

## *A story through the pathway .....*

In 2013, 7 year old Zoe S joined Poole Swimming Club. She started her swim journey in Bronze Squad being taught by coach Jacqui.

It was evident from day one Zoe displayed many attributes to become a very competent swimmer. Commitment, excellent listening skills and a hard worker.

This allowed Zoe to move quickly from bronze, through the swim skills academy and beyond. At 8 years old Zoe competed in her first Club Championships.

In Zoe's words...

*"I remember being really scared to dive off the blocks but I was thrilled when I won medals.*

*I have always loved training but I got the bug for competing. I enjoyed getting PB's and improving to be the best I can be.*

*My proudest moments are winning 'Top Girl' in my age group at the Dorset's 2016, competing at Regionals and moving into National Squad"*



Zoe and Lucy

Zoe has competed in numerous competitions, Novice League, Southern Junior League and Arena League to name a few. Zoe now swims in the National Squad with her sister Lucy.

Her current coach Jan has summed up Zoe in this outstanding testimonial...

Zoe is a shining example to every swimmer who loves this sport as she clearly demonstrates the Poole SC core values: Commitment, Honesty, Courage, Respect and Unity.

### **Commitment:**

Since joining, Zoe has shown true dedication. Having moved through the pathway, Zoe now swims with National Academy.

### **Honesty:**

Zoe is a sincere individual who displays integrity in training and competition.

**Courage:**

She always strives to give 100% and never gives up. Her attendance record is commendable and she hardly ever misses a training session.

**Unity:**

During her time with the club Zoe has shown genuine support to those around her. She is a team player who is always willing to represent the club when asked.

**Respect:**

Zoe is a caring character who turns up with a smile on her face (even at 5 am in the morning). She shows respect for her coaches and team mates and is a joy to coach.

Well done, Zoe. I hope that you continue to enjoy your swimming and have many more happy years with the club.

*Coach Jan, Assistant Head Coach, Poole SC*

We all wish Zoe continued success at PSC and thank her for her voluntary work, teaching the young swimmers at Poole Swim Academy. Zoe with coaches Jacquie and Jan....

