



## Press Release

### **Pentaqua takes One Step Beyond!**

The renowned sports promotion and events company, One Step Beyond Promotions Ltd has thrown its weight behind City of Lincoln Pentaqua Swimming Club with the sponsorship of shirts for the swimmers to wear when attending the forthcoming County Championships.



Frances Aitchison-Bound (Senior Girls Captain), and Elliott Ruffle (Senior Boys Captain) receiving from Iain Hamilton (Director of One Step Beyond Promotions Ltd), some of the shirts for Pentaqua Swimmers to wear at the County Championships in March.

Pentaqua has recently adopted the use of underwater cameras as a coaching aid to help swimmers and coaches improve performance. Swimmers are given instant feedback on poolside by their coach meaning they can review the visual results of their coaching immediately. Each swimmer also gets a personalised DVD of their session with coaching commentary to allow study of their techniques whilst at home.

The club has also embarked on a range of motivational workshops targeting swimmers in age groups to ensure that the information is provided in an appropriate format for their age and level of understanding.

Pentaqua has seen instant success from these new initiatives, and look forward to the achievements of the swimmers in competitions in the next months.

Daz Chapple, Vice Chairman of Pentaqua commented: 'It is great to see the support demonstrated by One Step Beyond Promotions, who can clearly see the potential benefits to both parties by this association. We have produced good results in the pool recently and are keen for this trend to continue and are proud that One Step Beyond Promotions have chosen to be involved with us.'

City of Lincoln Pentaqua run a full range of swim coaching from junior and adult beginners to competitive squads through County, Midland and National levels.

If you are interested in learning more about Pentaqua please visit [www.pentaqua.org](http://www.pentaqua.org) or telephone 07952 0552090.

For more information on One Step Beyond Promotions Ltd, please visit [www.onestepbeyond.org.uk](http://www.onestepbeyond.org.uk)

## Media information

Immediate release

More information from Pat Crowley, Club Secretary on 079520552090

Website: [www.pentaqua.org](http://www.pentaqua.org)