

Young Sportsman 4 Shires Swimming Club



For two years I have swum for the 4 Shires Swimming Club. In that time I have learned how to do better strokes and become a competitive swimmer.

I started swimming when I was three or four years old, and swam my first five metres at the outdoor pool in Chipping Norton. When I was six, (nearly seven), I swam a mile there. I completed the ASA Bronze, Silver, Gold and Pre-Competitive awards at the leisure centre before joining the 4 Shires.

Cheering Each Other On

I really enjoy swimming for the club; what helps are the coaches who support and encourage you to develop into a better swimmer. Once a month we have a club night.

We are timed swimming 50 metres in the stroke we have been working on all month. We cheer each other on and it's a good time to meet kids of all ages and from other schools in the area.

On June 21st, the club took 17 children to swim in Oxford; this was the first competition for many including my little

sister Anna; we all enjoyed it and most came away with medals and personal best times. I won two silver medals and one bronze medal as well as three speeding tickets (these are given if you swim faster than the gala speed time limit). Anna won a gold medal which was fantastic as she was only nine the week of the gala (you can only compete when you are nine and over).

Come and Get in the Swim!

I enjoy competitive swimming and have won lots of trophies and medals since joining the club. In March, six of us from the club swam in the county championships. I won trophies for three of my races.

It is a great club to join and keeps you fit and active.

Harry Flint, aged 10

If you have, or are, a child who is aiming towards gold standard (ASA award) or above, and would like to continue swimming, please call:

Judith: 01608 676149 or

Ali: 01993 830669.