



## Rosie Roche

**Assistant Coach - Blue and Black Hats (Victoria); Advanced Development and Gold**

Rosie swam for the Westminster Borough Squad since she was 9 years old, where she trained hard and enjoyed success at County and Regional levels - she was the first female County Champion in the 1500m freestyle. She worked for the club for the last 10 years coaching swimmers at every level.

Rosie enjoys developing new skills in younger swimmers and providing high-quality and challenging sessions to promote progress for every individual, irrespective of ability and stage. She wants to inspire the next generation of swimmers and encourage them to enjoy the sport, exercise and competing.

Rosie is also a full time primary school teacher.

