

# SARAH VASEY



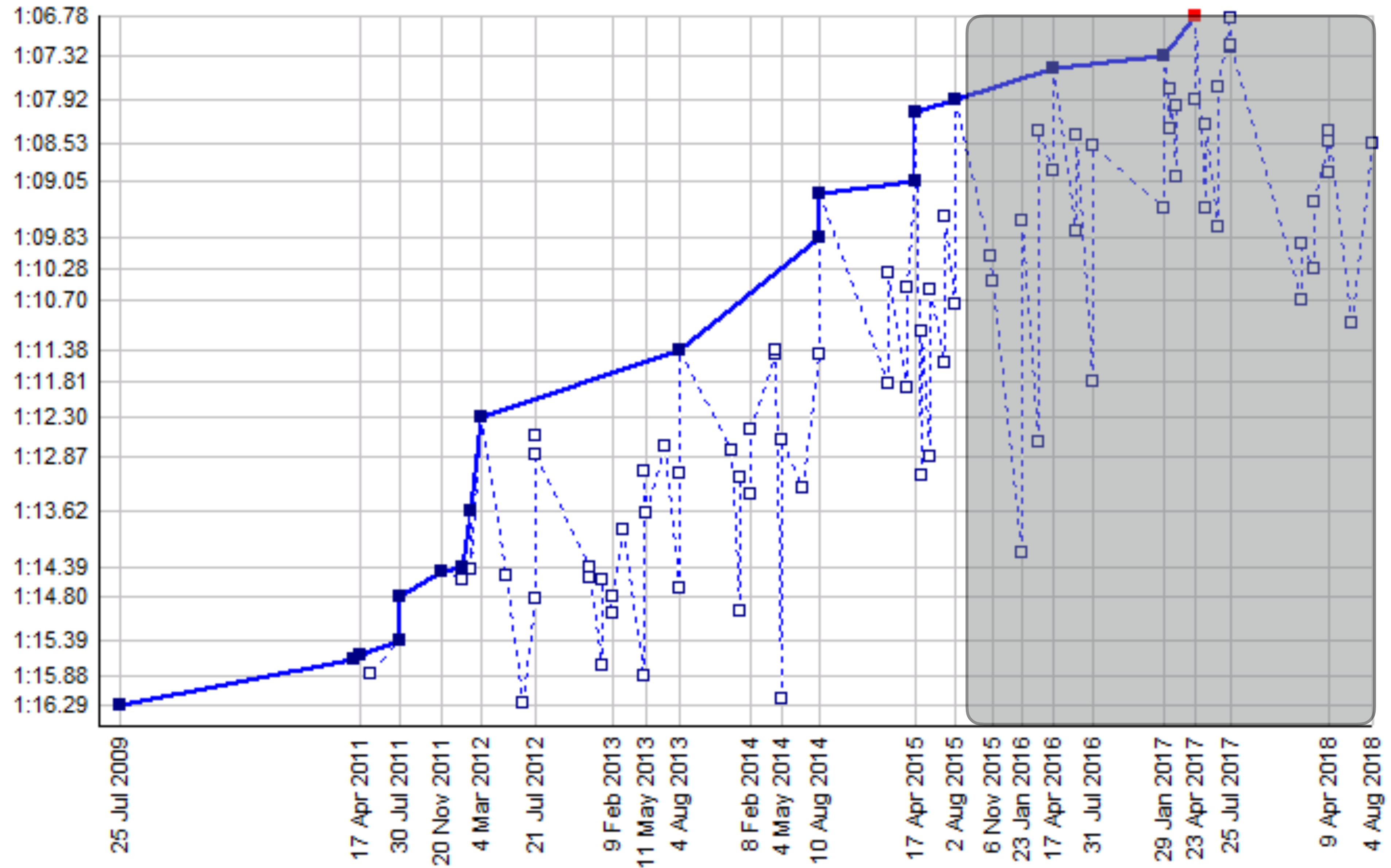
- Breakthrough season in 2014/2015
- Very hard working and willing to do anything in training.
- Steady progress but always in the shadows of others around her.
- Keeping her in the sport - getting through some tough periods was a huge achievement in itself.
- Me leaving at the start of 2015/2016 and lessons learnt.



VASEY, Sarah  
1996

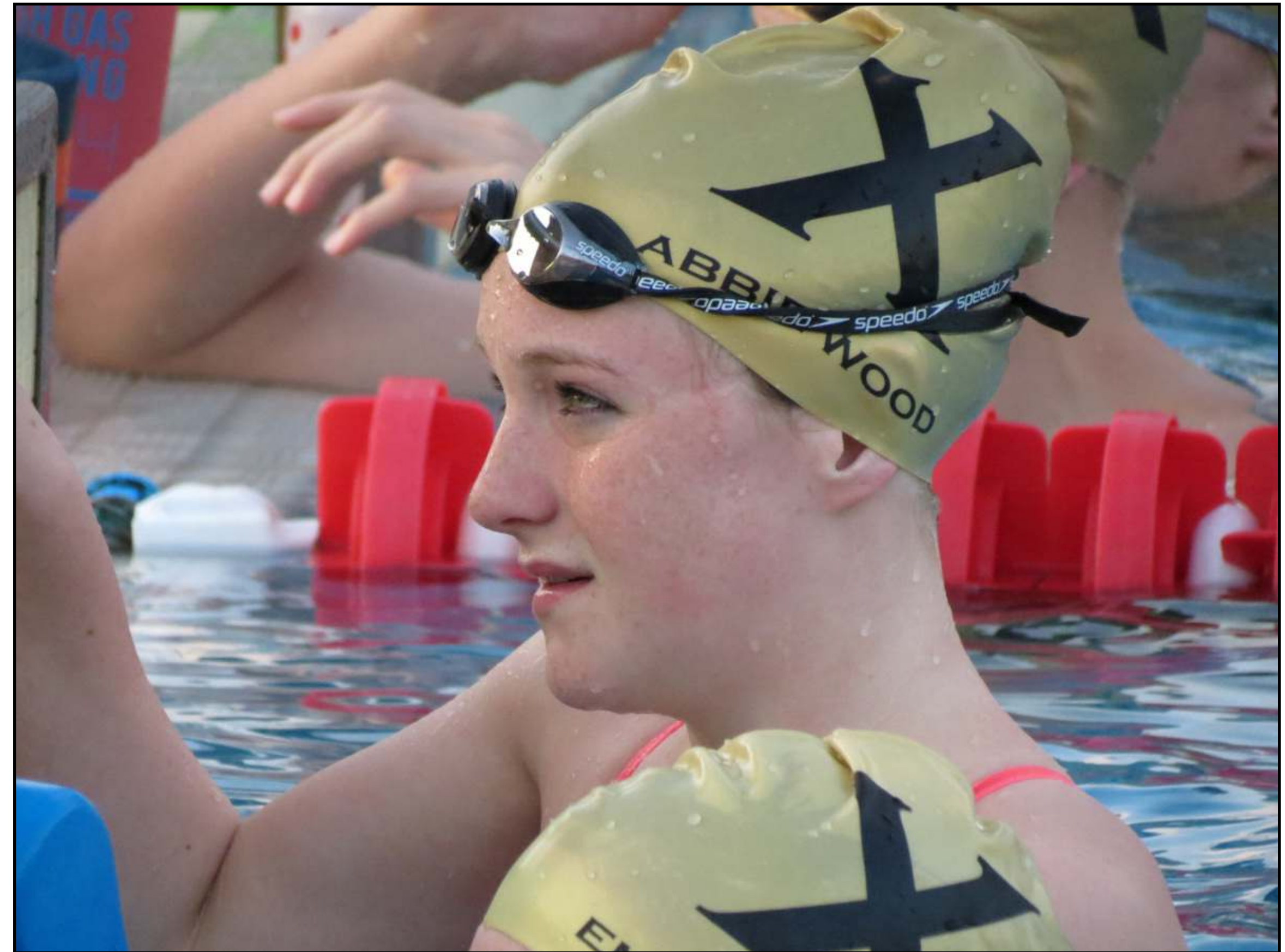
Alltime best 1:06.78  
23 Apr 2017, Sheffield (GBR)

100m Breaststroke  
Long Course (50m)



# ABBIE WOOD

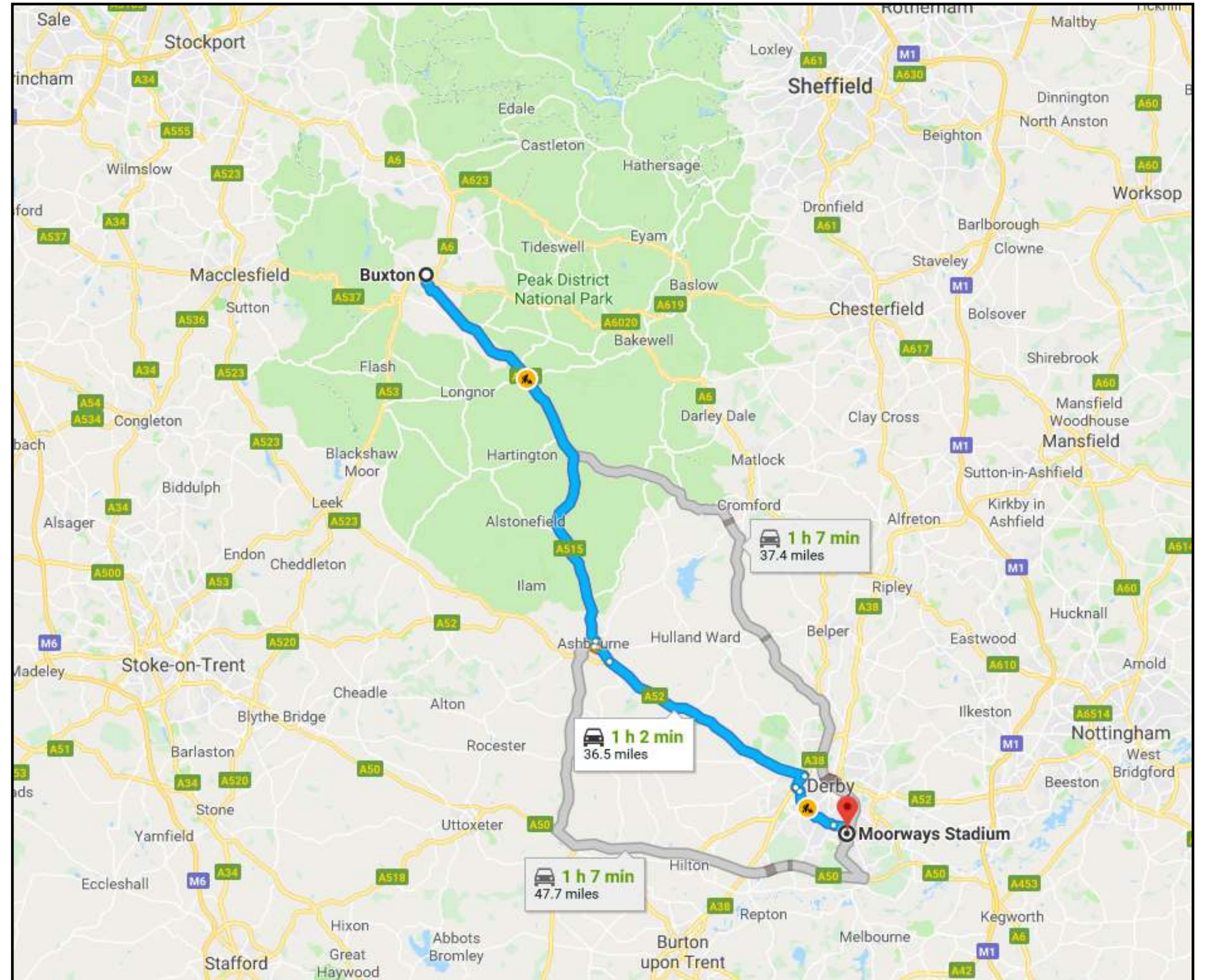
- Incredible work ethic.
- Versatile and very “coachable”
- Loved to be challenged in training.
- Early success on 200m Breaststroke due to huge hands and feet (in relation to body).
- Kim Hill instrumental in Abbie’s development.





# ABBIE WOOD

- Huge team effort to support Abbie through her time at Derwentio. I only ever coached her 4/5 times per week.
- Knew this wasn't sustainable



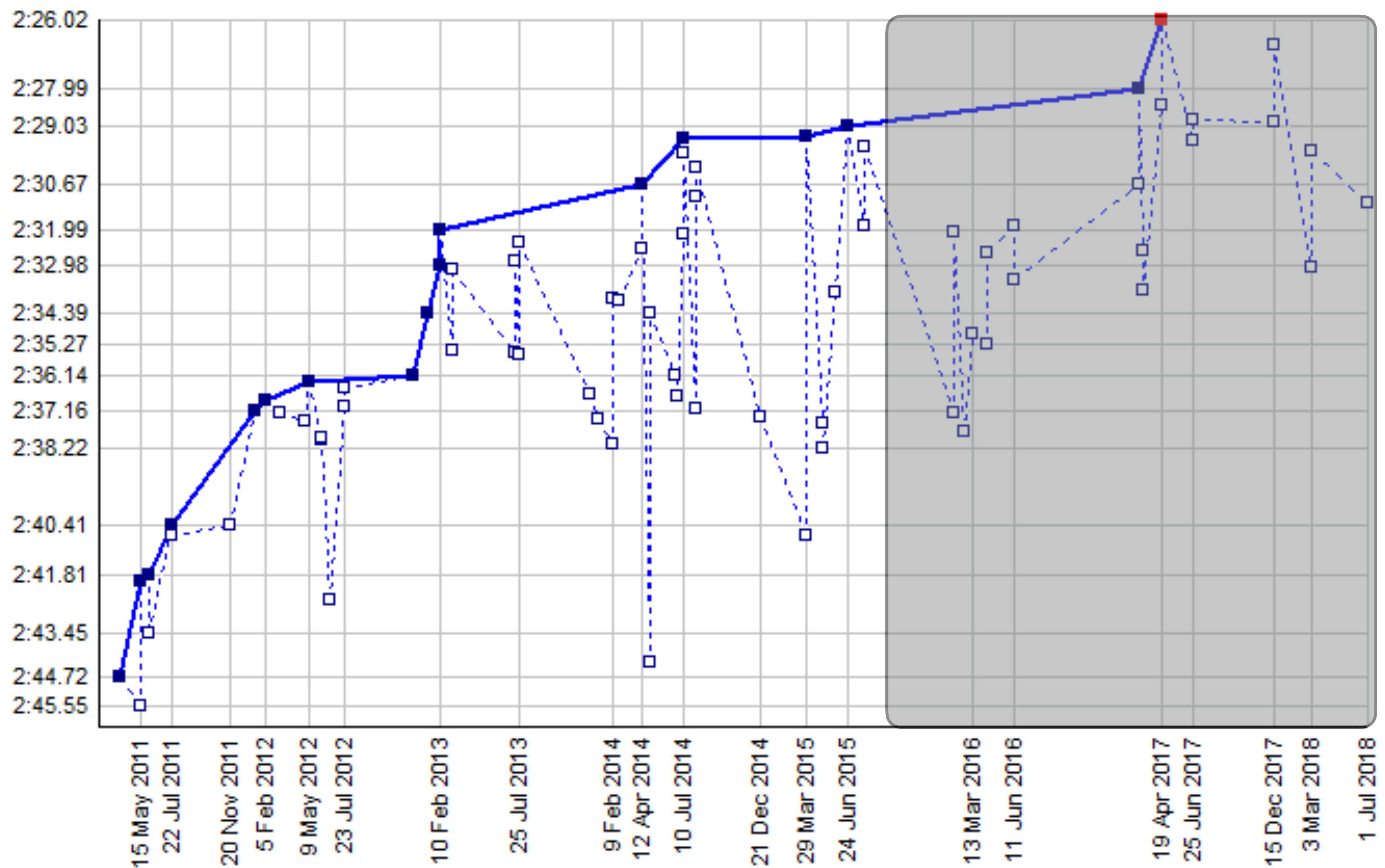


WOOD, Abbie

1999

Alltime best 2:26.02  
19 Apr 2017, Sheffield (GBR)

200m Breaststroke  
Long Course (50m)



**WOOD, Abbie**

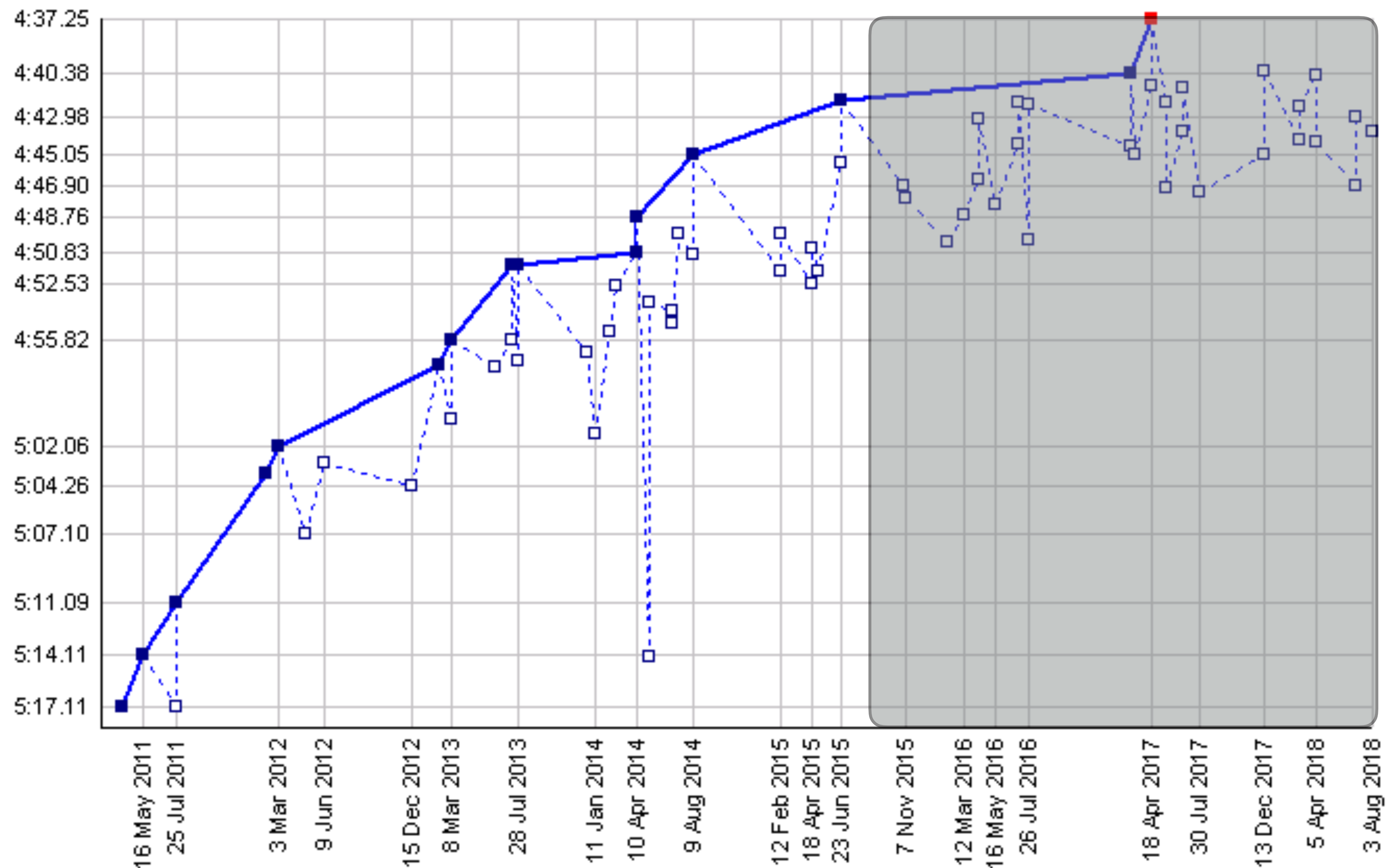
1999

Alltime best **4:37.25**

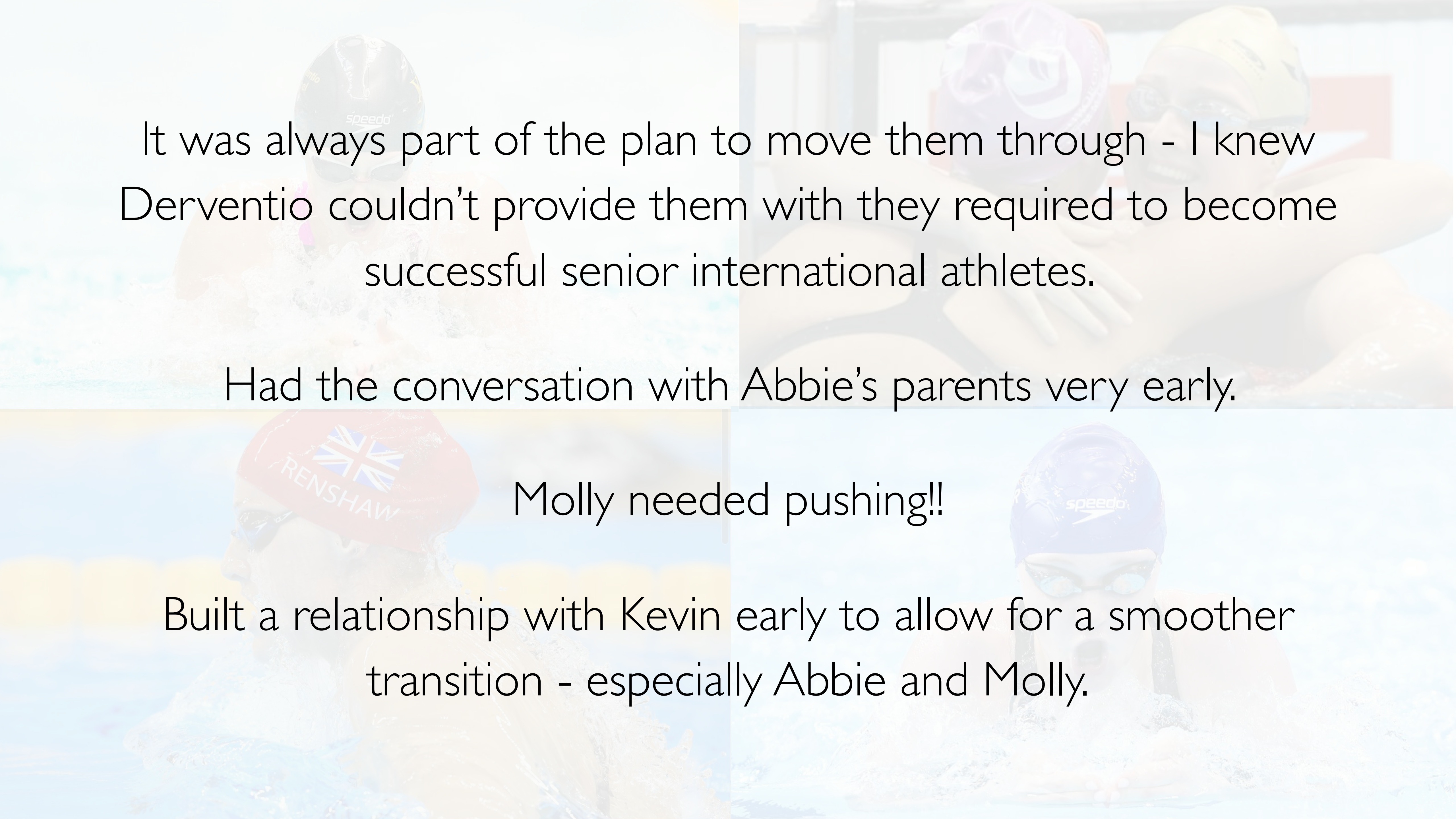
18 Apr 2017, Sheffield (GBR)

**400m Medley**

Long Course (50m)







It was always part of the plan to move them through - I knew Derventio couldn't provide them with they required to become successful senior international athletes.

Had the conversation with Abbie's parents very early.

Molly needed pushing!!

Built a relationship with Kevin early to allow for a smoother transition - especially Abbie and Molly.