



The Art of Starts & Turns

Delivered by

Nick Gillingham MBE, FIOS

ASA Aquatics Professional / Performance Coach

ASA Tutor & Assessor (Coach Educator)

Double Olympic Medalist & Former World Record Holder

This course is for competitive club swimmers aged 9 - 16 years who wish to improve starts & turns across all four competitive strokes. Nick Gillingham is a technical perfectionist when it comes to the art of swimming, with an eye on what makes the difference. He has a deep passion and desire to support the development of swimmers to allow them to reach their full potential. He has a natural flare for coaching and will leave you highly motivated and prepared.

The 5 hour day includes 2½ Hours Pool Time, Keynote Presentation, Q&A Session and Photo Opportunity with Championship Medals. The course prides itself on low numbers with unprecedented lane space across the pool. The key note talk is highly insightful with educational and humorous anecdotal stories themed around preparing for competition, covering the topics of nutrition, warm-ups & swim-downs, nerves & arousal, race planning and motivation with insightful video clips adding extra colour to the theme.

The methodology applied for 'Starts' will cover (a) stance & balance / positioning (b) hand & arm projection (c) height & entry (d) underwater streamlining / efficiency / timing (e) depth & stroke transition / breakout. 'Turns' will cover (a) approach (b) contact & positioning / rotation (c) underwater streamlining / efficiency / timing (d) depth & stroke transition / breakout. Elite demonstrations throughout this practical and educational session will support the learning process. Parents are welcome to stay throughout the day and club coaches are always welcome with a certificate of attendance provided along with coaching notes.

'We are what we repeatedly do. Excellence then, is not an act, but a habit.'

Aristotle (384 – 322 BC)

