

VOTE FOR LILY

for Competition & Development Captain

For those who don't know me, I'm Lily and have been swimming in competition since I joined Leeds uni last September. You may not have seen me attend many of the evening sessions; I prefer the mornings (you can go back to sleep after). I have been swimming competitively since I was 8 years old, from club champs to County to Regional level and in various leagues. Before coming to Leeds, I coached younger ages in swim schemes and smaller squads within my home club. This year, I have had the opportunity to compete at the BUSL league where we raced in the final at Birmingham against 15 other uni teams. As well as this, I've competed in multiple charity events including a water polo match (not my finest moments but a good laugh). I've loved my time in SWP and at uni and would love your support to help me share with you the same experiences I've had!



WHAT WILL I DO?

IN THE POOL

- Include a wider range of sets within sessions (distance/sprints)
- Structure / focussed sessions with self written sets and opportunities to improve technique (turn practice)
- More pool time for the development squad
- Earlier sessions where/if possible
- Encourage swimmers to compete in at least one event during the year whichever they decide – this will give a chance for squads to get to know each other
- Have good communication with performance captains with regards to varsity and charity events

OUT OF THE POOL

- As a fresher this year, I understand that it can be difficult settling into a new city, let alone a new society so aim to make this process a lot easier
- Organise more squad social events throughout the year
- Organise celebratory old bar drinks or meals after competitions
- Encourage a high attendance from squads on at socials so freshers can get to know each other and other members of the society (including water polo)
- BIG BOSH FOR TOUR !!!

WHY ME?

- **GOOD LEADERSHIP** – I have previously lead sessions and captained multiple squads
- **SOCIALABLE** – I may be too loud sometimes but I will do my best to make competitions and bus journeys as fun as possible with the best signs and facepaint. (as well as helping the social secs on a Wednesday night!)
- **INCLUSIVE** – I will make sure everyone is comfortable and feels part of the squad
- **RELIABLE** - I study medical engineering so have to be well organised when it comes to doing uni work, swimming and socialising, so you can rely on me to keep you updated with upcoming information about competitions and events so everyone gets an opportunity!
- Most of all, I am approachable and friendly and any concerns you may have, I will happily help whenever and wherever I can!

