

I have been swimming since I was 9 and have competed at a national level since I was 12, achieving finalist places. I was in the Welsh squad from the age of 14 (my parents are Welsh), where I competed internationally. I now swim at Croydon Masters and compete on a regular basis.

I have been teaching at the club for 2 years, helping out with the coaching for 1 year. I have coached at a county level for 6 years at my previous clubs, also helping out at Open meets/ Galas/ Training Weekends. I love swimming as it has been my life for over 16 years. I hope that when I teach/ coach that passion comes out, and I also hope that I can also distil it on to others. Level 2 Teachers (Passed all 4 parts – including coach's module).

I like the fact that the club is relaxed and the people who coach/ teach are committed. The main thing that I like is the Kids. They are great!

I would like to have my own squad (when time allows), I would like to train them through their competition calendar, being the person that can actually make a difference. But I also hope that I can make swimming fun, so if people don't want to compete they would still like coming to my sessions. When I cover a session I also hope to make an impact – that may be a rapport with the children or something that I pick up on that others may have missed. I take teaching/ coaching very seriously as I have been teaching/ coaching for over 10 years.

Although I have a full time job I like to come and help out at the club. Being an HR manager, my job is very stressful. I like coming and teaching/ coaching as it is so rewarding, and the Kids (and Chris sometimes) make me smile.

Clare Grundy