

Name	Event	Feedback
Ben Jones	100 I/M	hold your breath on your 1st stroke, then you will carry more speed into your swim
James King	100 I/M	accelerate your feet underwater so that they are moving fast as you breakout tuck your knees in when you turn - small shapes rotate faster
Bethan Anderson	100 brst	turn: drive 1 elbow back UNDER, take 1 hand past your ear OVER
Rachel Simpson	100 brst	pacing = 7/10, 8/10, 9/10, 10/10 on each 25m
Connie Ballentine	100 brst	pacing = 7/10, 8/10, 9/10, 10/10 on each 25m
Jessica Knight	100 brst	you're trying too hard to streamline - just neutral head on your dive when you turn - back of your head enters the water first when you turn - take one arm behind your head (by your ear)
Mariya Georgieva	100 brst	pacing = 7/10, 8/10, 9/10, 10/10 on each 25m
Maddy Soper	100 brst	adjust your stroke earlier in the length so that you can finish on a full stroke
Hollie Wilcox	100 brst	MORE knee flexion and LESS hip flexion = LESS resistance and MORE speed
Kabria Chapman	100 brst	stroke count target = 15
Jess Dadds	100 brst	set your feet (rotate) BEFORE you push. keep knees narrower than ankles keep knees narrower than ankles
Chloe Knight	100 brst	keep knees narrower than ankles bring your feet up as your hands move inwards
George Cook	100 bk	the last chance you have to CHECK stroke count is in the warm up - race = HEAD STILL dig deeper with your hands before you start the arm pull
Jackson Harper	100 bk	5m u/w start and turn (hit 7m in training to ensure 5m in races!)
Toby Daniel	100 bk	come up with your chin first so that your head doesn't act as a break & slow you down
Evan Brunson	100 bk	5m u/w start and turn (hit 7m in training to ensure 5m in races!)
Will Daniel	100 bk	stroke rate = 35+
Joe Ham	100 bk	come up with your chin first so that your head doesn't act as a break & slow you down
Caitlin Ashurst	200 bk	there was 1 arm too many on your finish - practice FAST finishes in training stroke rate = 40+ on the third 50
Holly Hudghton	200 bk	only 1m deep on the start and come up chin first to carry speed into the swim
Charlotte Stanbury	200 bk	start the u/w phase with big fly kicks
Hollie Wilcox	200 bk	come up with your chin first so that your head doesn't act as a break & slow you down touch the wall first, THEN lift your head
Megan Richards	200 bk	hands enter the water at 11 and 1 (not 12) accelerate in the last 5m into your turn
Hannah Anderson	200 bk	turn you head 45° left when you swim (this will put it back in the centre)
Harry Reynolds	200 I/M	fingers forwards on hand entry (fly) 5m u/w start and turn (hit 7m in training to ensure 5m in races!) touch the wall first, pull your knees in tight, THEN lift your head (bk to brst)
Evan Brunson	200 I/M	regular breathing on the fly, so you can MAX the brst when you swim as fast as Sun Yang, THEN you can 1 stroke breathe!
George Langman	200 I/M	kick, pull, kick (fly) NOT two at front of stroke
James King	200 I/M	EITHER touch on back and bkwd roll, or lean on to side for a touch turn
Will Daniel	200 I/M	use stomach muscles to pull knees in (rather than throwing head back) underwater bk = reach deep, then push
Lillian Arnold	50 fly	kick, pull, kick (fly) NOT two at front of stroke
Tamzin Rawle	50 fly	hold streamline for 3 sec after dive
Connie Ballentine	50 fly	2 kicks - big one at the back of the arm pull
Jess Walrond	50 fly	2nd 25 FASTER than the first
Jessica Knight	50 fly	fingers forwards on hand entry (fly) LONG arms accelerate hands underwater (slow into catch, fast into recovery) hands leave the water upsidedown and turn over when they pass your shoulders
Caitlin Ashurst	50 fly	kick, pull, kick (fly) NOT two at front of stroke
Hollie Wilcox	50 fly	finish on fingers - flat hands adds seconds :(
Ruby Soper	50 fly	accelerate hands underwater (slow into catch, fast into recovery)
Chloe Knight	50 fly	when you turn - back of your head enters the water first. Finish on a full stroke
Millie Dadds	50 fly	finish on fingers - flat hands adds seconds :(
Taylor Kingston	50 free	hold your breathe in the red zone = FAST finish

Jackson Harper	50 free	hold your breathe off the turn to give you a head start down the 2nd length
Ollie Walrond	50 free	hold your breathe in the red zone = FAST finish
Joe Ham	50 free	hold your breathe off the turn & come up flat, to give you a head start on the 2nd 25 the race finishes AFTER you touch the wall
Sarah Carr	100 fly	hold streamline for 3 sec after dive and turn stroke count target = 15 (no higher than 20 on third 25) finish with your face in the water
Maddy Soper	100 fly	adjust your stroke earlier in the length so that you can finish on a full stroke 2 stroke breathing on the last 25 to keep the speed
Holly Hudghton	100 fly	keep 2 kicks on the 3rd 25 (2nd kick is big)
Jackson Harper	200 bk	pacing = 7/10, 8/10, 9/10, 10/10 on each 50m
Harry Reynolds	200 bk	5m u/w start and turn (hit 7m in training to ensure 5m in races!)
George Langman	200 bk	come up with your chin first so that your head doesn't act as a break & slow you down stroke rate should INCREASE through the race (1st 50 = EASY speed)
Joe Ham	200 bk	pacing = 7/10, 8/10, 9/10, 10/10 on each 50m (third 50 is KEY) 5m u/w start and turn (hit 7m in training to ensure 5m in races!)
Bethan Anderson	100 bk	head still to reduce drag
Jessica Knight	100 bk	dig deeper with your hands before you start the arm pull
Sarah Carr	100 bk	shallow u/w on turn - steep rise = slow :(
Rachel Eveleigh	100 bk	there was 1 arm too many on your finish - practice FAST finishes in training
Caitlin Ashurst	100 bk	FAST turns and finishes in training - you MUST know your stroke count
Maddy Soper	100 bk	FAST turns and finishes in training - you MUST know your stroke count
Nelly Bridger-Morales	100 bk	dig deeper with your hands before you start the arm pull 5m u/w on ALL turns (hit 7m in training to ensure 5m in races!)
Hollie Wilcox	100 bk	touch the wall first, THEN lift your head
Chloe Knight	100 bk	stroke rate = 35+
Marcus Gardiner	400 I/M	bk stroke rate = 35+
James King	400 I/M	keep your hat dry - 6 beat leg kick (f/c)
Ruby Soper	200 I/M	EITHER touch on back and bkwd roll, or lean on to side for a touch turn
Hollie Wilcox	200 I/M	bk - tme 1st pull so that other arm stays under (face down) when you come up brst - surface with the back of your head...feel, not look
Hannah Anderson	200 I/M	brst - wide arms, narrow legs (knees closer then ankles)
Millie Dadds	200 I/M	bk stroke rate = 35+
Tom Read	50 fly	all toes over the edge of the block to start
Ollie Walrond	50 fly	5m u/w on ALL turns (hit 7m in training to ensure 5m in races!)
Evan Brunson	50 fly	adjust your stroke earlier in the length so that you can finish on a full stroke
Joe Ham	50 fly	5m u/w start and turn (hit 7m in training to ensure 5m in races!)
Toby Daniel	50 fly	when you turn - take one arm behind your head (by your ear)
Sofia Barnes	50 free	hold streamline for 3 sec after dive
Rachel Simpson	50 free	hold your breath on your 1st stroke, then you will carry more speed into your swim
Lillian Arnold	50 free	6 to 8 beat leg kick when sprinting
Jessica Knight	50 free	hips high on the blocks (keeps blood in your legs)
Ruby Soper	50 free	drive hand into finish - wiggle down and up is further and takes longer
Ollie Elliott	50 free	ABSOLUTLY still on the block
Hannah Anderson	50 free	fast feet onto the wall (less then 1.0 sec)
Toby Daniel	100 brst	surface with the back of your head...feel, not look
Evan Brunson	100 brst	same technique for 2nd 50 as the 1st
James King	100 brst	surface with the back of your head...feel, not look bring your feet up as your hands move inwards
Will Daniel	100 brst	bring your feet up as your hands move inwards
James Bramwell	100 brst	pacing? First 25 should be fast but not MAX
Tamzin Rawle	100 I/M	head still after dive to keep speed brst - breathe as soon as hands separate f/c - 1 eye in the water when breathing
Lillian Arnold	100 I/M	feet kick IN the water (fly)
Isobel Gray	100 I/M	f/c - keep head still when shoulders rotate

Morgan Taylor	100 I/M	hold streamline for 3 sec after dive
Angharad Laraman	100 I/M	2 kicks - big one at the back of the arm pull (fly)
Ellie Redman	100 I/M	fly - hands come together under hips EITHER touch on back and bkws roll, or lean on to side for a touch turn hold streamline for 3 sec after turns
Bethan Anderson	100 I/M	EITHER touch on back and bkws roll, or lean on to side for a touch turn
Jessica Knight	100 I/M	brst - hands deeper than elbows on insweep
Sarah Carr	100 I/M	bk - hold streamline for 5m u/w
Caitlin Ashurst	100 I/M	kick, pull, kick (fly) NOT two at front of stroke
Maddy Soper	100 I/M	breathe every even stroke (fly)
James King	200 fly	turn - hands touch wall UNDER the water
Kabria Chapman	200 brst	stroke count stays under 15 on EVERY length
Maddy Soper	200 brst	finish on fingers - flat hands adds seconds :(
Hollie Wilcox	200 brst	MORE knee flexion and LESS hip flexion = LESS resistance and MORE speed
Hannah Anderson	200 brst	hands wider than shoulders to catch with relaxed shoulders
Jess Dadds	200 brst	kick until legs are streamlined
Chloe Knight	200 brst	turn - hands touch wall UNDER the water hands deeper than elbows on insweep stroke count stays under 13 on EVERY length
Harry Reynolds	100 free	5SB first 50m, 3SB second 50m
Elliott Dew	100 free	50 at 9.5/10, 50 at 10/10
Caitlin Ashurst	200 free	dive OUT to flags
Emma Simpson	200 free	tumble turn = feet NEXT TO each other min 6 beat leg kick
Maddy Soper	200 free	pacing = 8, 8, 9, 10
Ruby Soper	200 free	turn L hand to be face down on entry
Charlotte Stanbury	200 free	nice start to arm pull...finish with strong PUSH
Holly Hudghton	200 free	press out long - stroke count under 20 tuck up tight when you turn - small shapes rotate faster
Freya King	200 free	hat dry, 6 beat kick
Megan Richards	200 free	kick with feet IN the water (3SB prevents lolop!)
Jamie O'Connor	50 brst	head still
George Read	50 brst	head still
Harry Reynolds	50 brst	surface with the back of your head...feel, not look
Will Daniel	50 brst	reach to full extension and start new stroke straight away (no glide)
Alice Parker	50 bk	make bubbles with toes on the surface reach deep, then push
Lottie Dadds	50 bk	only breathe on back (not before turn)
Ellie Redman	50 bk	only breathe on back (not before turn) hold streamline for 3 sec after turns
Mariya Georgieva	50 bk	react to the starter signal (not guess)
Kabria Chapman	50 bk	shallow u/w on turn - steep rise = slow :(
Maddy Soper	50 bk	the last chance you have to CHECK stroke count is in the warm up - race = HEAD STILL
Charlotte Stanbury	50 bk	start the u/w phase with big fly kicks
Hollie Wilcox	50 bk	accelerate your feet underwater so that they are moving fast as you breakout practice FAST finishes in training
James King	400 free	hat dry, 6 beat kick
Geogre Cook	100 I/M	head still
Jackson Harper	100 I/M	breathe every even stroke (fly) f/c - 3SB (you can breathe as much as you want AFTER touching the wall)
George Langman	100 I/M	kick, pull, kick (fly) NOT two at front of stroke
Ben Jones	100 I/M	hold your breath on your 1st stroke, then you will carry more speed into your swim bk - stroke rate = 35+ brst - breathe as soon as hands separate
Megan Richards	200 fly	fingers/wrists under elbows then push back (less wiggle outwards)
Will Daniel	200 brst	hands travel FORWARDS on recovery

Hannah Anderson	400 I/M	brst - hide your hands = head streamlined
Megan Richards	400 I/M	brst - breathe as soon as hands separate
Harry Reynolds	200 f/c	accelerate INTO the wall
Will Daniel	200 f/c	only breathe DURING arm strokes!
Evelina Nevmerzinskaja	50 brst	all toes over the edge of the block to start
Tamzin Rawle	50 brst	pull & breathe, kick & glide
Angharad Laraman	50 brst	JUST 1 pull and 1 kick underwater....then streamline
Kaysen Chapman	50 brst	1 pull and 1 kick underwater to start EVERY length all toes over the edge to start OR back foot at the back of the block (not middle)
Connie Ballentine	50 brst	kick until legs are streamlined recover arms until they reach full extension and hands are hidden from head
Caitlin Ashurst	50 brst	underwater - recover your arms past your EARS Carry speed from dive into swim (not dive - sleep - swim)
Jessica Knight	50 brst	stroke count was 23 on 2nd 25....must stay under 18
Kabria Chapman	50 brst	as stroke rate increases on 2nd 25, stroke count must stay under 15
Taylor Kingston	50 bk	FAST turns and finishes in training - you MUST know your stroke count
Ben Jones	50 bk	stroke rate = 40+ on the second 25
Marcus Gardiner	50 bk	hips come over the water on the start chin high to reduce drag
Ruby Soper	100 free	hat dry, 6 beat kick

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>Accelerate underwater phase</p> <p>6 beat keg kick (f/c)</p>
Performance	<p>Discuss with Rachel</p>