

James Prole

Pathway Club: Minehead Swimming Club
Who was your coach: Colin Christmas and Carole Pearse

Why have you moved into the designated competitive development club? Moving to Taunton has allowed me to swim more sessions resulting in my times improving considerably.

Within a year of being at Taunton Deane Swimming Club I not only achieved Regional Qualifying Times, I also qualified for the Nationals in 8 events – reaching finals in at least 4 events and went on to win a National medal in the 100m Freestyle. Since then I have qualified year on year for the Nationals. Reaching this standard has enabled me to take part in a gym programme to support my swimming needs.

I appreciate that my grounding was instilled initially by my coaches Colin Christmas and Carole Pearse at Minehead Swimming Club. It was duly recognised by my former coaches that I have exceeded expectations with my swimming and they felt it was beneficial to move me to a larger club such as Taunton Deane to meet my swimming needs. My present coach is Graham Davidson, he has helped me to cope with the trials and tribulations of swimming!!!!

At present I train 8 sessions a week, which include 2 early morning sessions, which I would not have been able to do, had I stayed at Minehead Swimming Club.

Ultimately this has led me to train with some of the best swimmers in the South West through the recognised England Talent Programme. I have also represented Somerset at the Inter-county gala and also ESSA (England Schools Swimming Association).

A big thank you must go to not only my former coaches in Minehead, but also my present coach Graham Davidson without whose continuous support I would not be where I am today. THANK YOU!!!!