

KETTERING

SWIMMING POOL



KETTERING AMATEUR SWIMMING CLUB

COMMUNITY GRANT FUND



Managed in Partnership with your Local Authority



LegacyLeisure.org.uk



BACKGROUND

The UK sits as a country proud of producing competitive swimming athletes - Adam Peaty, Rebecca Adlington and Ellie Simmonds to name a few.

Kettering Amateur Swimming Club promotes the sport of swimming by providing a structured teaching and training programme to all of their members in an enjoyable, safe and caring environment.

Their aim is to be recognised locally, regionally and nationally as a swimming club which enables athletes to achieve their individual aspirations in competitive swimming by improving their skills and fitness levels and by providing regular opportunities for competition.

Legacy Leisure have supported the club in bringing through the next generation of competitive swimmers by granting £500 to the club. The money has been used to purchase two Pace Clocks. A pace clock is a tool that swimmers use when training in the pool. It's not just for competitive swimmers but can be useful to all abilities.

The insulation of pace clocks at either end of the pool will assist swimmers in monitoring their time for particular distances. It will also help with pacing as well as helping swimmers to control rest intervals.

Furthermore, the clocks help to improve focus and give rhythm / structure to swim sets - swimmers can amend their technique and track their progress whilst the clocks give an accurate representation of which technique / swim strategy works best for them.

The importance of the funding meant the club could acquire two clocks to go at each end of the pool - crucially, that means they can be seen from everywhere in the pool, and by every swimmer.

Not only will the clocks be used by the club but they will also benefit the general public. It will enable local swimmers to set their goals and make improvements to their swims with accuracy.