and a range of movement (flexibility) can at a young age learn quality stroke mechanics and receive reinforcement with low intensity skill based training.

Not every swimmer can be a winner, but with application and hard work each can achieve the best that is within him or herself. One must always remember, **Practice** does not make **Perfect** but **PERFECT Practice** does make **PERFECT**.

Bearing this in mind our objective is to develop swimmers younger than 12years as 200metre Individual Medley (I.M.) competitors. Age group swimmers aged 13 and 14 years to be developed as 400metre I.M., middle distance and distance freestyle competitors. The theory behind developing young swimmers as 200m I.M. competitors is that they will develop FOUR strong strokes and a good endurance base.

Les Collier  
Chief Coach  
Ellesmere Port ASC.