



THE BRITISH SWIMMING
HEROES
TOUR

Presented by  **British Gas**

A SPECIAL THANK YOU

#inspireageneration



THANK YOU

Thank you to all the athletes,
partners and organisations
involved in organising and
making the British Swimming
Heroes Tour such a success.



STOP ONE: LONDON

GURNELL LEISURE CENTRE
Friday 17 August 2012 AM



*@KARMAGALJANE -
@ASAAQUATICS
@BRITISHSWIMMING
HAD A FANTASTIC TIME
AT GURNELL YESTERDAY.*



*@ASAAQUATICS
THANK YOU SO MUCH FOR THIS
MORNING . AN UNFORGETTABLE
EXPERIENCE . EVERYONE HAD A
FABULOUS TIME.*

*@KERIANNEPAYNE
WHAT A BRILLIANT DAY IN LONDON WITH THE
#HEROESTOUR SOME VERY HAPPY AND TALENTED KIDS!!*





*@BECKADLINGTON
HAD A GREAT TIME TODAY
WITH SOME OF THE AQUATIC
GLIYS ON THE #HEROESTOUR
AMAZING TO SEE SO MANY
KIDS GETTING INVOLVED
AND LOYING SWIMMING!*



STOP ONE: LONDON

THE PARK CLUB
Friday 17 August 2012 PM





*@TOTALGYMNASTICS -
@TOTALSWIMMING @ASAAQUATICS @BGSSWIMMING
HAD A FANTASTIC DAY TODAY SO GOOD
TO SEE HOW EXCITED THE KIDS WERE!
#INSPIREAGENERATION*



*NICOLA RIX (MUM OF OLIVIA RIX AGED 11)
OLIVIA HAD A FANTASTIC TIME AND REALLY
ENJOYED LEARNING THE DIFFERENT SKILLS.
SHE'S GOING TO DO A LIFE-SAVING COURSE
AS SOON AS SHE'S OLD ENOUGH AND HOPES
TO LEARN TO PLAY WATER POLO TOO.*

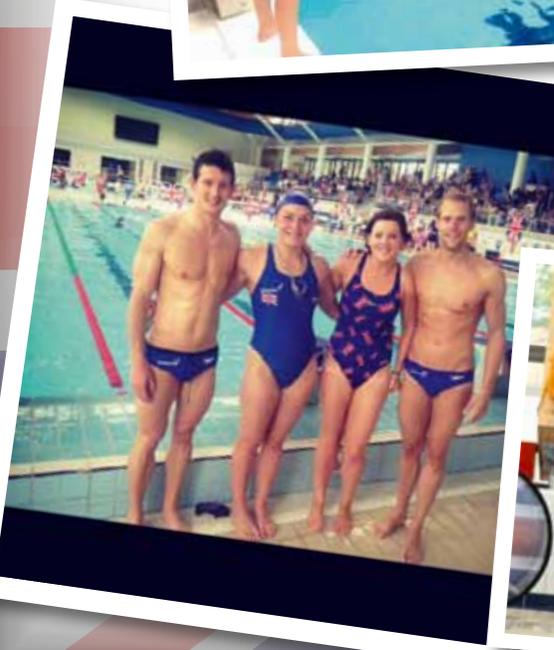


STOP TWO:
LIVERPOOL
 LIVERPOOL AQUATICS CENTRE
 Saturday 18 August 2012



*GRAHAM HEGINBOTTOM
 (FATHER OF BEN AND JOE
 HEGINBOTTOM - AGED, 11 AND 12)
 MY TWO ARE DEFINITELY
 MORE MOTIVATED AND
 INSPIRED NOW.*





*@SYNCHROD - @ASAAQUATICS
HAD LOTS OF FUN TEACHING
LOTS OF KIDS SYNCHRO
TODAY! HOPEFULLY INSPIRED
SOME TO START IT UP!
#INSPIREAGENERATION*





*LOUISE WEAVER
(MOTHER OF SOPHIE WEAVER, AGED 11)
THANKS TO ALL THE ATHLETES WHO
COULD HAVE BEEN FORGIVEN FOR
TAKING OFF ON HOLIDAY AFTER THE
STRESSES OF THE OLYMPICS BUT
WHO INSTEAD THREW THEMSELVES
INTO PROCEEDINGS WITH
ENTHUSIASM AND GOOD HUMOUR.
IT WAS AN UNFORGETTABLE EVENT!*



*@NICKRB
AN AMAZING 2ND DAY IN LIVERPOOL FOR THE BRITISH
SWIMMING HEROES TOUR....YOU SCOUSERS WERE GREAT!*

STOP THREE: GLASGOW

THE SCOTSTOUN
LEISURE CENTRE

Wednesday 22 August 2012



*@SCIENCESAZZA
BEN'S BEST BIT WAS DIVING
WITH @NICKRB
@MONIQUEGLADDING AND WATER
POLO BUT EVERYONE INSPIRED
HIM AS ALL FAB AND HEROES*





*@RUTHIGRAY - @ASAAQUATICS
THE BEST BIT OF #HEROESTOUR
FOR ME WAS MY SON @ITS_
JAMES_GRAY RACING @MJ88LIVE
AND @CRAIGBENSON94 AT
BREASTSTROKE IN GLASGOW*



STOP FOUR:
SWANSEA
 THE WALES NATIONAL POOL
 Thursday 13 September 2012

*@FRANLEIGHTON6
 FUN DAY AT #HEROESTOUR
 LOVED IT WITH
 @GB_WPOLO_GIRLS
 @TOTALSWIMMING
 @BGSWIMMING LOTS OF
 POTENTIAL WATER POLO
 STARS FOR THE FUTURE! X*



*@ASHARANDALL
 ANOTHER @BGSWIMMING
 HEROES TOUR DONE TODAY.
 THE SWANSEA KIDS WERE
 GRB & THERE WERE SOME
 DEFINITE SYNCHRO STARS!*





*@CRAIGGIBBONS85
HAD A AWESOME DAY IN SWANSEA
WITH @BGSWIMMING ON THE
@BRITISHSWIMMING
#HEROESTOUR KIDS WERE GREAT!*



*@GEORGIAVALES90
GREAT DAY AT WALES NATIONAL
POOL FOR THE @BGSWIMMING
#HEROESTOUR. SO MANY KIDS,
HOPE THEY ALL ENJOYED THE
DIFFERENT AQUATICS!*



@WALESNATPOOL - @ASAAQUATICS
THANKS FOR A FANTASTIC DAY - IT WAS TRULY
WONDERFUL TO BE ABLE TO BE INVOLVED.



@MEL_EVANS
LOVELY MEMORIES. MY DAUGHTER
BEAT JEMMA LOWE IN RACE AN
OLYMPIAN. #HEROESTOUR



STOP FIVE:
COVENTRY
 COVENTRY AQUATICS CENTRE
 Monday 17 September 2012



*@SWIMMERROSS
 HAD SUCH AN AMAZING DAY AT
 ANOTHER BRILLIANT DAY ON THE
 @BRITISHSWIMMING
 @BGSWIMMING HEROES TOUR
 IN COVENTRY! HOPEFULLY ALL THE
 KIDS HAD AS MUCH FUN AS I DID!*



*@CHENSHAWGB
 HAD A FAB BUT BUSY DAY AT THE
 @BGSWIMMING HEROES TOUR
 IN COVENTRY. MET SOME GREAT
 KIDS AND HAD LOTS OF FUN :)*



*@JAMESGODDARD83
 LOTS FUN AND GAMES IN
 COVENTRY TODAY AS PART OF THE
 HEROES TOUR , GETTING IN THE
 POOL WITH LOADS OF KIDS DOING
 RELAY RACES . #HEROESTOUR*





@FEEMC1987
FINISHED THE EPIC @BGSWIMMING
HEROES TOUR WITH @TOTALSWIMMING
TODAY! THANKS TO ALL THE KIDS
THAT CAME AND ALL THE ORGANISERS
#GREATSUMMER



ELLA FORBES, AGED 8
IT WAS AMAZING...I LEARNT SO MANY THINGS I'VE NEVER
HAD THE CHANCE TO DO BEFORE. I'VE NEVER BEEN ON A DIVING
BOARD SO I THOUGHT THAT WAS INCREDIBLE...I JUST HOPE I
CAN GET TO DO THIS ALL OVER AGAIN! IT WAS GREAT SEEING
THE PARALYMPIC ATHLETES...INSPIRED DOESN'T COME CLOSE!!



@HANNAHSTARLING
LOVED DOING THE #HEROESTOUR TODAY :D
THANKS @BRITISHSWIMMING AND
@BRITISHGAS, I THINK THE KIDS LOVED IT!





*SOPHIE TAYLOR @MOTHERHEN1996
HAD SUCH AN AMAZING DAY AT
THE #HEROESTOUR AND GOT SOME
AWESOME ATHLETES TO SIGN MY
GB FLAG! THANKS @MJ88LIVE
@STEPARRY2 @JAMESGODDARD83!*



*CATHERINE WHITEHEAD (MOTHER OF JACOB AND LEAH, AGED 8 YEARS)
LEAH ENJOYED THE SYNCHRONISED SWIMMING, AND IS INTERESTED IN TAKING THIS UP WHEN
SHE IS A LITTLE OLDER. THEY BOTH LOVED THE DIVING AND WANT US TO SEE IF THERE ARE ANY
LOCATIONS LOCALLY WITH DIVING POOLS. THANKS TO ALL INVOLVED FOR ORGANISING SUCH A
WONDERFUL DAY FOR THE CHILDREN.....UNFORGETTABLE MEMORIES FOR THEM!!*



HEROES TOUR BLOOPERS!

And finally here's a selection of photos taken on the tour that we just had to share. Enjoy!



CLASS OF 2012



WHAT'S THIS, AN OLYMPIC SILVER MEDAL!...DON'T MIND IF I DO... THANKS MJ!



OUR SYNCHRO STARS!

100% OF CHILDREN ENJOYED THE EVENT

THANK YOU FROM THE PARENTS

"Thank you so so much! My son competed for the first time in the Echo cup last month. He has seen that local people can become Olympians."

"My son really really enjoyed seeing all the athletes at Swansea, he has been swimming for nearly 3 years in Westbury's swimming squad. This opportunity gave him a much needed boost. He has recently qualified to swim in the National Arena League and I'm sure some of it was down to meeting all the Olympians. Thank you so much from myself for such a great experience. Yvonne Paton (a very proud mum)."

"I thought the event was great for inspiring young people to get involved in different Aquatic disciplines."

"It was a wonderful day and my son loved meeting all the Olympians and trying out all the different activities. He wears his heroes t-shirt and swim cap with pride and is determined to stick at his swimming so that he can make the olympics one day too!"

98.6% OF PARENTS AND THEIR CHILDREN HAVE BEEN INSPIRED TO SWIM MORE OFTEN

94.5% OF CHILDREN HAVE SHOWN AN INTEREST IN TAKING UP SWIMMING OR AN AQUATIC SPORT SINCE THE EVENT

"My daughter was already in a swimming club but has been inspired to go as far as she can with competitive swimming. Thank you to everyone involved in the heroes tour."

"Both my children who came to the event swim both at regional and national levels. They had a great time meeting and doing the various range of swimming/diving etc.... A brilliant way to end the Olympics/Paralympics!"

"An excellent event thoroughly enjoyed by my two children. My daughter became an instant celebrity on her return to school as we have a picture of her with the silver medal round her neck placed there by Michael (she is only 6), those type of memories will be cherished forever."

"It was a fantastic experience. My daughter had watched Hannah Starling compete in her 3m springboard diving heat at the Olympics and was thrilled to watch her dive, even more so to receive instruction from her on how to jump off the 3m springboard."

"Thank you for such an amazing experience and opportunity for my daughter. She tells me when she's being interviewed for the Olympics she will say that she met Michael Jamieson & he was her inspiration!"

"What a fantastic opportunity for the children to meet Team GB Aquatic Olympians - my daughter thoroughly enjoyed the experience and is still showing everyone her autograph book! I should imagine the tour has inspired many children to take to the swimming pool and try to achieve what our Olympians have, it's so nice to have real stars inspiring my daughter instead of today's 'celebs' THANK YOU so much! :-)"

"She was really inspired after meeting Michael Jamieson."

"Both my children attended, both different ages and abilities but, in their words 'best day of my life ever!' - From a very happy parent, thank you to all."

"It was a great experience for the kids and the parents! The disability swimming was very inspiring. It was great to see all of the aquatic sports. My daughter Megan swims in a club and has been talking about it for weeks..... Thanks again."

100% OF PARENTS ARE MORE LIKELY TO RECOMMEND SWIMMING AND AQUATICS TO OTHER PARENTS AND FRIENDS



The aim of the British Swimming Heroes Tour, presented by British Gas, was to inspire thousands of children to take part in all the aquatic disciplines. I think we can all say you did just that!

We wish all our athletes the best of luck in the future.



The ASA

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