

Butterfly Swim Clinic



Sunday 10th June was a special training session for 20 swimmers at Bridlington Swimming Club, with the visit of David Legg, The Regional Talent and Development Coach, North East Region, and Kate Richardson, the 100m Commonwealth Silver Medallist of Great Britain.

The first thing that David did upon arrival was take time out to have a word with all the teachers, coaches, and head coach, Geoff, of Bridlington Swimming Club. While this meeting was taking place, Kate entered the pool with the 20 swimmers to complete a short warm up set, so they were all ready for what was to follow.

The main aim of the 2 hour session was to improve all the swimmers in Butterfly, and to show the coaches and teachers any new techniques that have been introduced into training programmes.

The 20 swimmers were split into 5 lanes, 4 swimmers in each lane, according to strengths, and then David Legg began the training session. They were first shown by Kate what to do with Butterfly Leg Kick, then Butterfly Arm Pull. All the swimmers seemed to be enjoying themselves, and they were paying close attention to what they were being shown and told. Once they had practised the Butterfly Stroke in sections, Kate then entered the pool, and demonstrated the full stroke for the 20 swimmers to follow. This they then did with all the enthusiasm that only swimmers can produce.

For the last 15 minutes of the 2 hour session, David decided that they would have some races against Kate. The younger members that were present were given a head start against her. However, when it came to racing the older swimmers, they all went off the starting blocks together. They were all beaten by Kate.

To conclude the evening, the swimmers were then asked if any of them wanted photographs taking with Kate, and this she did along with medal as you can see from the web-site.

All in all, the evening was a great success and the swimmers had a good and enjoyable time. A massive thank you goes out to Kate and David for their time, and Bridlington Swimming Club look forward to organising more sessions like this in the near future.



Kate's Commonwealth Games Silver Medal

All the pictures from the day can be seen on the club web site