

HEARTS WILL BE READY FOR RE-START

HEART of Midlothian Swimming Club have been keeping members active and motivated during lockdown by providing a programme of weekly online events and activities to keep swimmers engaged and mobile while they are out of the pool.

The programme includes gym sessions, pilates, squad meetings, sharing motivational quotes, weekly challenges and some fun quiz sessions. The swimmers have also been treated to some Q&A sessions with top swimmers including Duncan Scott and Aimee Wilmott.

Head coach, Phil Potter, pictured, says: "We wanted to make sure that our swimmers had some structure to their week, had something to look forward to and had the opportunity to see and engage with their friends.

"We are really proud of our swimmers and how they have responded to these challenging times. Many of these athletes were used to spending up to 16 hours a week training, so lockdown has been difficult for them, but they have kept themselves motivated and active and are all looking forward to getting back in the pool."

The club is starting to plan for how it will adapt to any new regulations and



guidance that will be in place once pools reopen. Club president, Helen Reilly, said: "It is likely that we will have to make a number of adjustments to how we train and our priority will be ensuring the safety of our swimmers and coaching team.

"We hope that the Scottish Government will not forget about the swimming community and that it will do all it can to get our swimmers back in the pool doing the sport they love as soon as possible."