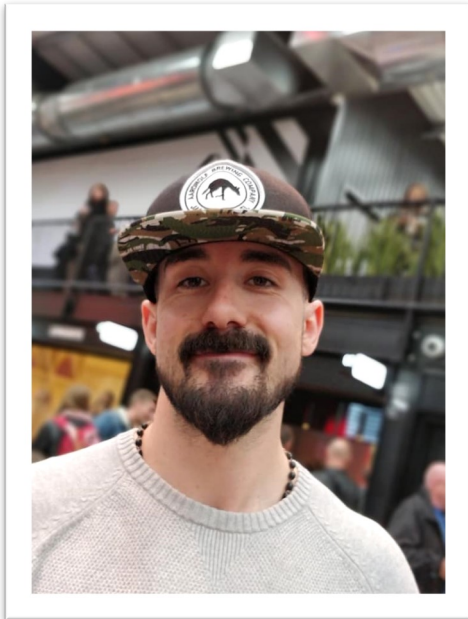


# Alsager Swimming Club's Swimmers Past and Present



## Greg George



Name: Greg George

Years Active: 2008-2011

Favourite Stroke: Freestyle

Favourite Event: 50m Freestyle

Coach: Mike Barnes

Achievements: British Championships and National Qualifier

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

I joined ASC in 2008, during my time at Manchester Met University. I continued to swim with the club for around 3 years and intermittently for another year.

How many times per week did you train?

I used to train every session I possibly could, cant remember exactly how many it was back then but I remember morning training being particularly hard.

What was your favourite competition to compete in and why?

I always preferred competing with the team at galas like the arena league, but my favourite was the county relays. My most successful venue however was at Manchester Aquatics Centre, during regional competitions. This is one of the closest clubs I've ever swam at (I've been around seven different clubs during my career), I always felt like part of the family and there was nothing better than competing as a single unit under the Alsager Swimming Club banner.

# Alsager Swimming Club's Swimmers Past and Present



## What was the worst set you have completed?

The worst set I had the pleasure of completing had to be 50m max sprints until we failed to achieve our P.B + a certain number of seconds (not that many if I remember correctly). Usually done during the morning sessions, so the forcing yourself to get up, getting in a cold pool and having a set like that wasn't for the faint hearted. I learned a lot about myself and sets like that only made my bond closer with my team mates. To know they were hurting too and still pushing through kept me motivated to give my best every time I got in the pool.

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

Achieving both National and British Championship QT was my proudest achievement during my time and immediately after swimming with Alsager. I was so proud to represent a club that wasn't necessarily the biggest, didn't have the best facilities or amount of pool time, but had that family ethos and a great sense of unity and belonging. Many of the people I met at the club I still stay in touch with now and would class them more as family than friends. My achievements are linked to times but one of my greatest achievements was purely to be a part of this fantastic clubs and to meet such an awesome group of people.

## What factors have helped you achieve your goals?

I do feel that the atmosphere to train was one of the best I've ever been in. Knowing that you were there to do a job and being able to do it with a smile on your face made doing the difficult sets all that much easier. I absolute love the sport and during time at university, away from home, it would have been easy to give up. This club and the people involved gave me so much more admiration and desire for the sport and helped me achieve things far beyond where I ever thought I would.

# Alsager Swimming Club's Swimmers Past and Present



## How has swimming helped you in day to day life?

Swimming has taught me so much about myself. It has developed me as a person in so many ways, from discipline to being able to push beyond where I thought I was capable. I would still classify myself as a very athletic person and a very determined person. I have become more confident in myself due purely to what swimming offered me and I have made lifelong friends. Swimming taught me above all else to dream big and take small steps towards to ur end goal. Keep doing the little things (not only in the sport) and it gets noticed. Be proud of who you are and whatever you achieve, but most of all keep loving the pool.

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

I am a self employed landscape gardener and carpenter by trade. I operate from the Somerset area in a small village called Radstock.

I moved down here with my wife 6 years ago and still keep in touch with all the guys I used to swim with at Alsager. We always get together when I go 'back up north' and we love having them come see us when they venture down here. I still swim (or did prior to COVID) around 4-5 times a week with Frome Swimming Club.



**Boldmere Open Finals**



**Team Alsager at Greg and Tegan's Wedding**