

## Personal Best Swim Club great way to learn and improve

Growing up in the Caledon area, Sean Bechtel could be found in a local pool five or six times a year.

Growing up with the traditional swim club experience, Bechtel became a top university swimmer and grew into one of Canada's greatest triathletes.

Bechtel has represented Canada all over the world and become one of the youngest Canadians to ever go to the Pan American Games. This year, Bechtel was the top Canadian at Ironman Mt. Tremblant, and won the National XTERRA Championships as well. He has lived all over the world, racing and training. But Bechtel is now married, and his wife is expecting a child in January. He is back living in Caledon East and coaching full-time in the area.

Local residents of all ages (youth to adults, to triathletes of all ages) can join Bechtel's local swim program.

The Personal Best Swim Club is looking forward to another great year of swimming. What makes the club unique is that it welcomes swimmers of all ages and abilities to participate. Whether they are beginners learning the strokes or seasoned veterans looking to improve their times, the PB swim club will be able to accommodate.

Joining Bechtel on the coaching squad is former varsity and national level swimmer Angela Nardella. After years of competitive swimming and being a member of many national university championship teams at the University of Toronto, she took up triathlons a few years ago and is consistently one of the first girls out of the water, even against the professional woman. Over the last few years Bechtel and Nardella have helped beginners who just wanted to swim one length without getting tired to world champions achieve their swimming goals.

?One of the benefits of Sean's program is the fact that children, adult and families can get world-coaching and fitness benefits, yet not need to make a massive commitment to swim meets, travel and great expense,? Nardella observed.

To help open the club to new members Personal Best is inviting anyone interested in swimming to come to one free workout at any of the swim times. It will be a great way to get introduced to the team and the other members and, hopefully, ease the nerves of swimming with the group.

PB swims are Tuesday and Thursday mornings from 6:15 to 7:30 a.m. (great before work and school) and Sunday afternoons from 4 to 5 p.m. All swims are at Mayfield Recreation Centre at the corner of Mayfield and Bramalea Roads. Bechtel and Nardella are also available for small group and private individual or family swim lessons.

For more information on the team, contact Bechtel directly at [sean@persnalbest.ca](mailto:sean@persnalbest.ca)