

# March 2018

## Swimmer of the month

### Adam Mellor



Hi my name is Adam Mellor and I have been swimming at Basc for 4 years now and I have to admit they have been the best four years of my life! Currently at age 11 I do 10-12 hours of swimming training a week and one land training session a week plus P.E. Sessions I do at school. I am proud to say I am very fortunate to have two amazing parents that have paid for me to go on a week to Mel Marshalls Swim Camp in Derby.

I have just got back from this camp I feel very lucky to have been trained by Rebecca Adlington and getting in the water with Becky also been trained by Grant Turner. In the land training I was coached by retired international Marshall arts representative James Write. I stayed in rooms next to Adam Peaty's room mates. Last but not least I need to give a massive thank you to my coaches Darren , Andrew and Peter.

Thanks Adam,