



Alex Curry for Men's Performance Captain!



Why should I be captain?

- I am an approachable and friendly individual who can talk to anyone about anything.
- Have experience working as interim captain this past year for a foreseeable length of time.
- I have an outgoing and positive nature which I bring to all aspects of SWP, from training sessions to socials.
- I already have an excellent relationship with Jacob and the current captains, often discussing the next steps to take regarding the performance squad.
- I live up to the phrase 'work hard, play hard'. Whilst I have a very high attendance at training, my attendance at socials is also impeccable. – PERFORMANCE ARE FUN! (or at least trying).
- My swimming credentials include: Swam competitively since age 9, multiple national finals over multiple years, 4 Uni records, British Champs qualifier, competed at BUCS and Christie.
- I believe captains should be the ones leading by example, therefore competing at the highest levels achieved by others in the squad to cover all bases.
- I love Wednesdays, I love socials, and I love mischief. I would love to add a blackcard to that collection...

My aims as captain

- Have a fairer trialling process. The current system involves a 50m freestyle which is unfair to distance swimmers who may show their expertise in other ways. This way the squads will be more appropriate to the standards they are supposed to follow.
- Improve the S&C programme. This includes the programme running the full length of the competition calendar, more access for the whole squad, and more stroke specific/personalised programmes.
- Along with Jacob's input I want to give more transparency about the yearlong training cycle, target meets, and expectations from the beginning of the season.
- Work with The Edge to get training times that suit the squad best and have the least effect on training interruptions when it comes to competitions.
- Push for long course training at John Charles on a weeknight.
- Break away from performance's isolationist position within the society in which it is harder to become fully involved. This will include more chances to interact with other squads.
- Use the captaincy to be the voice of performance at committee meetings, pushing forward our agenda.

