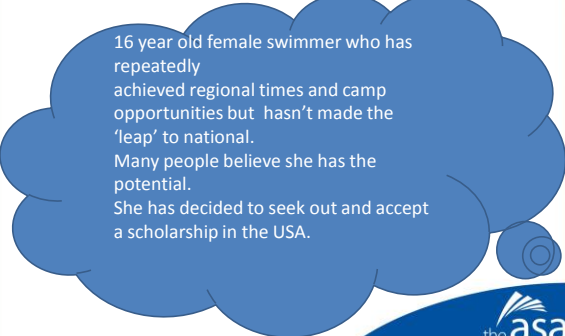





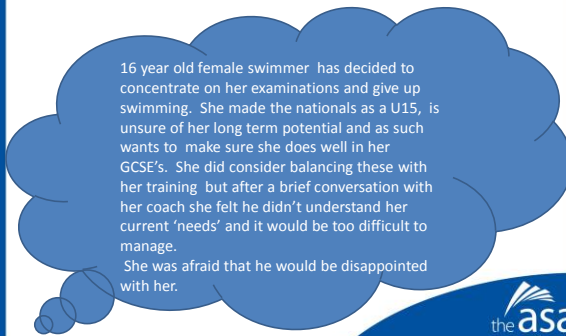
Transitions... If I only knew




16 year old female swimmer who has repeatedly achieved regional times and camp opportunities but hasn't made the 'leap' to national. Many people believe she has the potential. She has decided to seek out and accept a scholarship in the USA.










16 year old female swimmer has decided to concentrate on her examinations and give up swimming. She made the nationals as a U15, is unsure of her long term potential and as such wants to make sure she does well in her GCSE's. She did consider balancing these with her training but after a brief conversation with her coach she felt he didn't understand her current 'needs' and it would be too difficult to manage. She was afraid that he would be disappointed with her.





16 year old female swimmer has been successful as an age group swimmer and attended the national skills camp. She has decided that to progress her swimming she has to move to a bigger swimming programme at a performance swimming club. This is a big jump to her current club which most of her friends attend with her, but she is looking forward, whilst apprehensive about the change.

