

GB swimmer comes to Hythe Aqua Synchro

Hythe Aqua Synchro swimmers were joined in the pool by Junior Great Britain Team member Rhiannon Williams for a special masterclass session.



The 17 year old junior GB team swimmer travelled to Hythe from the Isle of Wight for a special session arranged by Hythe's head coach, as a reward for the club's successes during the year. Rhiannon trains with one of the top clubs Reading Royals, and spends approximately 30 hours a week in the pool. She has competed across Europe for Great Britain, and took some time out of her busy training schedule to visit Hythe Aqua Synchro.



Fresh from her success at the National Age Groups in Gloucester, where she achieved 3 silver medals and a bronze, and the Scottish Nationals, where she took the National title, Rhiannon performed her medal winning solo to swimmers, coaches and parents. After the performance, the swimmers were given a chance to ask Rhiannon questions about life training with the Great Britain squad, before taking to the pool to show off their routines from 2011, and getting positive feedback from Rhiannon.

The GB swimmer then took small groups of swimmers to work on, and improve basic synchro skills, also giving the younger swimmers a chance to try more complicated movements as a challenge.

New swimmers are always welcome to Hythe Aqua Synchro. For more information and to arrange a free trial session, please email hythesynchro@gmail.com