



Information about our Head Coach – Peter Withey **Career Progression: Highlights, Key Roles and Achievements**

Hi all, my name is Pete Withey. I am married to Claire, my wife of 27 years (a Human Resources Director) with two daughters Erin(20) just finished her 2ND year at Uni of. Edinburgh and Lana (15). I am an ex age group National Swimmer and former Royal Marine reservist.

I am a UKCC level 3 senior performance coach & have been coaching since 2003, where I started my coaching career at Saxon Crown s/c . After 4 years my family and I moved to Maidstone where I spent a short time coaching at Maidstone s/c. I soon moved on to Black lion s/c for my first tenure. I was tasked by the then head Coach Mark Hays to take on the youth development squad. After a year that squad sent several swimmers to nationals including Sara Parfitt, Kirsty and Kieron Ager, Alex Sweet, Leo Kelly –Gee, and Andy Jones.

After 2 and a half years, I moved on to The Beacon South East talent programme at Crystal Palace under Ron Phillpot after which I was appointed as Head coach at Greenwich Borough Mariners for 18 months (2011/12) during which time the club was transitioning through a merger with Greenwich SC creating the now Greenwich Royals. At this time I was also appointed Head Coach of the Royal Borough of Greenwich a squad /team of swimmers taken from any one residing, swimming, or schooling in the borough of Greenwich. This team competed twice in the 6 host Olympic Boroughs' meet pre 2012 Olympics where the team came first in 2011 and second to Waltham Forest in 2012, held at the Olympic pool just before the Olympics were held. I was lucky enough to have some talented swimmers who produced results in some harsh transitional conditions. I coached one 15 year female athlete swimmer to British Olympic trials in 3 events placing 10th in the 50 free, 11th in the 100 free and 12th in the 200 IM, as well as finishing in the top 3 at nationals in the 50 free, another female athlete to European age group 200 free and top 6 places in London regionals for one male athlete swimmer in the 400 free and another female athlete in the 200 fly.

I have also been the lead coach English Talent SER for Pentathlon GB (swimming)

After leaving GBM I coached the performance squad at BLSC from December 2012 to December 2013. I coached swimmers from that squad to 6 podium finishes at Kents 2013, 4 swimmers to south east regionals and one swimmer to nationals 2013 (Max Kelly-Gee). Up to December 2013, I coached swimmers to 38 Kent Q times and 11 regional Q times in 1 squad leading up to 2014 counties before becoming Head Coach in Jan 2014.

I took over as Head Coach of Black Lion SC in January 2014. The club improved on its 2013 final positions at 2014 Kent counties. I coached one athlete to 2014 Nationals and Zonals in two events and the club had its highest finish for several years in the National Arena League 2014 coming 6th in Division one east. I transformed the club strategically acquiring the swim 21 Kite Mark and implementing regular once a month coach meetings and embarked on a coach education programme, externally recruiting a level 2 head of Aquatics from within the club. I placed 8 parents on level 1 coaches courses and then progressing onward co-ordinated a blended level 2 closed coaching course with coaches from across the region: Four level 2 coaches from BLSC took part with another 4 on separate level 2 courses driving the performance of the club forward. I initiated, drove forward and co-ordinated meetings with the Medway district clubs, the ASA development officer with a goal to acquire the next swim 21 level to club network within the Medway district. I also began meetings with the Local authority LTS with a view to creating a clear swimmer pathway to the club and a talent ID plan to begin in September 2015. The club had its highest amount of Athletes at Kent Counties 2015 and also had its highest finish in several years finishing 4th in the Ladies' and 6th in the Men's table, winning the coveted Boys junior u16 medley relay for the first time in the club's history in the process. I coached one athlete to 2015 Zonals in 4 events, one athlete to 2015 English Home nations, with a short course British Ranking of eighth in 2015, one athlete to become the 2015 under 17 National Pentathlon champion. The same athlete has been picked to represent GB in the 2015 European Championships in July 2015.

I joined Guildford City as an associate coach and I was tasked in September 2015 to coach a National Age group champion and on a short term 1-2-1 basis the swimmer made rapid progress and performed well at Winter nationals 2015 and in this time achieved Q times and qualified for Olympic trials 2016. I set myself up as a Consultant in January of 2016 and was recruited to Tonbridge and Beachfield SCs in January of 2016 and with help of the two progressive chairmen and committees initiated the Kent Weald swim squad created in the Autumn of 2017. I was lucky enough to be accepted on to England programmes as a skills coach for Kent County pathway in the spring of 2017. And in 2018 I am one of the skills coaches on the Regional pathway. I am an advocate of Optimal athlete development framework development which is all about achieving optimal training competition and recovery throughout an athlete's career particularly in relation to the important growth and development years of young people. The aim of OADF is to outline to coaches, parents and clubs administrators what a long term approach to training and preparation means it is a tool which, provides a swimmer pathway & a clear progression between each development stage.

I am passionate about providing swimmers with the opportunity to reach their potential from the fundamental stage up to a national standard.

My coaching philosophy is a goal orientated distance based IM aerobic programme building a strong aerobic base, increasing the distance over which speed is maintained, speed is built, like a pyramid on to the base endurance and

being able to swim for longer, faster, developing a mental tool kit to deal with not just success but learning to deal with and learn from failure successfully. I coach equity in my swimming sessions and develop sound technique over progressively longer distances the most productive method to increase propulsion is to reduce resistance, this is achieved through specific drills/progressions linked to the cognitive phase of development. We are what we repeatedly do, excellence then, is not an act but a habit.

See you poolside.

Pete.

1985- 1990 Tennis pro / coach
2003 -2007 coach at Saxon Crown s/c
2007-2009 coach at Maidstone Swimming Club
2007-2011 swim co-ordinator and lead coach at David Lloyd Leisure
2009-2011 coach at Black Lion s/c
2010-2012 lead coach English Talent GB Pentathlon
2011- 2011 coach on Beacon Programme (south east region talent)
2011-2012 Head coach Greenwich Borough Mariners s/c
2011- Coached Leonie Buck(15 yrs) to Para Nationals Gold/Silver
2011/12 Coached Leonie Buck to Para Brit Olympic Trials 10/11th/12th
2012 GBM 1 Swimmer represented GB in European Pentathlon championships
(GBM Achieved 1st place for u17 National Pentathlon Championship 2012(Mille Bach) Portugal 2012)
2011/12-Appointed Head Coach for combined Royal Borough of Greenwich Swimming team for 2 successive years. 6 Host Boroughs Championships: Winners in 2011, Runners up 2012.
2013-2014 Assistant head coach Black Lion s/c
2014-2015 Head coach Black Lion s/c
2014 -Coached Anna Broomfield(14yrs) to Nationals 100/200 Fly
2014 -Led BLSC to Swim 21 Essential
2014 Led Medway clubs to Swim 21 Network
2015 Associate coach @ Guildford City coached Rosanna Arnold -National Champion tasked successfully with coaching her to Winter Nationals & Brit Olympic Trials
2016 -Present Head coach Tonbridge S/C
2016 Acquired swim 21 Essential status Tonbridge sc
2016- Present Head Coach Beachfield s/c
2017 Created Kent Weald Swim Squad a joint venture between Beachfield & Tonbridge competing at NASL 2017 for first time
2016 -Present Head Coach Kent Weald Swim Squad
2017 Coached Genny Hunter(Beachfield) to multiple Golds at Scottish Para Nationals & Junior Para Nationals Sunderland
2017 Coached Tierney Sharp (Beachfield)to National U17 Pentathlon Gold
2017 - Beachfield SS runners up "club of the year" award SER
2017 -Coached Tonbridge to 7TH in Medal Table Kent Counties / before I arrived TSC were placed 25th In 2015/ placed 10th 2016 after I arrived
2017 Coached Tonbridge to 8th in the Age group medal table South East Region

2017 Coached Caitlin Ebbage(12 yrs) to 10 Golds & 1 silver at Kent County Champs
 2017 Coached Erin Nisbet to 1 Gold and 4 bronze medals at Kent County Champs
 2017 Coached Caitlin Ebbage to 4 Gold and 3 silvers at 2017 Age SER
 2017- Coached Caitlin Ebbage to 3 Regional Records
 2017 Coached Erin Nisbet (12 yrs) to 4 finals at SER
 2017 Coached Ollie Isaacs (13 yrs) to gold and 1 Bronze at Welsh Nationals 100/200 brst
 2017 Coached Caitlin Ebbage(12 yrs) to Finals at Summer Nationals 50/100 BK
 2017-Coached Caitlin Ebbage (12 yrs)to Silver at ASA Sumer Nationals 200 bk
 2017-Coached Caitlin Ebbage(12 yrs) to No 1 British Rankings 200 BK /No 2 100 BK
 2017 Two TSC Athletes selected to swim for Kent County at Inter Counties
 2017 -Coached Caitlin to Winter Regionals
 2017- Two swimmers Caitlin and Ollie isaacs from TSC Selected to Rep Kent at Inter Counties
 2017 -Coached Kent Weald to promotion in to div 1 East
 2018- Kent counties Coached TSC to 6th in medal table & 7th on the points table
 2018- Counties Caitlin takes 11 Golds . 1 silver and 2 bronze making all 16 finals , podium places from Erin Nisbet Ollie Issacs Josh Prendergast , Dan Brice
 2018- Kent Counties coached BSS to 10th on the Medal table &15th on the points table Golds from Brandon Harris podium positions from Genny Hunter and finals from Lois Duchesny Max Beavington Dasiy Richards
 2018-11 YRS County Camp Charlie Brice and Ruben Cowley from TSC
 2018 -11 YRS County camp Daisy Richards and Max Beavington from BSS
 2018- 12 YRS Josh Prendergast Regional Camp from TSC
 2018 -Caitlin represented South Region at English schools winning 3 Golds and breaking the national record for 100 Bk
 2018- Kent Weald swim for 1st time at Youth Regionals
 2018- BSS swimmer Brandon Harris makes finals at Youth Regionals
 2018 -BSS swimmer Brandon Harris qualifies for Swim England Summer Nationals
 2018 -BSS swimmer Genny Hunter makes Bism, Scottish and English Para Nationals
 2018-TSC Swimmer Ellis Kottas makes Belgian Nationals
 2018-TSC Caitlin Ebbage takes 7 Golds 1 silver 1 bronze breaking the regional records on the 100 and 200 Bk ,Josh Prendergast takes Bronze in the 200 BK
 2018-TSC come 4th on the Medal table at Age group 14/u Regionals
 2018 -Caitlin TSC qualifies for 8 events at Nationals 3 British summer Nationals 5 at ASA Summer Nationals
 2018 Caitlin takes a silver 200 bk and two bronze 100 bk -50 bk at British Summer Nationals
 2018 Brandon Harris (BSS) National finalist 50 brst at ASA Summer Nationals
 Kent Weald Masters come equal 12th on the medal table with Guildford City at Nationals out of 202 teams .
 2018-Caitlin TSC selected for England programmes Phase 1 Development Camp
 2018 Genny Hunter selected for South Est Region @ ESSA
 2018 Winter regionals Caitlin 2 nd in Jnr 200 Bk time 2.12.07
 2018 KWSS finish 3rd in NAL Div 1 East best finish in TSC and BSS history

2018 winter Nationals Caitlin qualifies for 4 events at 13 yrs old
 2018 Caitlin makes A final in 8th place finishes in 7th time 2.11.23 no 1 in GB by 7 seconds
 2018 Winter Nationals Brandon Harris makes 5 events at Winter nationals at 15 yrs old
 2019 Caitlin selected for Swim south East Flanders open meet
 2019 Caitlin makes A final Flanders speedo cup in 8th place for 200 bk
 2019 Caitlin finishes in 6th place A final beating world champion Katinka Hozzuu
 2109 Josh Prendergast makes 8 finals by week 3 Kent counties with 5 golds 3 bronze
 2019 Caitlin wins Jnr trophy at Kents 2019 100 and 200 bk breaking her own jnr county record
 2019 BSS Brandon Callie Ann takes three gold and 4 silvers by week 3 Kent counties already better than 2018 medal count with 1 weekend to go
 2019 TSC Caitlin Erin Nisbet Josh Prendergast Connor Prendergast take 11 gold 2 silver and 7 bronze by week 3 Kent Counties
 Caitlin qualifies for 2019 British Championships in 3 bk events

Academic qualifications

GCSE English A*
 GCSE Maths A*
 Knowledge of London (London Black Cab)
 BA in History UCL University College London (Birkbeck)

SPORTS QUALIFICATIONS

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| LTA Level 1 coaching | 1984 |
| Level 1 Aquatics | 2004 |
| Level 2 Aquatics | 2006 |
| UKCC LEVEL 3 COACHING | 2009 |
| BWLA LEVEL 1 (weight lifting) | 2011 |

Continuing Personal Development

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|---|------|
| UK Sport Identifying Talent | 2008 |
| NPTS competitive swimming CPD | 2010 |
| SS Complex Land training for swimming / | 2010 |
| SS Floor & Medicine ball Based Strength Development | 2010 |
| IOS Disability awareness | 2014 |
| Safeguarding children | 2017 |
| Cpd child protection | 2017 |
| Skills Coach on Kent County Pathway | 2017 |
| Skills Coach on South East Regional Pathway | 2018 |

Achievements:

- BLSC Acquired swim 21 essential, accreditation
- BLSC Built strong relationships with the ASA talent development officer and Medway district clubs
- BLSC Built relationships and brought clubs together to create an embryonic swim 21

Medway district network.

- BLSC Expanded volunteer coaching staff from team of 4 to 12
- BLSC Encouraged parent volunteers to undertake a level 1 coaching course to up-skill clubs coaching and teaching capability.
- BLSC Co-ordinated an Internal and external level 2 coaching course
- BLSC Procured swim 21 funding for level 2 coaching course
- BLSC Mentored and supported the coaches throughout their development
- BLSC Facilitated a strong volunteer coaching community
- BLSC Created an inclusive, positive and co-operative coaching environment,
- Became the key "go to person" for all human capital issues
- BLSC Instigated meetings with local authority, pool provider, ASA Talent development officer, and Kent Aquatics Officer to discuss an integrated talent pathway to the club.
- BLSC Introduced strength and conditioning training to BLSC & Pilates conditioning training at GBM
- BLSC Instigated regular long course training one session a week
- BLSC 2009 /2011 Coached 11 Swimmers to National level with 4 gaining Top ten positioning
- BLSC Swimmer ranked 8th in British short-course rankings 2015
- BLSC Qualified a Swimmer for English Home Nations 2015
- BLSC Best finish in National Arena League in several years 2014 (BLSC)
- 43 club records BLSC and 16 at GBM
- BLSC 13 Medway district records
- 2014 -Led BLSC to Swim 21 Essential
- BLSC Highest Club Medal haul in Kent County Championships for 10 years 2015

KEY SKILLS

- An in-depth knowledge of competitive stroke mechanics, techniques & skill acquisition
- Effective coaching and teaching skills
- Able to effectively supervise, train & support staff
- Able to record & interpret high level swimming training & competitive data
- Able to make the training & competitive environment enjoyable for swimmers
- High level training and competition planning skills
- Excellent computer skills as required for the role
- Able to work effectively with the club chair & committee