

Swim Clinic



B.S.C help their 4th swim clinic at Bridlington Leisure World on Sunday.

Dave Legge the area ASA coach and youth development officer brought along James Kirton from the City of Sheffield Club.

James has distinguished himself in major competitions and was ranked 10th in the world for 200m Backstroke and came 6th in the European Championships in the 200m Breaststroke.

He was ideal for demonstrating Backstroke to club members and gave the swimmers tips on technique.

It was an informative evening for both coaches and swimmers and thoroughly enjoyed by all.