

no limits



**TONY PEARCE
HEAD COACH
SENIOR AND MASTERS
St Paul's Barnes Swimming Club**

Tony has successfully coached at Age Group, Open and Senior and Masters Age Group for some 30 years. He is an ASA Coach and was educated at the University of Loughborough in P.E and Sports Science.

He was Head Coach for the Centre for Excellence Swim Squad at the Crystal Palace National Sports Centre and then was appointed as Head Coach for the St Paul's Boys School, now the leading school in London Schools Swimming.

Later, he founded the now very fashionable St Paul's Barnes Swimming Club in West London where he is lead coach to the Club's Senior and Masters Squad.

"I believe that we here at St Paul's Barnes Swimming Club have the best designed programme for Senior and Masters swimmers in London, if not in the world! We aim to be number one by believing in the ability of the individual swimmer to make their dream come true through hard work. As coach, my philosophy is simple. Demand fast swimming. This is why this programme has developed not only champions but also a lot of other swimmers who are according to my definition are champions also!" Tony, strongly influenced by legendary coaches Dick Jochums, Ron Johnson and John Urbanek is a world-class Masters Swimmer himself.

"MASTERS SWIMMING AND HOW TO SURVIVE IT!"

(Yes, with a bit of luck, Masters Swimming could ruin your life forever!)

Why I write this Series

by Tony Pearce

I remember when I was about five or six years old I saw the cartoon strip "Flook and Rufus" by cartoonist Trog(Wally Fawkes) in an English national newspaper, the Daily Mail, and I copied it.

Then I remember when I was about twelve years old I was making my way home from swim club and I saw a magazine stand, and on it was an American magazine called "Boxing Illustrated". I spent the money for the bus fare on a cream bun and the magazine and while walking all the way home I read the works of such writers as Bob Waters. This was my first real lesson in written English. What I learnt was the understanding of character development and dialogue.

It was about this time in my life that these skill sets enabled me to create my own private world where I was able to make up stories, hold conversations with imaginary people and imagine myself as a hero of thrilling adventures. What I learned was an understanding of plot structure. When I reached about sixteen years old, being "Captain America" gave way to description of what I was actually doing compared with the things that I was actually seeing. However, I must admit that I have

never really completely escaped from fantasy, for to do so might have killed any impulse to now do the things that I really love, that is, coaching Senior and Masters Swimming, drawing cartoons and writing articles on "MASTERS SWIMMING AND HOW TO SURVIVE IT!" a popular series

But, what has made me want to write this series?

Money? No. All people who work in a commercial culture are part of a conspiracy against the average person to get their money. Always follow the money. Not for me.

Egoism? The desire to be clever, to be talked about, to get your own back. To be remembered. Not for me either.

It is in this respect that in writing this series I have endeavoured to organise my thoughts to a point where I believe it to be both meaningful and spiritual to all senior and masters swimmers. Whoever they are. Wherever they may be.

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