

Inspirational Izzy - British Swimming Championships July 2016



ISABELLA FRASER-CORBRIDGE

Isabella Fraser-Corbridge became the first Southampton Dolphin swimmer to qualify and take part in the British Swimming Championships held at Ponds Forge International Sports Centre, Sheffield. This has now opened the door to the next level of swimming for the Dolphins and has proved an inspiration for all in the club especially the next generation of competitive swimmers.



ISABELLA'S NAME ON THE SCORE BOARD

Just over 4 years ago Isabella took part in her first ever competition, a fun gala at Winchester and now is ranks amongst the best swimmers in Great Britain. Isabella's rapid rise in competitive swimming mirrors the clubs. Southampton Dolphins first major ASA competition was back in 2011 "The

Hampshire County Championships” and only 4 years later swimmers were qualifying for National level competition with Amy Thompson and Filip Fraczek-Krygier in 2015.



PONDS FORGE ARENA

Isabella first swam at the Hampshire County Championships in 2012, made her South East Regional Debut in 2013 and hasn't looked back since becoming a multiple County Champion in 2015/16 and Regional medal winner earlier this year.

Isabella's rise to British Championships level is down to her hard work, training commitment and passion for the sport. A big influence on Isabella's career is the support she receives from her parents who make sure she's always at training, she's able to take part in all the competitions, additional training and has all the necessary equipment to be successful. Well done parents!

Isabella qualified for the 13/14 year girls 50m Butterfly ranking in 20th place at the start of this year's British Championships. Isabella showed no trepidation competing in front of nearly 800 spectators, swimmers and coaches in the outside lane in her heat. Isabella swam a life time best of 29.83 moving up five places from her original ranking to finish 15th in great Britain in her age group narrowly missing out on the final by 0.29 of a second.



Head Coach Chris White said, “At this level it’s so close just over a second divided all the swimmers in the heats, especially in the 50m events. Isabella swam a perfect race with an excellent stroke rate completing the 50m swim in 27 strokes. Isabella has achieved so much this season she should be really proud, this is just a start. Isabella has shown all the budding swimmers in the club what’s possible with the right training and commitment this will inspire them all”.



HEAD COACH CHRIS WHITE

Isabella can now enjoy a few weeks off before the next swimming season starts in September where she'll look to build again.