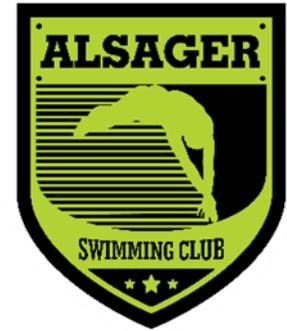


Alsager Swimming Club's Swimmers Past and Present



Ben Legge



Name: Ben Legge

Years Active: 2003-2016

Favourite Stroke: Freestyle

Favourite Event: 200m Freestyle

Coach: Mike Barnes

Achievements: SwimNorthWest
Regional Medallist

When did you start swimming with Alsager Swimming Club and how long were you a member for?

My mum threw me in the water from a young age, I joined the swimming club as soon as I could (5/6 years old) and I stayed at the club until I finished sixth form.

How many times per week did you train?

I trained 8 times when I was fully competitive and trained twice in the MORNING before school. I even did these morning sessions whilst at Primary School, where my dad use to forget about me and leave me at the leisure centre.

What was your favourite competition to compete in and why?

My favourite competition was North Midlands because it was hosted at Macclesfield Leisure Centre, which to me was a fast pool with amazing space on poolside where I could chill out in between events. It was a nice competition as it was early in the season and there wasn't lots of pressure for us to do well.

What are you doing now? (career/university etc)

I am currently studying Civil Engineering at University of Liverpool and having a jolly good time living university life. I am a part time lifeguard at Alsager Leisure Centre as well.

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What was the worst set you have completed?

There are 2 sets embedded in my brain still to this day (thanks Mike). Early morning sessions and Long course training at Manchester were always the most daunting.

24x100m, 8@pb+15, 8@ pb+12, 4@pb+8 and 4@ best effort.

How has swimming helped you in day to day life?

Swimming has helped me in a variety of ways. The main being it has helped me get into my Uni of choice. It gave me the mental resilience to get through a tough foundation year. Dedication, maturity and time management are all other key traits I have obtained from swimming. (although Mike may not agree with the latter as I was always late onto poolside in the morning).

What was your greatest achievement whilst swimming with Alsager Swimming Club?

My greatest swimming achievement would be medalling at regionals. Swimming as a whole though has helped me achieve much more than medals, it has helped me build great friendships and determination to keep pushing on when times get tough, helping me mature and become the person I am today

What is the best advice you can give to younger swimmers trying to achieve their goals?

The best advice I can give younger swimmers is to set goals and don't give up until you've achieved them, give 100% at each session. Train and work hard and when you've achieved that party slightly harder.

What factors have helped you achieve your goals?

The factors which have helped me achieve my goals are...

1. My Mum, she tore me out of bed at 5.50am and took me up and down the country for galas at the weekend. She invested so much time and effort into my own swimming career.
2. The sense of community the swimming club offered, we did countless activities out of the pool including camping, paintballing and having days out to Alton Towers etc. It was more than just a swimming club and without it I wouldn't of been able to carry on for as long as I did.
3. A dedicated coach, who you have to respect, listen to and take on board everything they tell you, even when they are pushing you to your limits.