



MOUNT KELLY

Boarding and Day School
Boys and Girls, Aged 3-18

Swim School

Easter - 7 to 12 April 2019

Dear Parent/Guardian,

Our Easter Swim School runs from Sunday 7 April to Friday 12 April 2019 and will be our 39th year of running Swim Schools. As well as focusing on technique development and swimming skills we offer activities away from the pool including: strength & conditioning, high ropes, archery, fun games like dodgeball, evening social activities and a trip to Tavistock. We have put together a fabulous team of people and we would like to introduce you to the coaches that will be taking part this time.

Our Coaches for Easter are

Joel Knight – With 15 years of swimming experience behind him, Joel is one of the Performance Swim Coaches at Mount Kelly. He broke the British Record for the 1500m free when he won gold at the European Youth Olympic Festival in 2011. Joel won National medals for several years, being 14 when he won his first title in the 800m free and the Open Water.

Sarah Collings-Hand – Sarah has been a coach and an inspirational speaker for several years at MK Swim Schools and is the sister of Mount Kelly Director of Swimming, Emma Collings-Barnes. Sarah was GB number one 800m free swimmer from 1996 to 2000, during which time she won 16 Senior National Titles, ranging from 200m, 400m and 800m free. She won a Commonwealth Games Medal in 1998 (Kuala Lumpur), 2 European Championship Medals, reached 2 finals at the World Championships in Hong Kong 1999 and Athens 2000. Sarah was also the winner of the Bill Juba Award for the Swimmer of the Year 1996.

Cassandra Patten – Cassie has also coached frequently at MK Swim School and brings a wealth of experience with her. In 2007 Cassie won silver in the 10km open water swimming event at the World Championships in Melbourne and then again, another silver at the 2008 Open Water World Championships. Cassie won Olympic Bronze in the 10K Open Water, Beijing, 2008, where she also reached the final of the 800m free; she is a double world silver medallist, European Cup Champion and swimming World Cup Winner.

Liz Vernon – Liz is a permanent coach for MK Swim School and usually is in charge of our youngest swimmers on the camp. Liz has taken part in the World Aquathlon Championships, European Triathlon Championships, Ironman Competitions and Open Water Swimming. She has also competed in several marathons.

Christopher Walker-Hebborn

A key member of the England and Great Britain medley relay teams, he formed part of the world record breaking, world title winning Great Britain mixed medley team at the 2015 World Aquatics Championships. He also won gold medals as part of the England men's medley relay at the 2014 Commonwealth Games, and both men's and mixed medley relay teams at the 2014 European Aquatics Championships, again with Great Britain. In 2016 he was part of the Great Britain team to retain both the men's and mixed medley relay titles, his fourth and fifth European golds. At the 2016 Rio Olympics he won a silver medal as part of the men's 4 × 100m medley relay.

Chris is with us for one day to help with backstroke technique and to deliver inspirational talks.
Do not miss this great opportunity.

To book your place on our Easter Swim School, please see link below – do it now before it is too late!

www.mountkelly.com/swim-school

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