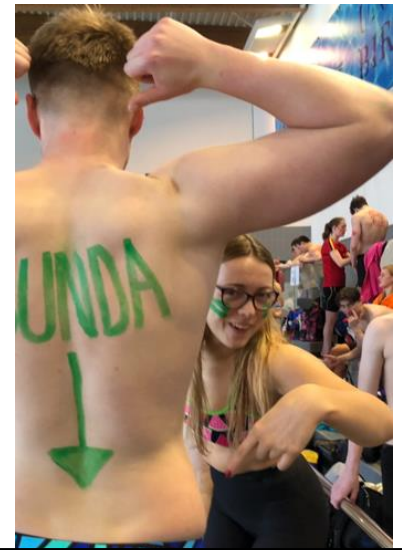




# Abby Jol for Performance Captain!!!



## Why should you vote for me??

- I am laidback and easy to talk to and will listen to people's opinions and suggestions and act as a voice for the squad in meetings.
- I have been in performance for a year and have observed the previous captains so know what good captaincy looks like. I was also captain at my home club for 2.5 years before university.
- I am outgoing and will do my best to make sure that everyone in the squad is happy and feels comfortable as one big happy family.
- I have been swimming competitively for 10 years, have represented my county at nationwide competitions, competed in national championships multiple times a year since 2016 as part of relay teams and individually, have a national bronze medal, and have contributed to the team's success at BUCS and Christie cup, as well as other meets!
- I am passionate about swimming and working to achieve goals, but also believe in the SOCIAL aspect!! I am a massive advocate for going to as many socials and society events as possible (see pics).
- If I need advice I will bug our previous captain Jade!
- I really want a mischief black card.

## What I am planning to do 😊

- Carry out all the captain's duties as made clear in the LUUSWP committee roles.
- Work to bring back Strength and Conditioning sessions to the training timetable for as many members of the team as possible.
- Make sure that all the new freshies have as much fun as I have this year and that the new members of the performance family make the most out of the year.
- Communicate efficiently with Jacob to make sure everything runs smoothly, and the squad stays at its best.
- Show the society that performance aren't just a force to be reckoned with in the pool but are NOT boring and love booze as much as Erin Donnelly loves sleep, tiki rum and skinny dipping on tour :/
- Increase attendance of squad members to the society picture day as the performance turn out this year was quite frankly embarrassing- only 9 of us in the picture, so ashamed.
- Try to ensure that the members of the squad are aware of competition opportunities and that they get to race their top events at meets.

