

JACK PETCHEY ACHIEVEMENT AWARD WINNERS APRIL 2022

Saffire Fontenelle (Para/AD1) – Saffire has moved from our Para squad into our Advanced Development 1 squad as part of our push at Hackney to integrate our Para swimmers into the competitive squads. Saffire has a visual impairment, but this has not prevented her from going from strength to strength this season after taking up competition. Her techniques have greatly improved throughout the year, which is a testament to her focus and commitment in training sessions.

Ivy Hernandez Taylor (RP) – Ivy has the best attendance in the Regional Performance squad attending almost all training sessions, including 3 morning sessions a week. Not only does Ivy attend all these sessions, but she is also an example to other swimmers in how to work hard when she is at training. Ivy qualified for her first regional championships back in 2020, but due to Covid there were no regional championships in 2020 or 2021. However, thanks to her dedication to training over the course of the whole season Ivy finally competed at her first London Regionals in 2022 where she became Regional Champion in the 50m Backstroke and won 2 further medals in the 100m and 200m Backstroke.

Mollie Hoyle (Gold) – Mollie has moved over from the USA to the UK this year, which is always a challenge for anyone to move across the World and especially for a young person. Mollie's coach has been impressed by how quickly she has adapted to the move and says that she attends every session and is always eager to improve and take on feedback. Her coach says that she stands out in the squad due to her perseverance in the challenging sessions and sets a good example to the rest of the squad.

Louis Mclachlan (Para) – Louis is part of the clubs Para squad, and he loves his swimming. He has had several coaches this year who have all enjoyed coaching Louis as he brings positivity to all of his sessions. Louis has made great strides in his two favourite strokes (Backstroke and Breaststroke), in particular on the Breaststroke where he has managed to go from doing a 'Wedge kick' where the knees move out wider than the feet, to the more effective 'whip kick' where the feet are wider than the knees. Whilst this might sound like a small change, it is incredibly challenging for swimmers who have got into the habit of a 'wedge kick' to change to a whip kick. Another achievement of Louis' is his push and glides. Due to his disability, he is unable to get his arms into a 'streamline' position, but he has enjoyed

learning all the ways he can improve his body position in the water to be more streamlined. At first Louis could only just about reach the flags (5m) from a push and glide, but through improving his body position he can now push and glide an impressive 12.5m. Louis has just been joined by another boy in the Para squad and has been a great help to him in demonstrations as they both have a similar disability.

Kai Ogden (NP) – Stepped up this season to help with the coaching at the club, which has been useful while we have been short on coaching. Kai has done this whilst at the same time holding a job at a school, continuing studying in preparation to go to Oxford University in the summer and still competing at a high level including the Short Course Nationals in December 2021 and British Championships in 2022. Kai has used his experience and knowledge of the competitive strokes to lead many of our Academy sessions and already we have seen good progression with swimmers advancing into our competitive squads.

Thomas Roberts (RP) – Thomas has overcome adversity after many of his competitions this season, and always shows 100% commitment to the sessions he attends. Thomas narrowly missed out on a final in all his events during the first weekend of the County Championships, finishing less than half a second outside the final in three different races. However, when he returned to training, he carried on putting in the work that was asked of him which later paid off at the London Regional Championships. Thomas went on to achieve a 4th and 5th place finish at Regionals in the 400IM and 200 Breast, taking 12 and 7 seconds off his PB's respectively. These results were down to his hard work in training and not allowing disappointments to put him off track. We look forward to seeing Thomas' continued progression.