



Name: Natasha Holden
Date of Birth: 05/01/95
Date Joined WSC: 2000
University (Dates): 2013-2017
Degree: BSc Retailing, Marketing and Management with a
Diploma in Professional Studies

My Time at Woking Swimming Club:

I have been involved for as long as I can remember with Woking Swimming Club, my earliest memory of it is practicing tumble turns in the small pool. I was a member since I was 5 years old until I was 18 when I went off to University. Although I was one of the slowest in my age group towards the end, being a part of the club was great from a fitness and social standpoint, and has also helped me with managing my time - especially when trying to get through A-Levels with 2 jobs and training 4 times a week.

The club opened up many doors for me after I volunteered as a poolside assistant for many years (initially for DofE). I became a swimming teacher for the newly launched Learn to Swim programme, and also did a bit of coaching here and there. Whilst my parents were (and still are) actively involved in the committee, I also became a judge and have volunteered at many galas. My experiences with the club from both a swimming and a volunteering standpoint encouraged me to develop new skills, which helped me to get into university and my first job.

My time at University:

I went to Loughborough University, the top place to go if you want to be a competitive swimmer at uni. I was not fast enough to join the team, but I didn't particularly want to do the 5.30am starts anyway!

I took a bit of time off from swimming whilst there, but I did do some assistant coaching of the team in my second and final year, and I also competed in the annual inter-halls competition.

I was fortunate enough to do my placement year at Mars Inc, where I had access to lots of free chocolate. When I graduated, I was presented my degree by Lord Seb Coe, Loughborough's Pro-Chancellor, and got to shake his hand.



Post University:

Since leaving uni, I joined the Premier Foods Graduate Scheme and am currently in a role in Marketing Insights, soon to be moving into Category Management, working with retailers to agree their ranges and on-shelf fixtures.

I swim with Watford Masters weekly and come up with the sets for us – teaching and coaching never leaves you! It is great to be back in the water on my own terms and is a fun way to be social after moving to a new area.