

Swim Enfield, a swimming club that is making an impact on the local public.

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The increase in mental health across generations has increased dramatically, making for this generation 1.4 to 2.7 more times likely to suffer from these issues. Swim Enfield, a current local swimming team based in the council of Enfield, have been recruiting and teaching young people how to swim, compete and find new friends in a whole different atmosphere.

Psychologists and Coaches all recommend exercise to clear the mind. The Head Coach of Swim Enfield, Gerry explains that “there is a natural release of hormones when put in an intense, physical environment.” This can be evaluated by multiple studies as they outline there is a certain hormone released by the name of endorphins. By releasing this, it has a drastic effect on your behaviour, making you more relaxed and “creating a massage around your body.”

Physical activity can have many improvements not only on physical strength, but also within the mind of a young athlete. From previous experience. Assistant coach Jodie explains that swimming “made me a lot happier. When I had a stressful day and I would go train, I would feel much better just because I love this sport.” The environment in which young people are put in, for example a swimming pool, they are put in an environment of freedom where they can learn different lessons about life.

Swim Enfield engages the swimmer in many activities. They currently hold 1500 members and always try to bring more. There are multiple options for the young athlete to engage within. When asked whether he encourages everyone to swim, Gerry says “swimming is not just a sport, it is a life skill in which everybody should learn as it does not only have an effect on the mind, but also the relaxation of the body.” Swim Enfield offers a variety of options for people of any age. If they are just getting, then there is a LearnToSwim programme, or if people are aspiring to a competitive lifestyle, then there is that option as well. However, if they wish to do it to be physically healthy, then there is a route to take for that as well. There are multiple pathways to take, they can be extremely dedicated, or they can be doing it just for fun. Swim Enfield was rebranded from Enfield Swim Squad. The club was first established and formed in 2011, due to the combination of other local clubs at the time such as Edmonton Phoenix SC and Griffins SC. Both of these former clubs have had a rich history, with them teaching young athletes how to swim ever since, with Edmonton Phoenix SC in 1949 and Griffins in September of 1992. There is of course the experience and the club having a strong reputation.

With a reputation and history behind it, Swim Enfield offers a great experience for younger children to improve their behaviour, gain friends and get in shape. The pricing of being able to experience this atmosphere is very cost worthy for most families. Ranging from £40 to £80 a month, with schedules being extremely flexible.

When talking to one of the swimmers, Sam Cornish, a national finalist, delves into the impact swimming had on his worst. During his A Levels he portrays that “my A levels were a very stressful time, but by going just a few times a week it made me relax,

On the other hand there are certain issues with training at Southbury Leisure Centre Other issues can be with the pool temperature. Occasions have occurred when sessions have had to be cancelled due to the pool temperature being too cold or too hot to swim in. Keep in mind the average temperature of a pool should be around 25°C - 28°C. Head Coach Gerry describes training at Southbury Leisure centre as “there are too many issues, either the temperature is too hot or cold, the air within the environment, the chemicals, there are numerous issues with this pool. December 2022 was probably the worst, with us as a club constantly having to locate different venues” The Evening Standard even reported on an issue in November of 2022, addressing the high rise in energy bills. Many leisure centres' opening hours are being cut to the extortionate energy prices. From the statistics shown that heating a public swimming pool can cost upwards of £300,000. This can ultimately cause local places to shut down and diminishes the opportunity for young people to keep fit and be healthy. However, Swim Enfield have never had an issue with getting access towards these local facilities, giving a conclusive argument that “money has never been an issue with the club.”

When asked why Head Coach Gerry is determined to constantly train these individuals, his response was simply “it's because I love this sport. I want to see these individuals progress. There is a clear issue that I see with the lack of funding from the Government and I encourage people of any age to interact with not only swimming but any sport.” There has been a clear representation of a lack of funding by the Government. The Daily Express, in January of 2022 outlined this issue with interviews from Swim England, Chief Executive Jane Nickerson explaining “ “Without adequate investment, millions will be shut out of the activities they love. “That's why we're calling for £1 billion of investment.” When interviewing everyone, they all described swimming as a “life skill” and something “that everyone should interact with.” Doing a sport is beneficial for not only your body, but it refreshes your mind.

