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Open water and Masters swimming coach (ASCA 1 and 2)



Although my early education in Physics, Chemistry and Mathematics prepared me for a career in science, my passion has always been swimming. I opened my first swim school called the Secunda Tadpoles in 1992 and since then I have always been involved in swimming and coaching in one way or another. I lectured on a part time basis at the University of Pretoria in 2012 where I presented courses on swim coaching, sport psychology and coaching children. I have started research on scapular stability in swimmers with the aim of completing a Masters degree. I have also done research on sighting during open water swims and the incidence of shoulder injuries in master's swimmers. I am a member of BASA (Biokinetic Association of SA) and ASSA (American Swimming Coaches Association).

I was introduced to Masters swimming in 1997 and this started me swimming again after an almost 20 year break. In 2005 I broke my first SA records in the 200m backstroke and the 200/100/50m breaststroke events in my age group. That year I was placed 6th in the FINA world rankings in the 200m backstroke. My whole world fell apart when I was diagnosed later that same year with breast cancer. I have since battled and conquered a reoccurrence of the disease. Through all of the challenges that life threw my way I had one enduring passion that kept me going. My love for swimming...

In all my years of struggling to find a swimming coach for myself I realised the need for individualised coaching and started an email based coaching service in 2005. I currently provide an individualised coaching and strength conditioning service to triathletes, masters' and open water swimmers across the world. Being a registered and practising Biokineticist and through my own experiences I understand illness, injury and the ageing process and this have helped me to design specialised training schedules for my swimmers. I also do shoulder pre- and rehabilitation at my Biokinetic practice. In September 2013 I started an Adult swim squad based in Faerie Glen, Pretoria. Over 50 swimmers have benefited from the squad training in the 8 months since its inception.

My swimmer's achievements for the 2013/2014 swimming season include:

- SAQT pool - achieved by 2 swimmers
- SAQT open water - achieved by 1 swimmer
- This will place 3 swimmers on the FINA Top 10 list for the season
- SA records SC and LC – 33
- Provincial records – 65
- 11 swimmers competed in the SA short course champs
- 42 swimmers competed in the SA long course champs (11% of all participants)

- 1st places SA champs SC and LC -63
- 2nd places SA champs SC and LC – 63
- 3rd places SA champs SC and LC – 45
- One swimmer completed the Robben Island relay challenge
- One swimmer completed the 8 miles at Midmar
- One swimmer completed the half Iron Man relay swim
- One swimmer were placed first in her age group at Midmar

However, some of my proudest moments were when my swimmers completed their first open water swims one season after completing the Learn to swim program, swam personal best times or just arrived for training at the open squad pool 5 a.m in the winter!