

SWIMMERS CORNER

MARC BUTCHER

Interviewed by
Danielle Richards & Hannah Childs

Marc became part of the Maxwell SC 'family' over a year ago so we thought it was about time we put him under the 'Swimmers Corner' spotlight to learn more about our coach.

Q. Marc, how old were you when you started swimming?
I was 11 years old.

Q. Which swimming club(s) did you swim for and what strokes/events did you swim?

I swam with Phoenix Basildon, Runnymede and Thurrock. My main events were Breastroke, Backstoke and IM.



Yes, this is Marc! Marc was 16 years old when he was awarded with The Jack Petchey award from his coach at Phoenix Basildon. The award scheme was introduced to recognise "extreme endeavour and to help young people to help themselves". Marc had demonstrated his commitment and hard work towards swimming as well as making a positive contribution to the club and its members. With the £600, Marc was able to buy much needed equipment for his club

Q. Marc, what was your highest achievement in swimming?
I competed at Regionals where I achieved 27 seconds in 50m Freestyle.

Q. What was the best piece of advice your coach gave you?
How to create my own race plan.

Q. As a child, who inspired you?
Australian Olympic swimmer, Ian Thorpe.



Who is Marc?

Marc has one younger sister. As a child he enjoyed cleaning out his guinea pigs' cages, feeding carrots to the rabbits, singing along with the bird, being chased by the dog and talking to his fish. Although he says he is not at all academic we would have to disagree! He achieved several BTEC's, A levels in PE, Maths and Chemistry, AS Levels in General Studies and Biology, BSc Hons in PE and Coaching and MSc in Strength and Conditioning.

Marc enjoys listening to alternative rock with the American rock band, Yellowcard being a particular favourite. Marc also enjoys watching films.

Apart from sleeping, we asked Marc what he does when he is not coaching:
Cooking especially Chinese food.

Q. Marc, what made you want to become a swimming coach?

When I was 15 years I started helping out with younger swimmers which I enjoyed. After 1 year I became a coach. I would have to say that working with swimmers is my favourite part of being a coach.

Q. If you could give us one piece of advice as swimmers what would that be?

It is important to have flexibility as poor flexibility will restrict the correct positions swimmers need. If a swimmer has good flexibility then it's Happy Days.



*No, not those Happy Days!
These Happy Days* →



Q. Marc, how is your level 3 coaching going?

It is going slowly but progressing well.

Q. Marc, do you have any embarrassing or funny stories that we could remind you.... Sorry! Meant to say SHARE with us?

There was an incident during a gala that I was at, that needed to be stopped due to a problem with the boom. The teams were standing on the boom which then began sinking due to the weight on it. My shoes starting to fill up with water and then the lane ropes were submerged under the water. Embarrassing moment! I slipped poolside once and my legs went up and yes, my bum hit the ground! Not one of my finest moves but I thought I landed with as much grace as one could in those circumstances. My face cheeks were rather a bright shade of red whereas the other cheeks resembled all the colours of the rainbow!



Finally, a regular feature in this and upcoming interviews will be the following two questions:

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

Food, tools, TV Set

Q. What is your favourite 'Lisa' moment?

It would have to be the first time I supported Lisa at the Arena League. Yes, that moment that the swimmers understood the correct way of finishing a race! No-one dared to glide into the wall after that! From that moment I saw the passion and commitment that Lisa has for competitive swimming and team events but more importantly her love of swimming and desire for her swimmers to perform at the highest standard possible.

Thanks to Marc for participating in this interview.



Coming shortly, Performance swimmer, Billy Martin reveals who is his funniest team mate is and why Lisa's smile can be deadly!