

## MID BEDS SWIM SQUAD

\*\*\*\*\* PRESS RELEASE \*\*\*\*\*

The recent resurgence of British Swimming, as witnessed at the Commonwealth Games and European Championships over the summer has been possible, in part, thanks to the new young coaches emerging in the sport.

Mid Beds Swim Squad is therefore delighted to have secured the services of young British coach, Tom McManus as their new Head Coach and, to complement this appointment, to have secured the backing of LV= for another season.

Tom brings a wealth of experience with him which can only benefit the Squad. He previously spent five years as Assistant Head Coach at Bolton Metro where he coached three relay teams to top 15 places in the 2014 National Championships.

He has been a Coach on several England Talent Programmes (Level 1 and Level 2) which aim to assist the development of swimmers from age group and youth swimming into Junior and Senior International Competition such as the European and Commonwealth Championships.

Prior to the London Olympic games Tom assisted at Stockport ITC working with some of the top swimmers in Great Britain. Following the 2012 Games Tom gained valuable experience assisting at Manchester High Performance Centre where he helped prepare the swimmers for the IPC World Championships 2013.

Tom spent two years in Australia as the Swim School Supervisor of the biggest swim school in Victoria, with over 2500 swimmers, where he established a new working relationship to feed swimmers into Melbourne VicCentre swimming club giving a pathway to elite international swimming. This arrangement provided Tom with experience of the operations and coaching of one of the best swim programmes in Australia.

Tom has also spent two years as a swim teacher at a Special Educational Needs during which time he worked with children with complex and differing disabilities and set up his own swim school.

Tom said, after his first week with the squad "I have been very impressed with the attitude and application of all the swimmers in my first week of coaching. They have all shown great willingness to take on board new coaching and teaching techniques and I can already see an improvement. This attitude bodes well for the future."

With Tom McManus at the helm and with the backing of LV= Mid Beds Swim Squad are looking forward to a very bright future.

\*\*\*\*\* ENDS \*\*\*\*\*

**Press Enquiries**

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**Notes to the Editor**

**MBSS is the premier competitive swimming club in Bedfordshire. Drawing directly from two feeder clubs, Biggleswade and Flitwick, MBSS was set up specifically to serve the elite swimmers of the surrounding district. The club has swimmers ranked at both regional and national level.**