

Swim training camp was a great experience

SWIMMING

Dunmow Atlantis Swimming Club has enjoyed another successful training camp in Malaga, Spain.

The club took 28 swimmers, aged 13 to adults, away to a specialist sports facility during the October half-term break.

Club secretary Amanda Simmons said: "The daily training regime, which combined two two-hour pool sessions with gym work, was gruelling, but it was a fantastic opportunity for our swimmers to train in an Olympic-size pool alongside top clubs from the UK and abroad."

The training sessions were meticu-



■ The Dunmow Atlantis Swimming Club contingent who went to Malaga for the training camp. Picture: SUBMITTED

lously planned by head coach Steve Turner who was delighted by the efforts of the swimmers. He said it was a nice

way to crown a successful season which has seen the club's swimmers claim county, regional and national times.