



## **Geoff Roche**

### **Lead Gold Squad Coach**

Geoff has been at CWSC since it was formed in 2010. His aim is to provide safe and effective instruction, combining encouragement and motivation that the squad and individuals will enjoy. Geoff strives to get the very best out of every swimmer by building a partnership between coach and swimmer, as well as providing a training programme that is challenging, varied and progressive.

As a coach, Geoff is constantly looking for new approaches which will achieve at least one of the following: 1. Change from the normal routine. 2. Challenge to work hard. 3. Improve the performance of the athlete. He also strongly believes that every swimmer, whatever their commitment to training, should have access to high quality coaching which gets the very best from their commitment.