

SWIMMERS CORNER

BILLY MARTIN Interviewed by Sam Drew & Sean Richards

Aylesbury Performance swimmer, Billy Martin, is probably Maxwell's own version of Michael Phelps. His talent in the water is inspirational and his determination to improve is admirable. A member since the age of 8 years old, Billy entered his first County Championships a year later where he achieved: 9 Golds, 8 County Age Group Records and 1st in BAGCAT awards.

At 10 years old he qualified and competed in his first Summer Nationals where he successfully returned each year thereafter. Since then Billy has gone on to achieve 2 Junior County records for 100m free (removing former Olympic swimmer, Craig Gibbons) and 200m Free.

Billy holds numerous ONB County 'meet best time' records as well as many Maxwell club records.

In 2013, Billy competed in the ASA Open Water Championships at Rother Valley Park.

In 2015, Billy achieved **GOLD** in 1500m at English Nationals.

In 2016, Billy became the Open and Junior SER champion in 400m Free. Billy has recently been selected to represent South East Region in the FFN Golden Tour, Nice, France between 2-6 Feb 2017.

FANTASTIQUE!



We began our interview by asking Billy, what age he was when he started swimming?
I was 7 years old.

Q. Billy, you have been swimming with Maxwell since you were 8 years old, what are your favourite strokes/events?

I like swimming front crawl, long distance and especially 400m free.

Q. You are one of the strongest distance swimmers at Maxwell. Can you give us younger swimmers some tips regarding pacing and arm stroke count to improve efficiency?

Practise lots of distance sets. Work on your skills especially long arms, fast turns, streamline with fly kicks on each breakout.

Q. Can you tell us what you have done to improve your turns? Some of us are still breathing on our first strokes and don't do enough fly kicks?

I have focussed on each turn as if it was the first one. If you consider how many turns we do during a training set, that's a lot of opportunity to practice.



Q. Billy, who is the funniest team mate and why?

It would have to be Harry Maishman. He has a great sense of humour and is so easy to get along with. He is also one of the most supportive team mates, encouraging you during a race.

Q. How do you prepare for a race?

I listen to music and follow the race preparation.

Q. Do you get nervous?

A little bit. I tend to get nervous at Nationals or when competing in my main events. I try to turn the nervous energy into positive energy. It is OK to be nervous but try not to show that to your competitors.

Q. How do you relax?

I listen to music.



Q. Do you have a favourite style of music?

I enjoy listening to RAP music.

Q. What has been your highest achievement since competing?

Swimming in two finals at Nationals and my recent selection to represent South East Region in France next year.



Even Billy has endured one of those 'PPP' (Proud Parent Photo) that we have probably all faced at one time in our swimming lives!

Q. Billy, you are very modest about your achievements, do you think this is good quality to have as a competitive swimmer?

Yes, these are my achievements and I do not feel it is important to show to others. Besides, I can count on my parents to advertise them. Parents are our biggest fans!

Q. What would you like to achieve in the future?

To compete in The European Championships.

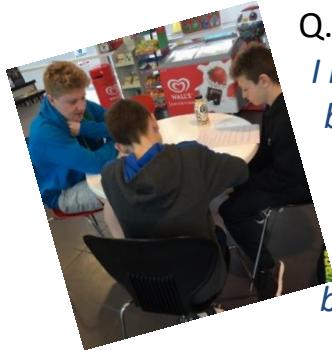


Q. What subjects are you studying at sixth form?

PE, Business Studies & Psychology

Q. How do you manage swimming and homework?

I have a timetable to help me plan each week. It is difficult to juggle the two but remember that you are not the only one who needs to do it.



Q. Billy, how do you cope with pressure and disappointment?

These are part of life so embrace the feeling. Learn from disappointment but do not let it control you. Enjoy life and remain calm under pressure.

Q. How do you overcome that feeling of tiredness that we feel towards the end of a meet but there are still 2 races to swim?

Listen to my music, get some fresh air, follow your race preparation to help with mobility.

Finally, we came to those two questions that all interviewees will get asked:

Q. If you were stranded on a desert island what 3 things could you not live without?

Bed, phone and food.

Q. What is your favourite 'Lisa' moment?

Her ability to smile at you before giving out the hard sets! Giving you that false sense of security is pure evil genius! Sorry HC!



Our thanks to Billy Martin for participating in this interview.



Coming soon – Interviews with Danielle Richards and Coach Bill.

(If you would like to get involved in future interviews please let Liz Drew know)