

**SUMMER
2019**



**National
Qualifier**

Luke Bryan

Age—19

Nickname—Lukey

Squad—P1

Favourite Stroke—Breast stroke

Favourite Event—50 Fly



Favourite Swimmer: Ollie Newton

Best Swimming Achievement: Breaking senior county 200m breast stroke record to qualify for nationals

School/College/Uni: Sheffield Hallam in September

Favourite Subject: Love Island

How do you relax? - playing Dungeons and Dragons and stamp collecting

What are your career aspirations?: To be a physio-therapist or as much like Sarah as possible

Who has had the greatest influence on you? Sarah V, my Mum, Alex and Nathan

Best piece of swimming advice

Ive ever had: Listen to me! Stick to the race plan'.—'Sarah V'

Short term swimming goal:

Believe in myself, and PB at Nationals, and make a final.

Long term swimming goal:

To keep enjoying swimming and qualify for multiple events at Nationals again.

Favourite quote:

Adrienne.....I DID IT!

Rocky Balboa

Something amusing about me: My favourite part of my work at Alive St James is cleaning the loos. I like to do them several times every shift.

**SUMMER
2019**



**National
Qualifier**

Sam Rose

Age—16

Nickname—Sammy or Ginge

Squad—P1

Favourite Stroke—Freestyle

Favourite Event—200m free



Favourite Swimmer: Cody Miller

Best Swimming Achievement: 2 x silver medals at English nationals (400m free 2017, 50m fly 2018)

School/College/Uni: I just left Northgate High School in Dereham. I go to St Felix in September

Favourite Subject: Maths

Favourite food? Lasagne

Favourite holiday destination? Brittany

How do you relax? - Watching Cody Miller or 'Call me Kevin' videos

What are your career aspirations?: To go 'pro' and inspire the next generation of swimmers

Who has had the greatest influence on you? Sarah V, my Mum and Michael Phelps

Your best achievement out of swimming? Getting through my GCSE's alive

Best piece of swimming advice I've ever had: Its not the size of the dog in the fight, it's the size of the fight in the dog.— A Griffen

Short term swimming goal: To win gold at English nationals

Long term swimming goal: To win gold at the Olympics in 2020 and 2024

Favourite quote: An ordeal can reveal an airfield—

Something amusing about me: I used to find the number 56 hilarious, and VERY rude

SUMMER 2019



National Qualifier

Finn Ryan

Age—20

Nickname—Finn

Squad—P1

Favourite Stroke—Breast stroke

Favourite Event—100m IM



Favourite Swimmer: Michael Andrew

Best Swimming Achievement: 2 x Gold medals in 200IM at regionals

School/College/Uni: Sheffield Hallam in September

Favourite Subject: Biology

Favourite holiday destination—Spain

How do you relax? - A nice cuppa

What are your career aspirations?: Train to be a physician associate

Best achievement out of swimming—Landing the lead role in my primary school production of Robin Hood

Who has had the greatest influence on you? My brothers

Best piece of swimming advice I've ever had: Stop wearing yellow speedos

Short term swimming goal: To make the final of the English Nationals 200IM this summer

Long term swimming goal: To qualify for a British Nationals final

Favourite quote: Do or do not. There is no try—Yoda

Something amusing about me: I have an irrational fear of bananas

**SUMMER
2019**



**National
Qualifier**

Leah Wightman

Age—14

Nickname—Leah

Squad—P1

Favourite Stroke—Backstoke

Favourite Event—200m back



Favourite Swimmer: Adam Peaty

Best Swimming Achievement: Qualifying for nationals

School/College/Uni: King Edward VII Academy (KES)

Favourite Subject: PE

Favourite food? Smoothies

Favourite holiday destination? Spain

How do you relax? - Sleep, or listen to music, or both

Who has had the greatest influence on you? Adam Peaty

Best piece of swimming advice I've ever had: If at first you don't succeed, try, try and try again—William Hickson (and others)

Short term swimming goal: To perform well at English Nationals

Long term swimming goal: To medal at Regionals and qualify for future Nationals

Favourite quote: If you fail to prepare, you prepare to fail—Benjamin Franklin

Something amusing about me: I feel like I'm drowning when I swim breast-stroke and also can't help laughing at everything Roxi Uys does

**SUMMER
2019**



**National
Qualifier**

Freddie Laws

Age—16

**Nickname—Freddo, Fred,
Fredster**

Squad—P1

Favourite Stroke—Breaststroke

Favourite Event—100m breast-



Favourite Swimmer: Adam Peaty

Best Swimming Achievement: Qualifying for British nationals

School/College/Uni: King Edward VIII Academy (KES)

Favourite Subject: Graphic products

Favourite food? Chinese food

Favourite holiday destination? Los Angeles

How do you relax? - Listening to music or going out

What are your career aspirations?: To be an astronaut, to be rich.

Who has had the greatest influence on you? Sarah Vanderloo

Best piece of swimming advice I've ever had: Consistency + Intensity = RESULTS

Short term swimming goal: To get BIG

Long term swimming goal: To get BIG

Favourite quote: Train hard, race sexy—Anon

Something amusing about me: I have weirdly big hands

SUMMER 2019



National Qualifier

Roxanne Uys

Age—19

Nickname—Roxi or Rox

Squad—P2

Favourite Stroke—Breast stroke

Favourite Event—50m breast



Favourite Swimmer: *Katinka Hosszu*

Best Swimming Achievement: *Bronze medallist in 100m breaststroke at 2018 Summer Nationals*

School/College/Uni: *CWA Sports campus, I'm off to Northampton Uni in September*

Favourite Subject: *PE*

Favourite food? *Anything with chillies and spice*

Favourite holiday destination? *Spain*

How do you relax? *- Hanging out with friends and family*

What are your career aspirations?: *To become a PE teacher and coach kids*

Who has had the greatest influence on you? *My Dad, for all the time and dedication he puts in to watching me swim, and my Mum for being my rock and telling me to never give up on something I want to achieve*

Best piece of swimming advice I've ever had: *If it doesn't challenge you, it doesn't change you.*

Short term swimming goal: *To PB at Nationals*

Something amusing about me: *my sneeze. Everyone seems to find it funny*

**SUMMER
2019**



**National
Qualifier**

Sam Peck

Age—19

Nickname—Sam

Squad—P1

Favourite Stroke—Breaststroke

Favourite Event—200m breast



Favourite Swimmer: Michael Phelps

Best Swimming Achievement: Bronze medal in 50m breast at 2015 British Championships

School/College/Uni: Mount Kelly and then to Uni in September....probably Nottingham, or.....

Favourite Subject: PE

Favourite food? Anything with ketchup on

Favourite holiday destination? Cape Verde

How do you relax? - Watching 'Come Dine with Me' or playing football

What are your career aspirations?: Something in the medical field

Who has had the greatest influence on you? Michael Phelps

Best piece of swimming advice I've ever had: Go Hard or Go Home—Wiz Khalifa

Short term swimming goal: To continue swimming competitively at University

Long term swimming goal: To qualify for british Summer Championships

Favourite quote: For football a guy needs a need a ball. For swimming he needs two — Anon

Something amusing about me: I manage to lose almost everything, everywhere I go. And I like to let my 6 year old niece paint my toenails.

SUMMER 2019



National Qualifier

Nathan Wells

Age—21

Nickname—'The Machine'

Squad—P2

Favourite Stroke—Free/Back

Favourite Event—400m free



Favourite Swimmer: *Liam Tancock / Michael Phelps*

Best Swimming Achievement: *4 x Gold medallist at 2017 English Summer Nationals*

School/College/Uni: *Loughborough University*

Favourite Subject: *Science & Maths*

Favourite food? *Chocolate*

Favourite holiday destination? *Tenerife*

How do you relax? - *Sleeping / playing games*

What are your career aspirations?: *My swimming aspiration is to be the best swimmer I can possibly be, before I call it a day.*

Who has had the greatest influence on you? *Sarah Vanderloo has had the biggest influence on my achievements and has made me the swimmer I am today.*

Best piece of swimming advice

Ive ever had: Focus on the steps, not on the time. Positive Mental Attitude

Short term swimming goal:

Achieve selection for an international event.

Long term swimming goal: To

compete for GB at the Olympics .

Favourite quote: Failure to prepare = prepare to fail

Something amusing about me: I have a page on Instagram called Lifeofnathanwells

SUMMER 2019



National Qualifier

Sarah O'Brien

Age—22

Nickname—

Ginge / OAP / Shorty.....I'll actually answer to almost anything

Squad—P2 / Sprint squad

Favourite Stroke—Breaststroke

Favourite Event—100m IM



Favourite Swimmer: Lily King

Best Swimming Achievement: Making british Champs

School/College/Uni: UEA, Physiotherapy

Favourite Subject: Biology

Favourite food? Risotto

Favourite holiday destination? Caribbean

How do you relax? - Exercising or relaxing with friends

What are your career aspirations? To be a leading physiotherapist

Who has had the greatest influence on you? My sister

Your best achievement out of swimming? 1st class degree with honours in physiotherapy

Best piece of swimming advice

Ive ever had: Your head is supposed to go under the water when you swim breaststroke.

Short term swimming goal: To PB in 50 and 100 breast at Nationals

Long term swimming goal: To make nationals in two consecutive years

Favourite quote: If you have a lane you have a chance—Mark Spitz

Something amusing about me: When I was younger I was chased by a cat, and fell on a BBQ, barbecuing my leg. Oh, I sneeze weird, and choose to be ginger

**SUMMER
2019**



**National
Qualifier**

Molly Lee

Age—17

Nickname—Mol

Squad—P1

Favourite Stroke—Breaststroke

Favourite Event—100m breast



Favourite Swimmer: *Chloe Tutton*

Best Swimming Achievement: *Qualifying for my first Nationals aged 13.*

School/College/Uni: *KES, CWA Sports Campus and then UEA in September*

Favourite Subject: *Psychology*

Favourite food? *Mashed potato*

Favourite holiday destination? *Anywhere hot*

How do you relax? *- Sleeping or spending money*

What are your career aspirations?: *Wherever happiness takes me*

Who has had the greatest influence on you? *Sarah V and my family*

Best piece of swimming advice I've ever had: You are on a plane. Sarah is your pilot. She can only take you so far, and direct you on your journey.—Nat Coogans

Short term swimming goal: To perfect my 200m breaststroke in a race.

Long term swimming goal: To medal at british nationals

Favourite quote: if you have a lane, you have a chance—Mark Spitz

Something amusing about me: I'm an airhead

**SUMMER
2019**



**National
Qualifier**

Lucie Peck

Age—16

Nickname—Lu / Lucy / Peck

Squad—P1

Favourite Stroke—Freestyle

Favourite Event—200m back



Favourite Swimmer: Adam Peaty

Best Swimming Achievement: Gold medal in 400IM
at Nationals 2018

School/College/Uni: I just left Wymondham College.
I go to St Felix in September

Favourite Subject: PE

Favourite food? Anything that hasn't got peas in it,
or on it, or near it.

Favourite holiday destination? Greece

How do you relax? - Sleeping.....ZZzzzzz

Who has had the greatest influence on you? Sarah
Vanderloo

Best piece of swimming advice

Ive ever had: Give open water
swimming a go—you'll love it. -
Anon

Short term swimming goal: To
PB at English nationals

Long term swimming goal: To
make 2020 British Nationals

Favourite quote: if you fail to
prepare, you prepare to fail—
Benjamin Franklin

Something amusing about me: I get mad, like REALLY mad, when people
spell my name wrong.....AAAggggrrrrhhhh

SUMMER 2019



National Qualifier

Ellie Shepperson

Age—15

Nickname—Ellie

Squad—P1

Favourite Stroke—Breaststroke

Favourite Event—200m breast



Favourite Swimmer: Molly Renshaw

Best Swimming Achievement: Making Nationals in 2019

School/College/Uni: St Clements High School

Favourite Subject: PE and photography

Favourite food? A roast

Favourite holiday destination? Jamaica

How do you relax? - Just hanging out with my friends

What are your career aspirations?: To be a sports psychologist

Who has had the greatest influence on you? Sarah Vanderloo.....by a long way

Short term swimming goal: To make a final at English nationals

Long term swimming goal: To reach British Nationals

Favourite quote: Be strong when you are weak, brave when you are scared and humble when you are victorious—Michelle Moschetti

Something amusing about me: When Sarah asked me what size I am so she could order the right sized 'National Qualifier' club shirt , I told her I'm size 8. She thought that was a bit small and ordered a larger one. When she spoke to me, I realised I'd given her my shoe size!

**SUMMER
2019**



**National
Qualifier**

Esmie Kidman

Age—12

Nickname—Pencil

Squad—DP

Favourite Stroke—Front crawl

Favourite Event—1500M Free



Favourite Swimmer: Adam Peaty

Best Swimming Achievement: Qualifying for Open Water Nationals 2019

School/College/Uni: King Edward VII (KES)

Favourite Subject: PE and English

Favourite food? Pasta

Favourite holiday destination? Italy

How do you relax? - Watcing TV

What are your career aspirations?: TTo be an Olympic swimmer and then maybe a P.E teacher

Who has had the greatest influence on you? Sarah Vanderloo...

Best Achievement out of swimming—Running 1500m at the UEA for Norfolk School Games finals

Best piece of swimming advice Ive ever had: *It doesn't matter how fast you are when you're young, its about how you train for the future*

Short term swimming goal: *To do well at Open Water Nationals*

Long term swimming goal: *To qualify for Open Water Nationals next year....and beyond.*

Favourite quote: *If it doesn't challenge you it doesn't change you.—FredDe Vito*

Something amusing about me: I try to use long words which I don't always understand. I think it makes me sound more photosynthesis.

SUMMER 2019



National Qualifier

Callum Stedman

Age—16

Nickname—Cal or Stedman

Squad—P1

Favourite Stroke—Front crawl

Favourite Event—800/1500M



Favourite Swimmer: Sam Rose

Best Swimming Achievement: 6th at Nationals
2018– 200 breast stroke

School/College/Uni: Reepham Sixth Form, Sept '19

Favourite Subject: Maths and PE

Favourite food? Shepherds Pie or chocolate

Favourite holiday destination? Lake Geneva

How do you relax? - Watching Netflix

What are your career aspirations?: To be a pro Tri –
Athlete/Make the Olympics. To be sponsored for my
Tri Athlon

Who has had the greatest influence on you? Sarah
Vanderloo, Ben Walker, Tony Witmond

Best Achievement out of swimming—Coming 13th
at British Super Series for Tri-Athlon.

Something amusing about me: I interrupted Paul Scholes having breakfast
with his daughter to get a photo. I used to rage when Sam and his Dad
bullied me for being too young to use the coffee machine in Wetherspoons

**Best piece of swimming advice
I've ever had:** Don't be afraid of
change

Short term goal: To make
800m free at Nationals

Long term swimming goal: To
be a pro Tri –Athlete/Make the
Olympics

Favourite quote: I't ain't how
hard you hit, its about how hard
you can get hit and keep moving
forward' –Rocky Balboa