

NICK DEARDS

Nick has been swimming competitively for over 40 years and coaching for over 30, his relay team still currently holds two U.K. records for medley races. These days, with the lack of opportunities to do pool races, he tends to concentrate on longer distance freestyle races.

As far as teaching and coaching are concerned, he had some top coaches and mentors, over the years who have made sure that he helps others as they have helped him.

Nick is A.S.A qualified teacher and coach level 3, and an S.T.A. teacher, qualifications gained in the UK . He has coached several U.K. swim Clubs including Truro City and Cranliegh and was swim coach for Perranporth Surf Club.

He has taken age group swimmers to the National Champs, and also had many UK champion Master Swimmers and record holders, also a disabled swimmer to the finals of the 2012 para Olympics.

He has coached a large group of triathletes four mornings a week for five-six years, about half were swimmers doing triathlons, with very good results, the other half were not swimming oriented, so more technique stuff, again with good progression. He also coached a separate group of triathletes for a few seasons, The Slippery Eels.