

OLYMPIC SWIMMER VISITS HYTHE AQUA

Last Tuesday Hythe Aqua Swimming Club held its annual Olympic Night at Hythe Pool with Olympian Jo Jackson in attendance. Jo worked with the Club's Swimschool Teachers for the first hour. The Hythe Aqua Clubs very successful Swimschool, now has over 100 pupils starting from 4½ years. After assisting the Teachers Jo coached the Junior and Senior Swimming Squads. As a freestyle expert, she passed on her great knowledge in terms of drills and practices whilst coaching which the squad swimmers really enjoyed.

Jo also brought along her medals won representing Great Britain in three Olympics and World Championships, where she achieved a new 400m Free world record.

Jo passed on her thanks to the Club with the following message *"Thank you very much for having me last night, I had a fantastic time at the club and thoroughly enjoyed working with not only the swimmers but the staff involved. What I loved about the club was the enthusiasm from all the coaches and teachers and also the atmosphere. It was really nice to see the progression from the learnt to swim all the way through to the senior squad. It seems like a lovely club to be a part of, which you should all be proud of. Also thank you to you all for making me feel so welcome"*





