

## Melanie Marshall – Swim Clinic – Thomas Gower Hythe Aqua Senior Swim Squad

Last Sunday I took part in a Mel Marshall Swim Clinic. Mel trains Adam Peaty and many other up and coming national and international swimmers.



After a very early start we arrived at Repton School Sports Centre, Derby, along with 90 other swimmers from all over the UK, who were also taking part.

The day consisted of two swimming sessions, analysing swim technique on video, strength & mobility exercises, circuit training, Drumba and a motivational talk from Mel. It was a full on day from start to finish.

Mel started the day by asking all that were taking part to use the day to be Curious, Positive and Resilient and to listen.

The sessions in the pool were definitely the best part of the day. Mel trained us during the morning swim session working on Streamlining. In the afternoon the swim session was taken by Grant Turner, Jacob Whittle and Elliot Clogg (Olympic/Commonwealth Games swimmers), working on Freestyle and Backstroke.

It was a long way to go but worth it. I am looking forward to putting all that I learnt into practice over the next few weeks both in training and competitions.

Thank you East Invicta ASA for sponsoring the cost & Hythe Aqua for giving me the opportunity to take part.

Tom Gower