

SKILLS 4 PODIUM

Swimming Performance Solutions

SWIMMING CLINICS & CAMPS

Turning Potential into Performance

The coaching team led by GB international swimming coach Paul Remmonds will guide swimmers through skills, drills and practices that have helped to produce a World Champion (James Hickman), Olympians, European and Commonwealth finalists.

Most recently two swimmers developed by Paul at Wirral Metro (Freya Anderson and Cassie Wild) represented Great Britain at the 2022 Olympic Games. Freya winning a gold medal in the Mixed Medley Relay.

* UPCOMING CLINICS & CAMPS *

Moreton Hall School, Oswestry

Master Classes | Skills & Speed Development

Learn how to be more efficient at speed ...

Wednesday 23 February | **Starts & Turns**

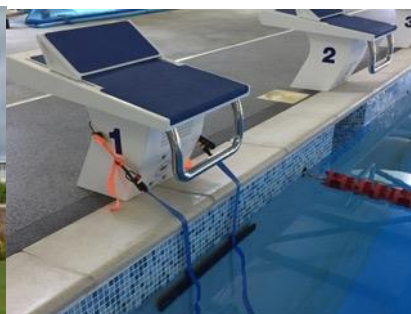
Thursday 24 February | **Butterfly**

Friday 25 February | **Breaststroke**

Monday 11 April | **Freestyle**

Tuesday 12 April | **Backstroke**

Wednesday 13 April | **Starts & Turns**



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