

JACK PETCHEY ACHIEVEMENT AWARD WINNERS OCTOBER 2023

Oisin Sellens-Flack (COUNTY AGE): Oisin is a hardworking swimmer who is always looking for new ways to get better and is keen to receive coaches feedback on all his strokes. Not only this, but Oisin also is extremely consistent with his training and rarely misses a session. His teammates describe him as a super helpful and supportive teammate. He always congratulates his teammates when they achieve a new personal best or tries to help them out in training. He often makes his friends laugh during the sessions, making training a more enjoyable place to be.

Ava Gargett (REGIONAL PERFORMANCE): Ava currently has the highest attendance in the Regional Age squad and has a great attitude to training. As one of the older swimmers in the squad she is a great role model to the younger swimmers, leading by example and setting the tone for each training session. Ava has been a committed swimmer for many years and her competitive drive helps to encourage others in the squad to push themselves.

Dhaval Gajre (COACH): Dhaval has really stepped up over the last couple of months, taking on more senior roles in the club and leading the coaching of our development swimmers. Dhaval has been at the club for years, working his way up through the young volunteer's programme. He has waited for his opportunity to lead a squad in our performance pathway and is currently doing a brilliant job of bringing through the next swimmers. His swimmers describe him as a very motivating coach who leads by example and encourages all his swimmers to strive to be the best they can be.