

# Swim Clinic with Olympic Gold medallist and World Record holder

## Jo Jackson at Northampton

On the 18 April 2009, 7 City of Lincoln Pentaqua swimmers travelled to Northampton, to partake in a swim clinic with Olympic gold medallist and world record holder Jo Jackson and her coach Kevin Renshaw. Two of CLP coaches Pat Crowley and Wendy Webb were on the poolside to experience firsthand the coaching techniques. The swimmers that participated in the swim clinic were Chloe Battersby, Heather and Harry Furnish, Katie Gilman-Abel, Liam, Michael and Roisin Noonan

It was a fantastic day; the kids were so well behaved and very well turned out and did the club proud. The day was very well run, organised and excellent value for money. At times the parents were more excited than the swimmers!

Jo and her coach Kevin were lovely and very approachable - the 2 hour swim session was hard work, but the kids really understood what was expected of them. Every one of the CLP swimmers tried really hard. The swimmers were taught a new technique for improving kick. There were also advised to use a snorkel which reduces the head movement and allows the swimmer to focus on their kick and technique in freestyle.

After the main session the swimmers were put into relay teams - Liam and Harry managed to pip Jo to the finishing post (however, Jo was handicapped because she was doing fly!) The swim session with Jo Jackson has inspired the swimmers to achieve greater goals.

At the end of the swim session there was an opportunity for the swimmers to have a signed photograph of Jo, and a lot of CLP bags were autographed aswell. Michael Noonan reckons when Jo wins gold at the 2012 Olympics he is going to sell his swim bag on eBay!

There was also an opportunity at the end of the day to ask questions and answers - and the two "best" questions asked to Jo - would receive a goodie bag from Adidas, CLP swimmers came up trumps and Chloe Battersby and Roisin Noonan bagged the prizes. They both received a pull buoy, drinks bottle, towel and T- shirt.

(Throughout the day, the hosting club were taking photographs - and these have been posted on the Swim doctors website. The photographs from swim Clinic in Northampton with Jo Jackson and her GB coach Kevin Renshaw. (Interestingly, the guy in the blue t-shirt is Mark Parry - ex CLP swimmer when Ian Turner was the coach!)

The City of Lincoln Pentaqua swimming club are sponsored by the Lincolnshire Co-Op, Fleetline Despatch Limited and Taylor Lindsey Construction. Anyone interested in joining CLP should contact the swim Co-ordinator Mr Pat Crowley 07952552090 or contact via the website [www.pentaqua.org](http://www.pentaqua.org)