

Name	Event	Feedback
Bethan Anderson	200 brst	narrow knees (hip width)
Bethan Anderson	200 brst	when your arms go forward, tuck your head in between them to streamline
Bethan Anderson	200 I/M	turn = rotate THEN breathe..stay low to the water and pull your knees to your tummy
Bethan Anderson	400 I/M	on your fly outswEEP, have your fingers facing down
Bethan Anderson	400 I/M	chin tucked in all the time on brst
Bethan Anderson	400 I/M	touch turns = knees THEN breathe
Bethan Anderson	400 I/M	if you touch for the bk to brst turn flat, bkWds roll...(or, lean on your side
Bethan Anderson	50 brst	chin tucked in all the time on brst
Bethan Anderson	50 free	after the dive (and turn) swim, THEN breathe
Hannah Anderson	200 back	r hand entry - little finger first, then press down
Hannah Anderson	200 brst	narrow knees (hip width)
Hannah Anderson	200 fly	kick, pull, kick (at the mo you're going kick, kick, pull as there's a pause at the front
Caitlin Ashurst	100 I/M	turn = 2 hand touch, knees in THEN breathe
Caitlin Ashurst	100 I/M	no breathing in the red zone at the end will increase your speed
Caitlin Ashurst	200 brst	turn = rotate THEN breathe..stay low to the water and pull your knees to your tummy
Caitlin Ashurst	200 fly	fly -push your bum to the surface when your hands enter - it will increase your reach
Caitlin Ashurst	200 free	target = 5m at turn
Caitlin Ashurst	200 I/M	turn = rotate THEN breathe..stay low to the water and pull your knees to your tummy
Caitlin Ashurst	400 I/M	kick, pull, kick - fly (at the mo you're going kick, kick, pull..there's a pause at the front
Caitlin Ashurst	50 back	faster arms please - lovely u/w
Connie Ballentine	100 I/M	finish the f/c THEN breathe
Connie Ballentine	200 free	hold streamline for 3 secs on every push off
Connie Ballentine	400 free	hold streamline for 3 secs on every push off
Connie Ballentine	50 brst	head still - breath whilst looking down
Sofia Barnes	200 back	target = 5m u/w EVERY wall
Sofia Barnes	200 free	hold streamline for 3 secs on every push off
Sofia Barnes	50 brst	shorter glide for 50 brst (lovely 200 technique)
Sofia Barnes	50 fly	face in but hat dry
Sofia Barnes	50 free	if you are doing a track start - lift your back heel on the block
Sofia Barnes	50 free	leave one eye in the water when you breathe
Robson Bird	200 free	Pacing? 8/9/10/10
Robson Bird	200 free	tumble x 7
Mason Boobyer	200 back	hold streamline for 3 secs on every push off
Mason Boobyer	200 free	target = 5m at turn
Mason Boobyer	400 I/M	chin tucked in all the time on brst
Mason Boobyer	400 I/M	pacing! Too hard on the fly (needs to be easy speed)
Mason Boobyer	50 back	target = 7m at start and turn
Mason Boobyer	50 free	accelerate your arms and PUSH all the way until they are out of the water at the back
Ben Bradley-Wilson	100 I/M	breathe at the same time as your arms push on fly (not after)
Ben Bradley-Wilson	100 I/M	brst - small fast arms, long glide
Ben Bradley-Wilson	200 back	your pace should build 7/8/9/10 out of 10 on each 50
Ben Bradley-Wilson	200 back	hold streamline for 3 secs on every push off
Ben Bradley-Wilson	200 back	your stroke rate looks very comfortable - it could be higher
Ben Bradley-Wilson	200 free	hold streamline for 3 secs on every push off
Ben Bradley-Wilson	200 free	great hold on the water - now increase your stroke rate to increase your speed
Ben Bradley-Wilson	200 free	no breathing in the red zone at the end will increase your speed
Ben Bradley-Wilson	50 back	faster arms please
Ben Bradley-Wilson	50 brst	pull AND breathe, kick AND glide
Evan Brunson	100 I/M	kick, pull, kick (at the mo you're going kick, kick, pull as there's a pause at the front
Evan Brunson	200 back	bring your hand out of the water by your leg before the other arm starts to pull
Evan Brunson	200 brst	when your arms squeeze in, have your hands lower than your elbows
Evan Brunson	200 I/M	fly = breathe every other stroke
Evan Brunson	200 I/M	f/c = 3SB
Evan Brunson	400 free	accelerate your arm pull. Push the water that is in your hand, out behind you
Evan Brunson	50 brst	sweep your arms in, with your elbows IN FRONT of your ribs
Evan Brunson	50 free	increasing your shoulder flexibility will give you better streamline and more speed
Beth Bryant	100 brst	glide with your head in streamline to increase your speed (can't see your hands
Beth Bryant	100 free	leave one eye in the water when you breathe
Beth Bryant	100 free	glide with your head in streamline to increase your speed (can't see your hands
Beth Bryant	100 I/M	glide with your head in streamline to increase your speed (can't see your hands
Beth Bryant	200 brst	take a fast breath whilst looking down
Beth Bryant	50 back	increasing your shoulder flexibility will improve your streamline & make you faster
Beth Bryant	50 back	chin up = hips up = less drag = faster :)
Beth Bryant	50 brst	glide with your head in streamline to increase your speed (can't see your hands
Beth Bryant	50 free	after the dive (and turn) swim, THEN breathe
Edward Burns	200 free	Pacing? 8/9/10/10
Sarah Carr	100 back	target = 5m EVERY turn
Sarah Carr	100 brst	chin tucked in all the time on brst

Name	Event	Feedback
Sarah Carr	100 brst	narrow knees (hip width)
Sarah Carr	100 free	pacing 8/9/10/10
Sarah Carr	100 free	during the underwater pull, keep your wrist under your elbow (ladder'
Sarah Carr	100 I/M	turn = 2 hand touch, knees in THEN breathe
Sarah Carr	200 back	target = 5m u/w EVERY wall
Sarah Carr	200 brst	turn = rotate THEN breathe..stay low to the water and pull your knees to your tummy
Sarah Carr	200 free	Pacing? 8/9/10/10
Sarah Carr	200 free	during the underwater pull, keep your wrist under your elbow (ladder'
Sarah Carr	200 I/M	make sure hands lead during the u/w part of the fly arm pul
Sarah Carr	50 back	try to curve your start like you're doing a mini high jump
Sarah Carr	50 brst	glide with your head in streamline to increase your speed (can't see your hands'
Isabella Clark	200 back	hold streamline for 3 secs on every push off
Isabella Clark	200 back	your pace should build 7/8/9/10 out of 10 on each 50
Isabella Clark	200 back	push off the wall THEN breathe
Isabella Clark	200 brst	hold your STREAMLINED glide for 2 seconds
Isabella Clark	200 brst	two handed touch when you finish every length
Isabella Clark	200 free	Pacing? 8/9/10/10
Isabella Clark	200 free	face in the water before the turn (last breath to the side)
Isabella Clark	50 brst	chin tucked in all the time on brst
Isabella Clark	50 brst	narrow knees (hip width)
Isabella Clark	50 brst	big reach at the front
Vaughan Clarke	100 I/M	turn = 2 hand touch, knees in THEN breathe
Vaughan Clarke	200 free	target = 5m at turn
Vaughan Clarke	200 I/M	dive OUT (not up!)
Vaughan Clarke	200 I/M	target = 5m u/w for backstroke
Vaughan Clarke	50 brst	react to the beep at the start, rather than guess when it will be
Vaughan Clarke	50 fly	kick, pull, kick (at the mo you're going kick, kick, pull as there's a pause at the front
Vaughan Clarke	50 free	5 stroke breathing for sprints
George Cook	100 I/M	fly entry - hands flat (not angled)
George Cook	200 free	hold streamline for 3 secs on every push off
George Cook	200 I/M	bk - head still and chin up
George Cook	400 free	hold streamline for 3 secs on every push off
George Cook	400 free	breathe every 3 arms to balance your stroke
George Cook	400 free	count your own lengths
George Cook	50 brst	more reach - stroke count target = 15
Jess Dadds	200 brst	BIG 3rd 50!
Jess Dadds	200 brst	narrow knees (hip width)
Jess Dadds	200 free	strong, build, hard, hold (pacing)
Jess Dadds	400 free	2 hats? (1 over/1 under goggles)
Jess Dadds	400 I/M	increasing your ankle flexibility will give you more speed (less drag from feet
Jess Dadds	400 I/M	r hand entry on back - little finger first, then press down
Jess Dadds	400 I/M	your fingers needs to sweep round and face in/down on f/c (definitely not out!'
Jess Dadds	50 brst	turn = knees THEN breathe
Jess Dadds	50 fly	face enters last at the turn (just like brst)
Lottie Dadds	100 I/M	leave one eye in the water when you breathe - f/c
Lottie Dadds	200 brst	gliding with your toes pointed will reduce drag and make you faster!
Lottie Dadds	50 brst	head still - breath whilst looking down
Millie Dadds	200 brst	finish on a full stroke
Millie Dadds	400 I/M	bk - press down at the bottom to help the rotation to the other side
Millie Dadds	50 fly	arms are strong. Keep knees narrow and head streamlined to increase speec
Toby Daniel	100 I/M	chin tucked in all the time on brst
Toby Daniel	200 free	target = 5m at turn
Will Daniel	100 back	bent arm underwater, during the pull = more muscles, therefore more speec
Will Daniel	100 I/M	bringing your hand close to your head on the bk-brst turn will use less energy)
Will Daniel	200 back	bent arm underwater, during the pull = more muscles, therefore more speec
Will Daniel	200 fly	tighter shape on the turn = less energy wasted, meaning more left for swimming fast
Will Daniel	200 free	the smaller the shape you can be, during the tumble, the faster you will rotatc
Will Daniel	50 back	faster arms please - lovely u/w
Will Daniel	50 brst	from the turn, the arm OVER the water (behind your head) should be bent!
Alice Davies	200 free	target = 5m at turn
Alice Davies	400 I/M	during the underwater fly pull, keep your wrist under your elbow (ladder'
Alice Davies	400 I/M	press your fingers down (the back of your hand leads) before your elbow enters (f/c
Alice Davies	400 I/M	bk - rotate to get a clean little finger entry
Alice Davies	400 I/M	hat dry - f/c
Alice Davies	50 free	press your fingers down (the back of your hand leads) and forwards (f/c'
Lucy Davies	200 brst	recover your u/w arm pull closer to your body, to reduce drag and maintain speec
Lucy Davies	200 free	finish the back end of the pull with torso rotator
Lucy Davies	400 I/M	fly looking much stronger now its S/M/F

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Lucy Davies	400 I/M	6 beat kick (constant) f/c
Elliott Dew	100 I/M	turn = 2 hand touch, knees in THEN breathe (elbow under, hand over - behind head)
Elliott Dew	100 I/M	small fast arms and reach into a glide
Elliott Dew	100 I/M	6 beat kick (constant) f/c
Elliott Dew	200 back	clean hand entry (little finger first)
Elliott Dew	200 free	FREEZE after "take your marks" until the beep/gun/go
Elliott Dew	200 I/M	keep a double chin during brst
Elliott Dew	50 back	try to curve your start like you're doing a mini high jump
Elliott Dew	50 brst	dive OUT parallel to the water
Harvey Dew	50 brst	accelerate your feet as they sweep AROUND the outside (knees narrow)
Harvey Dew	50 free	5 stroke breathing for sprints
Ollie Elliott	100 back	100m requires a higher stroke rate
Ollie Elliott	200 brst	narrow knees (hip width)
Ollie Elliott	200 I/M	narrow knees (hip width) - brst
Ollie Elliott	200 I/M	more f/c kick (target = 6 beat kick)
Ollie Elliott	50 fly	pull on the block to start and fly out flat
Rachel Eveleigh	200 back	rotate your body to get a deeper push, use more muscles and generate more speed
Rachel Eveleigh	200 back	your arm/hand should go down/up/down
Rachel Eveleigh	200 free	target = 5m at turn
Rachel Eveleigh	200 free	keep pushing at the back of the pull until your arm is full extended
Rachel Eveleigh	50 brst	head still - breath whilst looking down
Rachel Eveleigh	50 free	after the dive (and turn) swim, THEN breathe
Rachel Eveleigh	50 free	dive OUT parallel to the water
Will Ford	50 free	accelerate your arms all the way until they are out of the water at the back
Rhianna Gardner	100 back	target = 5m EVERY turn
Rhianna Gardner	100 back	react to the beep at the start, rather than guess when it will be
Rhianna Gardner	100 free	leave one eye in the water when you breathe
Rhianna Gardner	100 I/M	fly -push your bum to the surface when your hands enter - it will increase your reaction
Rhianna Gardner	200 back	target = 5m u/w EVERY wall
Rhianna Gardner	200 back	your pace should build 7/8/9/10 out of 10 on each 50
Rhianna Gardner	200 back	check your stroke count to finish (it will be different to your stroke count to turn)
Rhianna Gardner	200 brst	u/w off every wall
Rhianna Gardner	200 brst	fast breath, long glide
Rhianna Gardner	200 free	build during the second 50 - you had too much energy left at the end
Rhianna Gardner	200 I/M	keep a double chin during brst
Rhianna Gardner	400 free	try to make the first breath a tiny one as you don't need a big gulp that early
Rhianna Gardner	400 free	hold streamline for 3 secs on every push off
Rhianna Gardner	50 free	after the dive (and turn) swim, THEN breathe
Mariya Georgieva	100 brst	glide with your head in streamline to increase your speed (can't see your hands)
Mariya Georgieva	200 brst	target stroke count is less than 18 (deeper/bigger arms)
Mariya Georgieva	50 brst	glide with your head in streamline to increase your speed (can't see your hands)
Mariya Georgieva	50 fly	great u/w from your dive :)
Mariya Georgieva	50 free	hat dry
Isobel Gray	200 back	hold streamline for 3 secs on every push off
Isobel Gray	200 back	your pace should build 7/8/9/10 out of 10 on each 50
Isobel Gray	200 back	turn = half a forward roll, push THEN breathe
Isobel Gray	200 free	Pacing? 8/9/10/10
Isobel Gray	200 free	face in the water before the turn (last breath to the side)
Isobel Gray	200 free	turn = half a forward roll, push THEN breathe
Isobel Gray	50 back	only do half a forwards roll when tumble turning
Isobel Gray	50 brst	chin tucked in all the time on brst
Isobel Gray	50 brst	narrow knees (hip width)
Hadyn Greaves	50 brst	small arms, long glide
Hadyn Greaves	50 brst	at the end, touch the wall first (with two hands) then the rope!
Hadyn Greaves	50 free	stretch one arm forwards when breathing
Joe Ham	100 I/M	narrow knees (hip width) - brst
Joe Ham	200 back	improving your shoulder/back flexibility will give you better/faster streamline
Joe Ham	200 free	strong, build, hard, hold (pacing)
Joe Ham	400 free	your pace should build 7/8/9/10 - you had too much left....like 5/6/7/10
Joe Ham	50 free	plan your breathing (10m, 20m, 30m, 37m, 45m)
Maggie Hammond	100 I/M	after the dive (and turn) swim, THEN breathe
Maggie Hammond	100 I/M	bk - touch on back THEN roll
Maggie Hammond	200 brst	breathe early (at the beginning of the insweep)
Maggie Hammond	200 fly	breathe early in fly (AS your arms push)
Maggie Hammond	200 fly	legs together - like you have a tail
Maggie Hammond	200 fly	the 2nd kick is the big one that gives you all the speed
Maggie Hammond	200 free	target = 5m at turn
Maggie Hammond	200 free	6 beat kick (constant)

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Maggie Hammond	400 free	keep your legs kicking - they can have a rest at the end
Maggie Hammond	400 I/M	chin tucked in all the time on brst
Maggie Hammond	400 I/M	keep your feet together on fly
Maggie Hammond	400 I/M	push harder on the back as this is your strength
Maggie Hammond	50 fly	accelerate your arms all the way until they are out of the water at the back
Jackson Harper	100 I/M	turn = 2 hand touch, knees in THEN breathe
Jackson Harper	200 brst	take a fast breath whilst looking down
Jackson Harper	200 fly	fly - push your bum to the surface when your hands enter - it will increase your reach
Jackson Harper	200 free	Pacing? 8/9/10/10
Jackson Harper	200 I/M	longer arms on the fly (do we need to increase your flexibility?)
Jackson Harper	400 I/M	build the speed on the bk leg and come up with your chin first
Jackson Harper	400 I/M	narrow knees (hip width) - brst
Jackson Harper	50 back	5m u/w at start and turn
Jackson Harper	50 free	after the dive (and turn) swim, THEN breathe
Rebecca Hodder	200 free	target = 5m at turn
Rebecca Hodder	200 I/M	keep a double chin during brst
Rebecca Hodder	50 back	target = 7m at start and turn
David Hoskin	100 brst	small fast arms and reach into a glide
David Hoskin	100 fly	hips high - reduced drag
David Hoskin	100 free	higher stroke rate - lose control slightly
David Hoskin	200 brst	turn = 2 hand touch, knees in + 1 hand under, other hand behind head
David Hoskin	200 fly	the 2nd kick is the big one that gives you all the speed
David Hoskin	200 I/M	accelerate your arms all the way until they are out of the water at the back
David Hoskin	200 I/M	fast breath, long glide (brst)
David Hoskin	400 free	add a little bit more effort on each length; negative split, not sprint last 25
David Hoskin	400 I/M	fly - 2nd kick is the big one
David Hoskin	400 I/M	brst - breathe as soon as your hands open
Holly Hudghton	200 back	as your arms sweep down/up/down, make sure they accelerate
Holly Hudghton	200 brst	bring your hands forwards near to the surface to reduce drag and make you faster
Holly Hudghton	200 brst	your dive was so deep that you had to pull your head out of streamline to surface :
Holly Hudghton	200 free	during the underwater pull, keep your wrist under your elbow (ladder)
Holly Hudghton	50 brst	shorter glide for 50 brst (lovely 200 technique)
Belinda Humphries	100 fly	have your weight at the front of the blocks for "take your marks"
Belinda Humphries	100 fly	react to the beep at the start, rather than guess when it will be
Ben Jones	200 back	target stroke count < 26
Ben Jones	200 free	target = 5m at turn
Ben Jones	200 I/M	pacing = 8/9/10/10 (you had too much energy left for the f/c)
Ben Jones	400 free	ask me to show you a sun yang video so that you can see his stroke length
Ben Jones	400 free	great sprint finish. Could you have used that energy earlier?
Ben Jones	400 I/M	toes pointed in the flight (dive) to increase speed in the water
Ben Jones	400 I/M	fingers long (forward) on the fly
Ben Jones	400 I/M	chin high (back)
Ben Jones	400 I/M	200m technique for brst (longer glide....pull, then kick)
Ben Jones	50 fly	no breathing in the red zone at the end will increase your speed
Ben Jones	50 free	no breathing in the red zone at the end will increase your speed
Phoebe Jones	100 I/M	brst arms squeeze in fast and go forwards fast
Phoebe Jones	100 I/M	f/c arms enter in line with your shoulder (not your head)
Phoebe Jones	50 brst	just 1 pull and 1 kick underwater
Phoebe Jones	50 free	if you are doing a track start - lift your back heel on the block
Evan King	200 back	drive hips up from the start
Evan King	200 back	turn your hand to enter little finger first
Evan King	200 fly	turn = 2 hand touch, knees in THEN breathe (elbow under, hand over - behind head)
Evan King	200 I/M	circle your feet around at the end of the brst kick
Evan King	200 I/M	brst - f/c turn = rotate THEN breathe..stay low to the water, knees to your tummy
Evan King	50 fly	u/w from turn :)
Freya King	200 back	chin up = hips up = less drag = faster :)
Freya King	200 brst	breathe early (at the beginning of the insweep)
Freya King	200 free	6 beat kick (constant)
Freya King	200 I/M	target = 5m u/w EVERY wall
Freya King	400 free	stroke count target <26
Freya King	400 free	keep your legs kicking - they can have a rest at the end
Freya King	400 I/M	target = 5m u/w EVERY wall
Freya King	400 I/M	6 beat kick (constant) f/c
Freya King	50 back	target = 5m at turn
James King	100 fly	long arms - bent arm recovery is harder (uses more energy)
James King	100 I/M	6 beat kick (constant) f/c
James King	200 I/M	keep a double chin during brst
James King	400 I/M	keep your fly arms long when you're tired (consistent stroke count)

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Bobbie-Lee Kingston	200 free	hold streamline for 3 secs on every push off
Bobbi-Lee Kingston	200 brst	good glide - you'd go even faster with your head in streamline toc
Bobbi-Lee Kingston	50 brst	chin tucked in all the time on brst
Bobbi-Lee Kingston	50 free	5 stroke breathing for sprints
Taylor-Jay Kingston	200 free	good pacing
Taylor-Jay Kingston	200 free	come to the surface with the back of your head first
Taylor-Jay Kingston	200 I/M	your dive was deep because your head was too low
Taylor-Jay Kingston	200 I/M	turn = 2 hand touch, knees in + 1 hand under, other hand behind head
Taylor-Jay Kingston	50 back	question mark arm pull
Taylor-Jay Kingston	50 fly	breathing every other stroke will reduce drag and make you faster
Taylor-Jay Kingston	50 fly	fly feet (there were sneaky brst feet in there!!)
Taylor-Jay Kingston	50 free	after the dive (and turn) swim, THEN breathe
Chloe Knight	200 back	higher stroke rate
Chloe Knight	400 I/M	your bk is undulating - are you losing grip on the water half way through the pull:
Chloe Knight	400 I/M	higher stroke rate on f/c
Jess Knight	100 back	lead with your chin to the surface from your underwater
Jess Knight	100 back	make bubbles on the surface from your feet
Jess Knight	100 brst	head just into streamline on your dive (at the mo it's going past streamline
Jess Knight	100 free	pacing 8/9/10/10
Jessica Knight	400 free	add a little bit more effort on each length; negative split, not sprint last 25
Amy Lance	100 brst	head still - breath whilst looking down
Amy Lance	100 fly	flat hands for entry
Amy Lance	100 free	during the underwater pull, keep your wrist under your elbow (ladder,
Amy Lance	100 I/M	after the dive (and turn) swim, THEN breathe
Amy Lance	200 back	target = 5m u/w EVERY wall
Amy Lance	200 brst	keep your head still to reduce drag and make you faster
Amy Lance	200 free	target = 5m at turn
Amy Lance	200 free	no breathing in the red zone at the end will increase your speec
Amy Lance	400 free	great strong kick
Amy Lance	400 I/M	if you touch for the bk to brst turn flat, bk wds roll...(or, lean on your side
Amy Lance	400 I/M	target = 5m u/w EVERY wall
Amy Lance	50 brst	head still - breath whilst looking down
Amy Lance	50 brst	sweep your arms in, with your elbows IN FRONT of your ribs
Amy Lance	50 fly	flat hands for entry
George Langman	100 I/M	hat dry - that will help to keep your f/c legs in the water
George Langman	200 free	target = 5m at turn
George Langman	200 free	Pacing? 8/9/10/10
George Langman	400 free	keep your legs kicking - they can have a rest at the end
George Langman	400 free	bigger effort on the 3rd 100 - thats when the top swimmers make their move
George Langman	50 fly	kick, pull, kick (at the mo you're going kick, kick, pull as there's a pause at the front
Angharad Laraman	50 brst	more reach - stroke count target = 15
Angharad Laraman	50 free	5 stroke breathing for sprints
Victoria Leeks	200 brst	back of head breaks the surface first
Victoria Leeks	200 brst	when your arms squeeze in, have your hands lower than your elbows
Victoria Leeks	400 free	pacing for a 400 = 100 easy speed, 100 build, 100 hard, 100 hold
Isabel Longstaff	200 brst	hold your STREAMLINED glide for 2 seconds
Isabel Longstaff	200 brst	two handed touch when you finish every length
Isabel Longstaff	200 free	hold streamline for 3 secs on every push off
Immy Moroney	400 free	hold streamline for 3 secs on every push off
Jasmine Moroney	200 free	stroke count target < 16
Jasmine Moroney	200 free	no breathing on ANY breakout
Jasmine Moroney	200 I/M	remember the underwater brst to maintain speed from the wal
Jasmine Moroney	400 free	target = 5m u/w EVERY wall
Naomi Pollard	50 free	after the dive (and turn) swim, THEN breathe
Freddie Priddle	200 free	hold streamline for 3 secs on every push off (head too)
Freddie Priddle	200 free	leave 1 eye in the water when you breathe
Freddie Priddle	50 back	hold your streamline for 3 sec, then bring one arm down to your side first
Freddie Priddle	50 brst	head still - breath whilst looking down
Savio Quan	200 brst	no fly for this stroke
Savio Quan	50 brst	react to the beep at the start, rather than guess when it will be
Savio Quan	50 fly	long arms in front as well as behind
Savio Quan	50 free	accelerate your arms all the way until they are out of the water at the back
Tamzin Rawle	100 I/M	always finish a length of backstrok on your back (only roll over to tumble turn
Tamzin Rawle	200 back	target = 5m u/w EVERY wall
Tamzin Rawle	200 brst	two handed touch when you finish every length
Tamzin Rawle	200 brst	FREEZE after "take your marks" until the beep/gun/go
Tamzin Rawle	200 brst	small arms, long glide
Tamzin Rawle	200 free	hold streamline for 3 secs on every push off

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Tamzin Rawle	50 brst	big reach at the front
Tamzin Rawle	50 brst	head still - breath whilst looking down
Tamzin Rawle	50 free	5 stroke breathing for sprints
Ellie Redman	100 I/M	turn = 2 hand touch, knees in THEN breathe
Ellie Redman	200 back	target = 5m u/w EVERY wall
Ellie Redman	200 brst	turn = rotate THEN breathe..stay low to the water and pull your knees to your tummy
Ellie Redman	200 fly	arms push back UNDER your tummy and out long
Ellie Redman	200 fly	your pace should build 7/8/9/10 out of 10 on each 50
Ellie Redman	200 fly	during the underwater pull, keep your wrist under your elbow (ladder)
Ellie Redman	200 free	stroke count target <28
Ellie Redman	200 I/M	fly hands need to enter flat to catch the water rather than slide through it
Ellie Redman	200 I/M	hat dry
Ellie Redman	200 I/M	shallow u/w on backstroke (approx 50cm)
Ellie Redman	200 I/M	f/c - swim over the ladder
Ellie Redman	50 brst	accelerate your arms so that they get back into streamline fast
Ellie Redman	50 free	after the dive (and turn) swim, THEN breathe
Alison Reep	100 I/M	after the dive (and turn) swim, THEN breathe
Alison Reep	100 I/M	time your fly breath to be exactly as the arms leave the water
Alison Reep	200 brst	fast arm recovery
Alison Reep	400 I/M	increasing your shoulder and back flexibility will give you more speed
Alison Reep	50 brst	surface with the back of your head
Alison Reep	50 brst	face goes into the water LAST from the turn
Alison Reep	50 fly	accelerate your arms all the way until they are out of the water at the back
Jonathan Reep	200 brst	target stroke count is less than 12 (deeper/bigger arms)
Jonathan Reep	400 free	increasing flexibility will help you to be more streamlined and use less energy
Jonathan Reep	400 I/M	increasing your ankle flexibility will give you more speed (less drag from feet)
Jonathan Reep	400 I/M	stroke count target = 12 (brst)
Jonathan Reep	50 back	target = 7m at turn
Suzanne Reep	50 brst	just 1 pull and 1 kick underwater
Bethan Rees	100 I/M	after the dive (and turn) swim, THEN breathe
Bethan Rees	200 free	target = 5m at turn
Bethan Rees	200 I/M	fly to back turn - one arm under the water, one arm behind head
Megan Rees	100 I/M	leave one eye in the water when you breathe - f/c
Megan Rees	200 back	hold streamline for 3 secs on every push off
Megan Rees	200 back	your pace should build 7/8/9/10 out of 10 on each 50
Megan Rees	200 back	just 1 arm when you turn on to your front to turn
Megan Rees	200 brst	hold your STREAMLINED glide for 2 seconds
Megan Rees	200 free	hold streamline for 3 secs on every push off
Megan Rees	50 back	practice your stroke count as often as you can
Megan Rees	50 brst	head still - breath whilst looking down
Megan Rees	50 fly	hands enter, bum up (to the surface)
Megan Rees	50 free	5 stroke breathing for sprints
Joe Reeves	100 I/M	turn = 2 hand touch, knees in THEN breathe
Joe Reeves	200 brst	arms are strong. Keep knees narrow and head streamlined to increase speed
Joe Reeves	200 free	Pacing? 8/9/10/10
Joe Reeves	200 I/M	kick, pull, kick (at the moment you're going kick, kick, pull as there's a pause at the front)
Joe Reeves	200 I/M	pacing = 8/9/10/10 (you had too much energy left for the f/c)
Joe Reeves	400 free	hold streamline for 3 secs on every push off
Joe Reeves	400 free	leave one eye in the water when you breathe
Joe Reeves	400 free	add a little bit more effort on each length; negative split, not sprint last 25
Joe Reeves	50 back	accelerate your arm pull so that you RIP your arm out of the water
Harry Reynolds	100 fly	kick, pull, kick (at the moment you're going kick, kick, pull as there's a pause at the front)
Harry Reynolds	200 free	target = 5m at turn
Harry Reynolds	200 I/M	holding your breath for the breakout will maintain more speed
Harry Reynolds	200 I/M	pacing = 8/9/10/10 (you had too much energy left for the f/c)
Harry Reynolds	50 back	practice your stroke count as often as you can. Confidence = speed
Max Reynolds	100 I/M	3 stroke breathing on f/c
Max Reynolds	200 back	target = 5m u/w EVERY wall
Max Reynolds	50 back	when you turn from back to front put your face in the water, then turn
Max Reynolds	50 brst	small arms, long glide
Holly Richards	100 brst	squeeze your arms in and bring them forwards really narrow
Holly Richards	200 fly	turn = 2 hand touch, knees in THEN breathe (elbow under, hand over - behind head)
Holly Richards	400 I/M	accelerate your feet as they sweep AROUND the outside (knees narrow)
Holly Richards	50 free	hat dry
Megan Richards	200 back	build the second 50, attack the 3rd 50
Megan Richards	400 I/M	accelerate your feet as they sweep AROUND the outside (knees narrow)
Megan Richards	400 I/M	face in after breathing, but keep your hat dry (f/c)
Ruby Richardson	100 I/M	your stroke count for the whole 25m of backstroke should be < 25

Name	Event	Feedback
Ruby Richardson	200 brst	react to the beep at the start, rather than guess when it will be
Ruby Richardson	200 brst	gliding with your toes pointed will reduce drag and make you faster
Ruby Richardson	200 free	Pacing? 8/9/10/10
Ruby Richardson	50 brst	fingers point forwards or slightly down on the glide (not up)
Ruby Richardson	50 free	react to the beep at the start, rather than guess when it will be
Ruby Richardson	50 free	start the arm pull by tipping your fingers down (into the ladder)
Thomas Robbins	50 brst	breathe as soon as your hands open
Christopher Scrivens	200 back	hold streamline for 3 secs on every push off
Christopher Scrivens	200 back	your pace should build 7/8/9/10 out of 10 on each 50
Christopher Scrivens	200 brst	hold your STREAMLINED glide for 2 seconds
Christopher Scrivens	200 free	Pacing? 8/9/10/10
Christopher Scrivens	200 free	face in the water before the turn (last breath to the side)
Christopher Scrivens	50 brst	chin tucked in all the time on brst
Christopher Scrivens	50 brst	narrow knees (hip width)
Emma Simpson	100 free	6 beat kick (constant)
Emma Simpson	200 free	target = 5m at turn
Emma Simpson	200 free	you need a 4-6 beat kick (minimum)
Emma Simpson	50 free	FREEZE after "take your marks" until the beep/gun/go
Rachel Simpson	100 brst	glide with your head in streamline to increase your speed (can't see your hands)
Rachel Simpson	100 free	leave one eye in the water when you breathe
Rachel Simpson	50 brst	bigger glide - stroke count target = 20
Tom Simpson	50 brst	FREEZE after "take your marks" until the beep/gun/go
Tom Simpson	50 brst	recover your arms forwards UNDER the water (just)
Abigail Smerdon	100 I/M	breathe at the same time as your arms push on fly (not after)
Abigail Smerdon	100 I/M	brst - fast arms, long glide
Abigail Smerdon	200 back	hold streamline for 3 secs on every push off
Abigail Smerdon	200 free	face in the water before the turn (last breath to the side)
Abigail Smerdon	200 free	leave 1 eye in the water when you breathe
Abigail Smerdon	400 free	hold streamline for 3 secs on every push off
Abigail Smerdon	400 free	breathe to the side so that you can keep your face in the water before you turn
Abigail Smerdon	400 free	react to the beep at the start, rather than guess when it will be
Abigail Smerdon	400 free	add a little bit more effort on each length so that you can negative split
Abigail Smerdon	50 back	when you turn from back to front put your face in the water, then turn
Abigail Smerdon	50 brst	head still - breath whilst looking down
Abigail Smerdon	50 free	5 stroke breathing for sprints
Maisie Smith	50 brst	fast breath, long reach
Maddy Soper	100 I/M	breath early in fly (AS your arms push)
Maddy Soper	200 fly	head up - hands out - head in - hands in
Maddy Soper	200 free	target = 5m at turn
Maddy Soper	200 I/M	fly to back turn - one arm under the water, one arm behind head
Maddy Soper	400 I/M	breathe and push at the same time (fly)...at the moment its push then breathe
Maddy Soper	50 fly	breathe early (at the start/during the pull)
Ruby Soper	100 brst	narrow knees (hip width)
Ruby Soper	200 brst	turn = rotate THEN breathe..stay low to the water and pull your knees to your tummy
Ruby Soper	200 brst	narrow knees (hip width)
Ruby Soper	200 fly	the 2nd kick is the big one that gives you all the speed
Ruby Soper	400 free	after you breathe put your FACE back into the water - hat stays dry
Ruby Soper	400 I/M	hat dry - f/c
Ruby Soper	50 brst	touch the wall at the end with flat hands (not grab)
Ruby Soper	50 free	hat dry
Neave Southcombe	50 brst	chin tucked in all the time on brst
Neave Southcombe	50 brst	narrow knees (hip width)
Neave Southcombe	50 free	feet still on the block between "take your marks" and the beep/gun
Amber Spillane	50 brst	if your arms stop at all...it HAS to be in streamline
Charlotte Stanbury	200 brst	bring your hands forwards near to the surface to reduce drag and make you faster
Charlotte Stanbury	200 fly	the 2nd kick should be EXACTLY as your hands leave the water
Noah Statter	200 fly	time your fly breath to be exactly as the arms leave the water
Noah Statter	200 free	Pacing? 8/9/10/10
Noah Statter	200 I/M	have a 6-8 beat f/c kick on BOTH lengths
Noah Statter	400 free	hold streamline for 3 secs on every push off
Noah Statter	50 brst	chin tucked in all the time on brst
Noah Statter	50 brst	if your arms stop at all...it HAS to be in streamline
Noah Statter	50 free	FREEZE after "take your marks" until the beep/gun/go
Jacob Taylor	200 back	rotate your body to get a deeper push, use more muscles and generate more speed
Jacob Taylor	200 brst	take a fast breath whilst looking down
Jacob Taylor	200 brst	hold your STREAMLINED glide for 2 seconds
Jacob Taylor	200 free	hold streamline for 3 secs on every push off
Jacob Taylor	200 free	leave 1 eye in the water when you breathe

Name	Event	Feedback
Jacob Taylor	50 brst	fast breath, long glide
Morgan Taylor	100 I/M	always finish a length of backstrok on your back (only roll over to tumble turn
Morgan Taylor	200 brst	hold your STREAMLINED glide for 2 seconds
Morgan Taylor	200 free	hold streamline for 3 secs on every push off
Morgan Taylor	200 free	leave 1 eye in the water when you breathe
Morgan Taylor	50 back	look at the block when the starter says "take your marks"
Morgan Taylor	50 brst	chin tucked in all the time on brst
Morgan Taylor	50 brst	narrow knees (hip width)
Morgan Taylor	50 fly	look at your feet when you're on the block
Morgan Taylor	50 free	arms come under and up on the dive (not over)
Marcus Turner-Wood	100 I/M	2 kicks on fly (2nd kick is bigger)
Marcus Turner-Wood	200 back	hold streamline for 3 secs on every push off
Marcus Turner-Wood	200 back	your pace should build 7/8/9/10 out of 10 on each 50
Marcus Turner-Wood	200 back	push off the wall THEN breathe
Marcus Turner-Wood	200 free	Pacing? 8/9/10/10
Marcus Turner-Wood	200 free	face in the water before the turn (last breath to the side)
Marcus Turner-Wood	200 free	high elbows under the water (like you're swimming on a ladder)
Ceri-Anne Verrinder	200 free	Pacing? 8/9/10/10
Ceri-Anne Verrinder	50 brst	set your feet wider than your knees BEFORE you start the push rounc
Ceri-Anne Verrinder	50 fly	accelerate your arms under the water and breathe early (at the start/during the pull
Caitlyn Wallis	200 free	target = 5m at turn
Caitlyn Wallis	200 back	bk - press down at the bottom to help the rotation to the other side
Caitlyn Wallis	200 back	keep your underwater work shallow to increase your forwards speec
Caitlyn Wallis	200 brst	Pacing? 8/9/10/10
Caitlyn Wallis	200 fly	fly -push your bum to the surface when your hands enter - it will increase your reach
Caitlyn Wallis	400 I/M	chin high (back)
Charlie Webb-Sperrings	200 back	rotate your body to get a deeper push, use more muscles and generate more speec
Charlie Webb-Sperrings	50 back	increasing your shoulder flexibility will improve your streamline & make you faste
Hollie Wilcox	100 fly	kick, pull, kick (at the mo you're going kick, kick, pull as there's a pause at the front
Hollie Wilcox	200 free	come to the surface with the back of your head first
Hollie Wilcox	200 I/M	keep knees soft as legs press round - full extension occurs in streamline
Hollie Wilcox	50 back	target = 5m at turn
Hollie Wilcox	50 fly	kick, pull, kick (at the mo you're going kick, kick, pull as there's a pause at the front

**If you're not listed above, choose targets based on your squad:**

Pre-Development	<p>Hold streamline for 3 sec from EVERY wall</p> <p>Hat dry when swimming f/c</p> <p>Chin leads to the surface (bk)</p> <p>Back of head breaks the surface first (brst, f/c and fly)</p> <p>Knees only as wide as hips (brst kick)</p>
Development	<p>Accelerate arms so that the fastest movement is right at the end</p> <p>6 beat keg kick (f/c)</p> <p>Hands enter at 11 and 5 (f/c and bk)</p> <p>Fingers under wrist under elbow (fly and f/c)</p> <p>5m underwater from every turn</p> <p>Negative split every swim</p>
Potential	<p>Descend aerobic sets</p> <p>6m underwater from every turn</p> <p>Stroke count targets of 18 (f/c and bk) 12 (fly and brst)</p> <p>All turns (hands to feet) performed in less than 1.0 sec</p> <p>Arms relaxed during recovery phase</p> <p>6 beat keg kick (f/c)</p>