



Worthing Swimming Club



Coaching Team

Temporary Head Coach – Chris Luesley

Mondays, Tuesdays, Wednesdays, Thursdays, Fridays, Sundays

I have been a member of my Club for 29 years. Throughout that time I have been competing for the Club, since I was 9 years old, so thats lots of McDonalds every Christmas time!!

I qualified as an ASA Level 2 Teacher just over 5 years ago and have been teaching at all levels within the Club from 4 year olds through to coaching the top lanes. I also have my UKCC Level 1 Coaching and have completed a number of CPD's relevant to competitive swimming including Team Manager and an NVQ Level 2 in Sport, Recreation and Allied Occupations: Coaching, Teaching and Instructing Adults and Children (swimming).

I am currently working towards my Level 2 Coaching Qualification which I hope to have completed by March, allowing me to start my Level 3 qualification during 2013. I will continue to gain other swimming qualifications where appropriate as i build my knowledge and experience base.

As a swimmer, I have represented the Club in many competitions including 20 Club Age Group Competitions, Counties and I have a bronze medal at National Masters Level in my age group.

I currently teach locally with Aquaschool at the Aquarena at weekends and at Wadurs, Shoreham 4 days a week.

Although, we only have a small coaching team, we are all working hard to ensure that standards are maintained and that swimmers are training to the best of their abilities.

Our coaches and teachers throughout the Club at all levels are continually increasing their swimming knowledge through courses etc and all work for the Club on a voluntary basis.

A quick summary of our coaching team follows – more information will be added to this in weeks to come and especially as we build our team into our new home – Splashpoint.

Stephen Hirst - (Tuesdays & Wednesdays)

I have been swimming competitively for over 35 years, providing me with an insight into training and competition at the highest level. During that time I have trained with and represented over 10 different swimming clubs under a number of different coaches, including 3 International Squad coaches. I have trained with over 20 GB squad members, including Mark Foster.

My personal swimming highlight is a National Gold medal in the men's 4x100m freestyle relay in 1985. I was individually placed in the top 15 for men's sprint freestyle in the official British rankings. I have competed in two Olympic trials, 1988 and 1992, and represented 4 different counties. In 1987 I won both the English (short course) and British (long course) Masters championships for both the 50m and 100m freestyle. I'm still swimming, primarily for fitness, but continue to compete occasionally including being part of the Sussex Masters Squad at the Inter County Masters at the end of 2012.

I have been assisting with coaching at Worthing Swimming club for over a year and hold an ASA Level 1 Award in Coaching Swimming. I am currently attending my Level 2 coaching Course at Portsmouth at Weekends.

Neale and Ann Maloney – Tuesdays & Thursdays

Neale first swam and played water polo for the club as a youth (many years ago!) We have 2 children who have both been members and competed for the club Neale completed his level 1 swimming teachers course in 2006 and has been coaching since then, building up a number of years experience coaching our up and coming swimmers.

Ann completed her level 1 swimming teachers course in 2001 and became a level 1 british triathlon assistant coach in 2006 and currently still teach these two disciplines. I also took a helper certificate in synchronised swimming in 2007 but no longer have any involvement in this sport. I have a current national rescue award.

Fanny Chan – Mondays, Tuesdays, Thursdays, Sundays

Fanny has been teaching within Worthing Swimming Club for many years and has been a key part of Worthing's successes over the years. Every year Fanny has prepared the County 9 year old teams for the Counties with numerous medal successes. As well as teaching within the Club, Fanny coaches our younger swimmers & is a key point of contact for parents of new swimmers anxious to know more about a swimmers journey through a Club.

Another important aspect of Fanny's volunteering is the number of children that she has passed through their competitive start award on a Monday night at Lancing College. If you have your award it is because Fanny or Dawn taught you on a Monday night.

Despite Fanny's children working their way through the Club as they have grown older, Fanny continues to support the Club with numerous hours per week. Fanny's daughter Karen still trains with Shiverers and has gone on to have great success with numerous Regional and National qualifying times. Fanny is able to use her experience as a parent of a swimmer of this ability to her advantage as she coaches within our Club. At every Gala, Fanny will always have the swimmers latest times, current County times and all the paperwork necessary to help the gala run smoothly for a swimmer.

Fanny has her Level 2 Teaching and Level 1 Coaching as well as the NVQ with the long winded name that i have got!!

Matthew Laker – Tuesdays, Wednesdays, Thursdays and Cover

Matthew has been an integral part of our Teaching / Coaching team in the last couple of years. Helping on a number of days has allowed Matthew to progress quickly and gain vital experience. He has Level 1 Teaching and Coaching qualifications and will be working towards Level 2 when time permits. An important aspect of Matthews teaching / coaching is his preparation for sessions and his willingness to cover sessions. Matthew has been a swimmer in the Club for a number of years and also completed a young aquatic organiser course, a couple of years ago.

Dawn Osborne – Mondays, Tuesdays, Thursdays, Sundays

Dawn is a level 2 teacher who has been helping within the Club for many years and despite her children Robert and Tara getting older and moving away from swimming, Dawn continues to support Worthing on a regular basis. Dawn is responsible for ensuring that swimmers are moved within our widths teaching section as well as teaching and coaching during sessions. Dawn also provides cover for sessions where required and maintains her qualifications with regular CPD's. All in all an integral part of our coaching / teaching team.

Karen Wardley – Tuesdays, Thursdays and Sundays

Karen is another teacher who has had daughters swimming their way through the Club. Karen is an important part of our teaching team on widths and small pool as well as teaching our youngest swimmers on Sunday evenings. Karen is also Open Meet Secretary, so please see Karen when you want to enter Open Meets to gain new personal bests from all of the fantastic training that our teachers and coaches provide.

More information will be provided about Dawn and Karen's input within the Club when i complete information about our fantastic team of teachers. That is all for now – but this is only a snapshot of the voluntary work put in by our teachers and coaches.