Academy Report 2022

## Training

Trials were held on 9th October 2021 for the 2022 cohort and after both Swim and Run trials 14 athletes were taken on: 8 female and 6 males.

Several training days were held during year, with a small number of those athletes who didn’t make the squad attending to support their development. On the last training day, some of the final year TS3 athletes from the development group were invited to see the typical format of a training day, before thinking of applying for this years’ cohort.

Focus for the winter training was on swimming, with the first four months based on 3 x 2 hours over a weekend that seems to have paid off with all athletes, with either improvements in times or more efficient through the water. Within these swim days either runs or Strength and Conditioning sessions were also undertaken.

## Races

Moving into the race phase of the year, training days were more about developing both race skills and tactics for the different formats of racing they would be competing in.

A 4-day training camp was held over the Easter break with 9 athletes taking part. One athlete was on England camp as well.

Some good race results over the six super series events and top 10 finishes in their age group rankings.

Four academy athletes represented the West Midlands at the National School Games held between the 1st and 4th September, again with some good results and overall, a great learning experience.

Trials for the 2022/23 cohort were held on the 1s t October and 12 athletes have been taken on.

Andy Teagle

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