

Criteria

All swimming teachers perform a special job, but the purpose of this award is to recognise a swimming teacher who has gone above and beyond in their role. The award aims to acknowledge the remarkable achievements of one individual who has made a real difference in grassroots swimming teaching, within all disciplines, over the last 12 months.

The judges will be looking for a swimming teacher that has made a significant difference or impact to a participant, group or made an exceptional difference in their community. They must demonstrate a high quality, safe, inclusive and fun approach to teaching swimming which is participant centred.

Submission (300 words)

Juliet embodies all that you want in a swimming teacher. Always cheery and encouraging, with a swimmer-centric attitude she embodies good practice in an effortless and professional way to all stakeholders.

Her ethos is summed up by the 'put me back in the water' printed on her t shirts!

In Worcestershire she has single-handedly assisted lake owners at Watersedge, Escape to the Lake, Wild Wood and Broadfields provide new open-water swimming opportunities to nervous first timers and experienced open water swimmers alike, creating a tight knit, vibrant and connected community. She has worked tirelessly advising on water health, safety and impact on the environment. She's also learnt water first aid, lifeguarding and safety kayaking to assist others.

Not content with summer swimming she is also recognised as one of the leading cold water immersion practitioners growing the numbers of those who safely enjoy open water swimming all year round for its wellness and mental health benefits.

This year she has taught open water swimming to over 1700 first timers, novices and improvers and runs courses for those lacking water confidence or who have experienced water trauma. She also provides 1-1 training for special needs swimmers including partially sighted and blind.

Some of her first timers undertook their first 24-hour relay swim this year and she's started a women's only swim club at Perdiswell Pool tirelessly campaigning for the opportunity against a management team who said pool capacity was full but who finally relented in the face of her persistence.

Benefits have rippled out into the community, with ex pupils becoming swimming teachers, safety kayakers and lifeguards. Several now compete in triathlon having truly embraced swimming. Utterly selfless and normally retiring, passing her swimming knowledge onto others has seen Juliet bloom into one of the most deserving candidates for this award

Supporting Information

This year Juliet was diagnosed with Vasculitis, a rare potentially fatal autoimmune disease attacking her heart, lung capacity and kidneys. Requiring specialist treatment and an exhausting drug regime akin to chemotherapy she nevertheless continues to teach and organise swimming to keep her and her community motivated and well. This community has rallied to

help keep their instructor teaching, finding creative solutions for her to do so. Truly beyond and above.