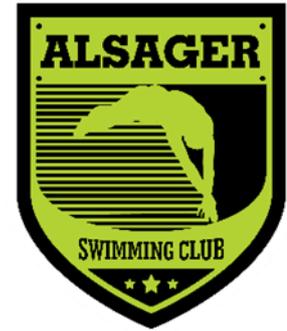


Alsager Swimming Club's Swimmers Past and Present



Marcus Tyson



Name: Marcus Tyson

Years Active: 2011-2014

Favourite Stroke: Backstroke

Best Event: 50m/100m
Backstroke

Coach: Mike Barnes

Achievements: British
Championships Qualification

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

I believe I joined Alsager in 2011 and stayed with the team until 2014, so around about 4 years.

How many times per week did you train?

If I was being a good athlete and listening to Mike, id be in the pool at least 5-6 times per week.

What was your favourite competition to compete in and why?

I used to love swimming at Macclesfield in Cheshire. I had some amazing memories their with Sam, James and Gary with the relay races.

What was the worst set you have completed?

The worst set I can remember is 7x200m on a time limit all maxed out. I was always terrible with endurance , but received no sympathy! If I ever complained I would hear the shouts of "A 200 IS A SPRINT"

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

My biggest achievement was definitely making it to British Nationals in 2012 and swimming alongside Sam and Gary. It was an amazing experience standing on the podium (for a photo not for a medal)

What factors have helped you achieve your goals?

Always remaining diligent and focused in training was vital, the small details, which many people can miss are the most important. Turns, underwater fly kicks and starts/finishes were the key to winning my races.

Don't forget to keep a positive attitude and have some fun whilst training too.

Has swimming helped you in day to day life?

Yes absolutely! I've been able to use the dedication and discipline I put into my swimming and applied it to all areas of my life, professionally and personally.

Putting in all of your energy into a single set, waking up at an unearthly hour, throwing up on poolside and that feeling of success from all your sacrifices in the pool are all transferrable qualities. Use Them!

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

After University, I went on to work in a secondary school. I then took my PGCE at Brighton University and then qualified as a primary school teacher. After two years of teaching in Brighton, I moved to Thailand, I have been working my way up and now live here permanently.

What advice would you give to younger swimmers today?

To all younger swimmers just starting out, I was once in your position. Some people made fun of me and never thought id amount to anything (not from Alsager). But you must ignore the negativity! Use it to motivate you to keep pushing for what you want.