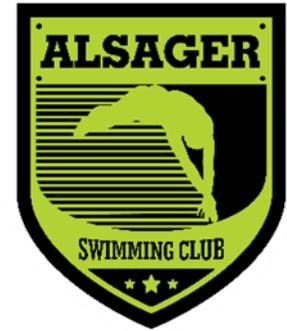


Alsager Swimming Club's Swimmers Past and Present



Amy Wyatt



Name: Amy Wyatt

Years Active: 2007-2018

Favourite Stroke: Freestyle

Favourite Event: Open Water

Coach: Phil Morrey

Achievements: Relay Swim of English Channel

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

I joined the club after swimming lessons at the Leisure Centre, at around age 6/7 and have been a member ever since, I still try to get a couple of sessions in when I'm home from university!

How many times per week did you train?

At my peak I trained about 7 times a week which included 2 sessions on a Sunday and a bit of open water swimming thrown in.

What was your favourite competition to compete in and why?

My favourite competitions were the Peak and Plain galas, because they were team galas that included relays, so they were always fun and sometimes meant that we got to take a coach as a team.

What was the worst set you have completed?

Literally any set with a lot of kick! I don't really have any particularly nasty ones engrained in my mind, I might just be blocking them from my memory!

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

In 2017 I was lucky enough to complete a relay across the English Channel, which simply wouldn't have happened without the support from club members, training hours in the pool, the coaches, and most importantly my parents.

How has swimming helped you in day to day life?

I think the most important things swimming has taught me are perseverance, dedication and time management. I have learnt how to set goals and how to keep pushing to achieve them. Swimming and racing alongside school work and other extra curricular activities and eventually part time jobs as well, made me learn how to manage my time effectively to fit everything in and not get too stressed.

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

I have just finished my second year studying Maths and Lancaster University. When I'm at home I also work as a lifeguard at Alsager Leisure Centre, and you may even catch me on poolside coaching a couple of sessions.

What factors have helped you achieve your goals?

- My parents and family support. They dragged me to training when I couldn't be bothered, drove me all over the country for competitions both in the pool and in open water, made sure I was on time to everything and had all the right equipment, and most importantly supported all of my goals (and didn't laugh too hard when I said I wanted to swim the Channel).
- A great coach, who isn't only there to improve your technique or write sets on the board, but is also someone who you can ask any questions, will give you a pep talk before a race you're nervous about and will push you to do your best.
- The friends you make in the club. These people help you through the worst training sessions and are always at the end of the lane cheering you on in races!

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

The best advice I can give is to just keep going! Aim high and work hard to reach them goals. Try not to let any set backs keep you from trying again, you don't need to PB in every single race as long as you've given it your all.