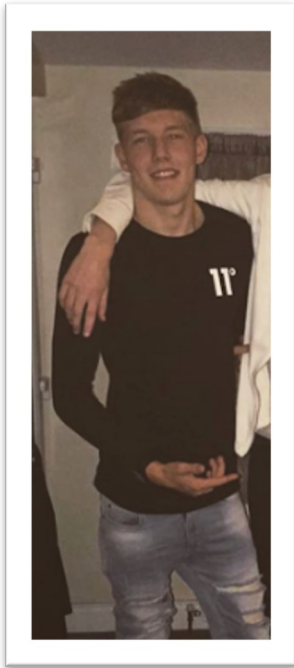


# Alsager Swimming Club's Swimmers Past and Present



## Cameron Emery—Hyson



Name: Cameron Emery-Hyson

Years Active: 2006-2016

Favourite Stroke: Freestyle

Best Event: 400/1500m

Freestyle

Coach: Mike Barnes

Achievements: National Qualifier and Regional Gold Medallist

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

I started swimming with Alsager in 2006 and swam for a further 10 years up until 2016.

How many times per week did you train?

At my peak between the years of 2012/2014 I was training roughly 8 times per week. This included 2 early morning sessions starting at 6.15am, I hated morning training as they were always tough sessions but as I went to St Joes in Newcastle I always got to leave early and miss the end of the session!

What was your favourite competition to compete in and why?

Due to the majority of competitions being at weekends, they weren't always my favourite thing to do as I had to miss various parties throughout high school. However I preferred competitions which were further a field as the team would stay over at hotels for the weekend and I'd always have a good laugh with my mates I had at the club.

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What was the worst set you have completed?

I can't remember any specific sets but long course training at Manchester every Sunday was always tough. Also any session which involved I.Ms, I was a freestyler and disliked having to do any other strokes.

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

In 2013 I qualified for nationals in the 400m Freestyle I also followed this up the following year achieving a national time in 1500m Freestyle after winning regional gold.

What factors have helped you achieve your goals?

If I'm being honest I had a very love/hate relationship with Swimming. At the time I didn't enjoy having to give up a lot of my social life to train and compete and I felt like I was missing out on lots of occasions throughout school. However looking back without swimming I wouldn't have met some close friends which I still have today. You don't notice it at the time but Swimming especially 8 times a week gave me exceptionally high fitness levels, something which I'd like to still have today.

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

During college I was a casual lifeguard and Swim Teacher at Alsager Leisure Centre. I still teach for Everybody Sport and Recreation on Saturdays. I am currently at university studying project management and quantity surveying.

I'm also making up for all the parties I missed out on.