

Abi Abrahams

Pathway Club: 1) Ilminster Swimming Club > 2) Chard Swimming Club
Who was your coach: Kim Scotting (Ilminster) & John Farrant (Chard)

Why have you moved into the designated competitive development club?
At 10 Abi was swimming all the hours at Chard and we had felt for sometime that she needed more pool time and some supporting land based training if her progress was to continue in line with LTAD.
We first learnt about the Hub and Cluster model of development at a parents talk given as part of a SASP swim camp with the ASA, we approached Taunton with our coach John to find out more about the top up scheme available to talented swimmers in the area.
After 2 months in the top up scheme (which involved 2 extra swims and 1 land training session a week at Taunton), Abi achieved her first 4 national qualifying times.

After 6 months on the 'top up' scheme the impact that the extra training was having was very evident and Abi made the decision to move full time to Taunton in order to take full advantage of the programme that Taunton could offer (i.e. extra pool time, a land training / gym programme, high level coaching, much better coach to swimmer ratio's and swimmers per lane). In 2008, Abi went on to qualify for twice as many National as she did in 2007 in a much larger range of events and reached twice as many finals, it was sad to leave two clubs who had invested so much into Abi's swimming.

Abi found that she settle into Taunton extremely quickly partly because she was surrounded by other national level swimmers who share her desire to work hard and who like her are constantly striving to take their swimming to the next level.

Abi is now on the England Talent Program and that is testament to the swimming pathway that exists in Somerset and clubs working together.