



Manchester Aquatics Centre 9th /10th December 2017 National Para-Swimming Championships 2017

Swimmer: Genny Hunter

Coach: Ross Hunter

Pre-event training was done during a public session in the competition pool on the evening of Friday 8th December and focussed on the 100m Breaststroke for the next day and on pacing for the 400m Freestyle as this has been problem for Genny in the past. Genny (age 15) was competing in the 14-17 age group. Events were swum in multi-classification format, heat declared winner with medals awarded in each age group (up to 13, 14-17 & 18+) for each classification (Genny swims S8, SB7, SM8).

Session 1 (Saturday 9th)

Warm up comprising of 100m Freestyle followed by 25m Freestyle and Breaststroke sprints, 50m Freestyle and 50m Breaststroke with a focus on turns and the underwater phase, then 100m Freestyle and 100m Backstroke. 2 Practice starts followed, one Freestyle and one Breaststroke.

100m Freestyle 01:29.31, 404 para-swim points, 3rd place, Bronze medal. Previous SC PB 01:30.88 (set 24/06/2017)

100m Breaststroke 02:10.73, 293 para-swim points, 1st place, Gold medal. SC PB 02:08.54 (set 24/06/2017)

Session 2 (Saturday 9th)

Warm up comprising of 100m Freestyle followed by 25m Freestyle and Breaststroke sprints, 50m of Freestyle and 50m of Backstroke with a focus on turns and the underwater phase, then 100m Freestyle but doing each IM transition at the turn and 100m Backstroke. 2 Practice starts followed, one Freestyle and one Butterfly.

50m Freestyle 00:40.02, 439 para-swim points, 3rd place, Bronze medal. Previous SC PB 00:41.37 (set 19/11/2017)

200m Individual Medley 03:52.06, 303 para-swim points, 2nd place, Silver medal. Previous SC PB 03:57.49 (set 24/06/2017)

Session 3 (Sunday 10th)

Warm up comprising of 100m Freestyle followed by 25m Butterfly and Backstroke sprints, 50m Freestyle changing to Butterfly in the 'red-zone' and 50m Backstroke with a focus on turns and the underwater phase, then 100m Backstroke followed by 100m Freestyle. 2 Practice starts followed, one Backstroke and one Butterfly.

Genny was suffering from a cold, which was causing difficulties breathing but she didn't let this show during her races apart from one lapse of concentration during 100m Butterfly.

100m Backstroke 01:47.39, 363 para-swim points, 1st place, Gold medal. Previous SC PB 01:52.92 (set 06/05/2017)

100m Butterfly DQ for breaststroke pull coming out of 2nd turn

Session 4 (Sunday 10th)

Warmup comprising of 100m Freestyle followed by 50m Freestyle working to achieve a long stroke, 100m Freestyle with a focus on turns and the underwater phase, 200m Freestyle and 100m Backstroke. 2 Practice starts followed, both Freestyle.

Genny was suffering from a cold, which was causing difficulties breathing.

400m Freestyle, 06:57.12, 312 para-swim points, 1st place, Gold medal. Previous SC PB 07:00.28 (set 25/06/2017)

Overall, Genny's starts are among the best of any S8 competing. Turns are inconsistent with a very wide variation between the best and worst, although her best turns are very good. Nice long stroke on 400m Freestyle and reasonable pacing, but could do with more leg kick and there is an opportunity to improve pacing further. Her first 2 IM transition (fly-back, back-breast) were not executed well and cost Genny significant time however her breast-free transition was considerably better. Genny's arm rate during backstroke has increased greatly helping her achieve the 5 second PB. Breathing can be improved further with Genny breathing every 2 by the second 100m of the 400m Freestyle and she could reduce the number of breaths taken during 50m Freestyle.

3 gold medals, 1 silver medal and 2 bronze medals from 7 races. 5 PBs achieved.

Genny & I also met the new Para-Swimming Pathway Officer for the South East region Carl Cooper (replacing Dave White) who took quite an interest in Genny and her races. During conversation with him he expressed an interest in visiting Beachfield, something I hope to be able to arrange very soon.