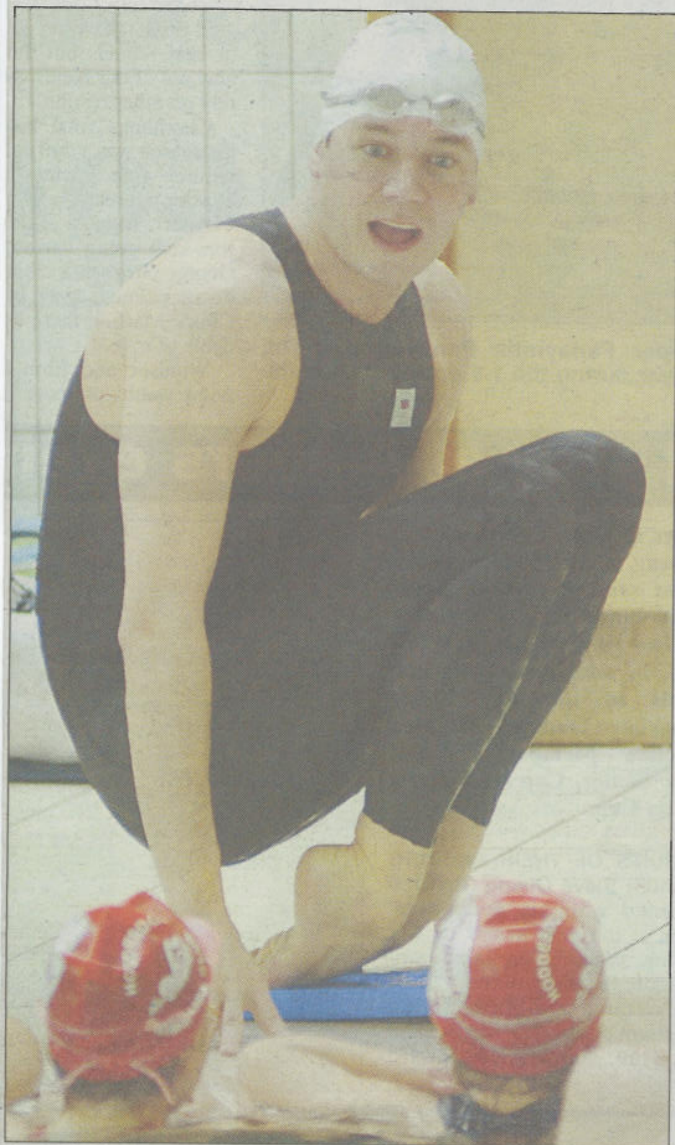


# GB swim star's splashing show!



● **JUST CHAMPION:** James Hickman passes on some advice to some Hoddesdon Swimming Club youngsters, while Sydney Crouch, right, tries all 13 of his medals on for size! (s)

AN impressive array of guests helped Hoddesdon Swimming Club celebrate their 110-year anniversary last weekend.

Great Britain Olympic swimmer and five-time consecutive world 200m butterfly champion James Hickman was the star attraction, spending more than four hours at the special Motivational Day held at John Warner Sports Centre last Sunday.

Hoddesdon chief coach Janet Warrington said: "It was a fantastic event. The swimmers were delighted to have the opportunity to watch and be involved with a famous Olympic swimmer and James was wonderful with them.

"I was very proud of how they behaved and interacted with all our guests.

"It was a long day and some of them were very young but they all remained enthusiastic and attentive throughout and were a credit to their club.

"I have heard back from the guests and they too were impressed to see so many enthusiastic swimmers and parents present."

A total of 75 swimmers, along with parents, club officials and staff welcomed Hickman, who arrived complete with his 13 gold European and World medals.

He held a two-hour swim clinic demonstrating technique, including his famous underwater work off the wall on starts and turns.

The session finished with a fun relay, with teams competing against James's

team of only himself and two of the club's youngest swimmers.

Top National Coach Chris Nesbit, former coach of British backstroke swimmer Katy Sexton, gave a talk on the importance of correct nutrition, keeping training logs and motivation.

And Kevin Ayers, coach to many National level swimmers, used the latest technology to film 20 swimmers underwater, while giving poolside instruction on correct technique on turns.

It proved an invaluable tip to understanding the correct body position for fast and effective turns and will act as an ongoing teaching and training aid.

"We have had a wonderful and successful year in competition and

this was something of a reward for all the hard work the swimmers have displayed in both training and competition," added Hoddesdon secretary Bernie Goulding.

"We will definitely be repeating with a similar event next year."

Hoddesdon raised the necessary funds to enable the club to stage the event by holding a sponsored swim in February, where sponsorship and donations totalled nearly £1,800.

