

Derwentio Excel
Swimming Squad

FEMALE BREASTSTROKE QUARTET

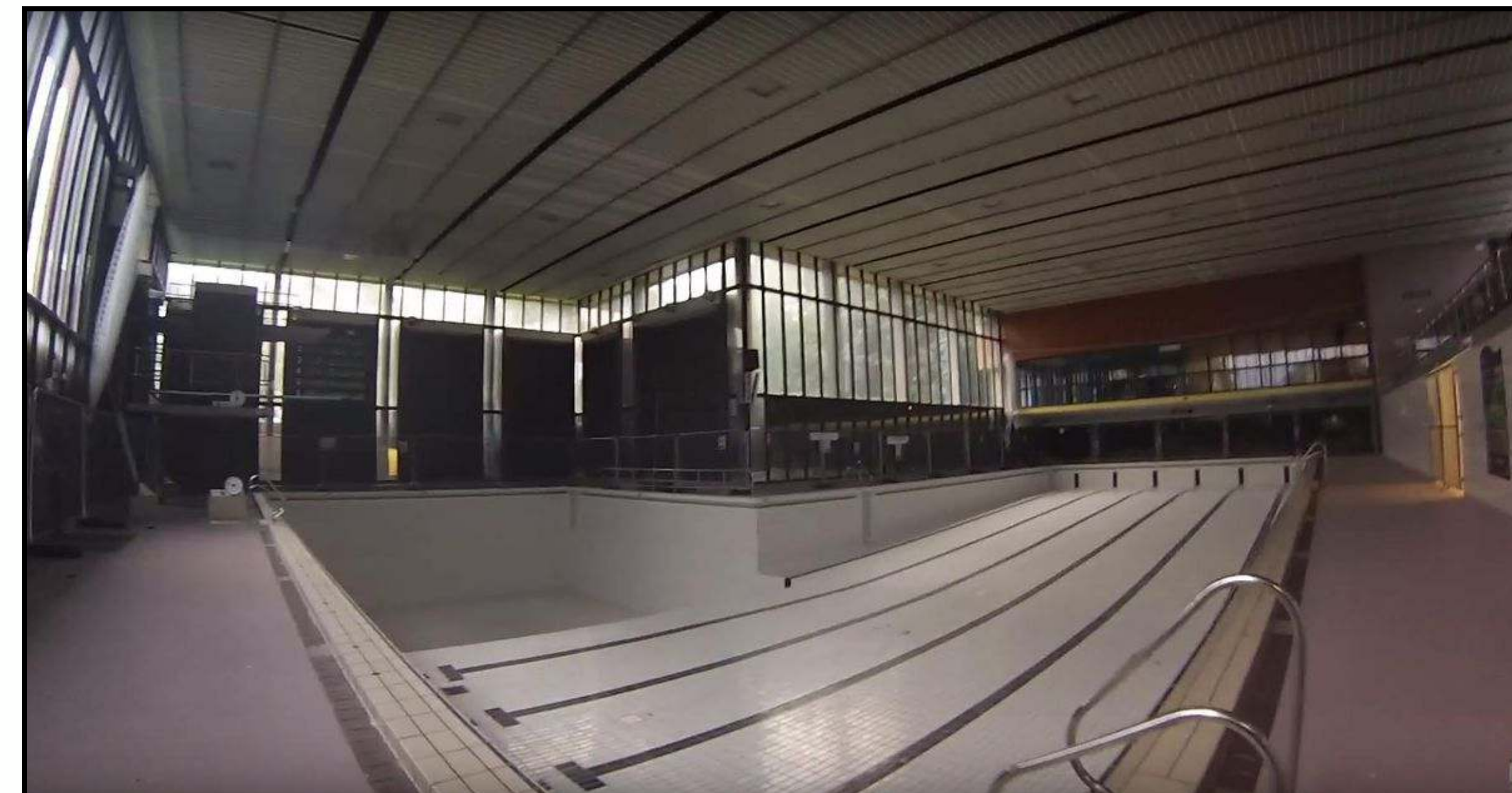
NxT Generation Home Nations Coaching Conference





2009-2015

- Inherited an excellent programme from Mark Rose.
- 10 junior international swimmers in 6 years.
- 7 swimmers from the programme have competed for Great Britain in Breaststroke and trained together at the same time.
- Challenging conditions, challenging environment.
- Main training venue 23.5m Pool.
- Team Effort - Kim/Mark/Matt/Spencer/Keith



MOLLY RENSHAW

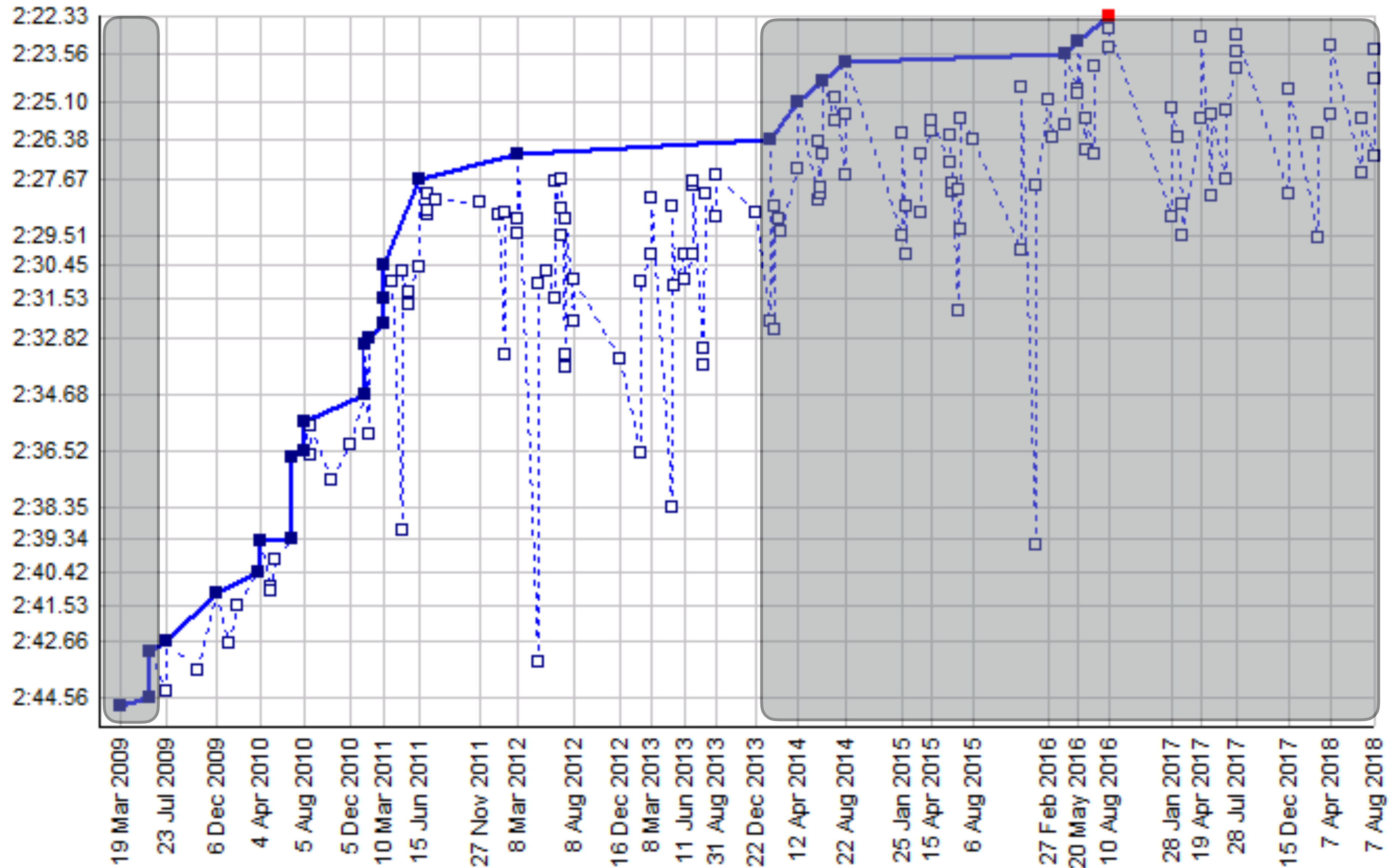
- 400m IM training background (EJC finalist 2011)
- The fun part: 2009-2011.
- Qualified for 2011 World Championships having just turned 15 a few weeks earlier.
- 2012-2013 the tough part!!
- Has never “loved” swimming.
- We developed a relationship with Kevin Renshaw at Loughborough ITC early.
- Had to be PUSHED to leave me to start at Loughborough.
- Post 2012 - would only engage when it was a key set, the rest of the time was at the back of a lane swimming easy.



RENSHAW, Molly
1996

Alltime best 2:22.33
10 Aug 2016, Rio (BRA)

200m Breaststroke
Long Course (50m)



IMOGEN CLARK

- Incredible natural speed - British Junior Records in 50m Free, 50m Fly and 50m Brs (Dec 2014).
- Later to swimming at a “top” level.
- Gymnastics background - Pull-Ups and Jumps.
- 3-4 sessions per week with Chesterfield (Mark Tanner) and Rykneld (Matt Smithurst).
- Polarised approach to training - very different to the others.



IMOGEN CLARK

- Polarised approach to training:

Technique/ Skill	Low intensity aerobic				Speed
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- Limiting factor was/is learning how to most efficiently race the 100m Breaststroke.
- Still needs to understand the difference between FAST and HARD.



CLARK, Imogen
1999

Alltime best **1:07.58**
10 Mar 2017, Edinburgh (GBR)

100m Breaststroke
Long Course (50m)

