

# **Report on London Junior Squad Training Session**

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Date: Saturday 4<sup>th</sup> June 2016

Venue: Shepperton Lake

We arrived at very "fresh" looking lake, with all the best intentions to get the most out of the last ever London region training session. Despite the sombre reality that was beginning to settle upon us, Harry's mood wasn't affected in the slightest, enjoying wheeling along the goose-covered grass banks.



We began with our swim, Jim and Jon on either side in the canoes, and split off into our diamond formations, practicing drafting in small groups.

After 5 intense sprints, swapping positions, we headed for the far side of the lake where Mack persisted to shower the group a wide variety of aquatic plants, hand plucked from the bottom of the lake. Meanwhile, Elle got increasingly nervous about the large fish population in which she had previously not believed existed.



An all-out race back to the big red buoy, led by Matthias saw the end of the first session, but not before we had practiced our transition 1 by sprinting out of the lake, and ripping off our wetsuits as fast as we could.

Some topless strutting by Zac marked the start of the next session. Some well needed transition practice with the added dynamic of avoiding goose poo. A solid circuit concluded the block and lead us onto final part.



The final ever London region training session. 5 years of great training. Battersea, Tooting Bec, Graves end, Herne Hill, Hillingdon, Crystal Palace, Dulwich, Shepperton, Trinity and many more.

It has seen great juniors continue with their sport time and time again, and hopefully the skill school will see many more. I know that I have gained many memories from this great program and I'm sure I can vouch for many others.

It will be missed.