



## **ELLIOT UPDATE – JUN 21 – AUG 21**

### **JUNE/JULY**

Following Elliot being unable to achieve the selection qualification time for the Tokyo Olympics at the Glasgow Meet in early June, after a period of PCR testing upon his return to rule out Covid Elliot was able to resume training the week after his return from Glasgow. Elliot was the only swimmer to continue to train in a bubble with the selected Olympic Squad members located at Loughborough for a further 3 weeks until the day of the team's departure, all other members of the National Centre Squad at Loughborough were asked to relocate other pool facilities, and this enabled Elliot to continue to train with Luke Greenbank. During this time Elliot also received confirmation that he had secured a place with New York Breakers for ISL 3, having competed for London Roar in ISL 2 last year. Elliot didn't get an opportunity to swim backstroke with London Roar last year and only freestyle relays, hopefully the place on the team with NYB will provide him with backstroke race opportunities.

Elliot continued to train independently at Loughborough following the team's departure to the Tokyo holding camp, and then from when the Olympics started Elliot commenced his 2.5-week summer break obviously being able to watch some of the fantastic performances in Tokyo including his training partners silver and bronze performances.

### **AUGUST**

Elliot returned to training on 10th August with a slight issue having twisted his foot on the bottom step of his stairs. He saw the physio at Loughborough who advised he had tweaked a tendon but referred him as a precaution to the Doctor who then arranged for an MRI to be undertaken. The MRI showed nothing had ruptured and it was just a case of taking it easy and doing some exercises along with strapping it up to aid with its recovery. A few weeks down the line and it is a lot better, and he has been able to push off the wall in the pool during the last week of August.

However, this meant he had to delay his departure to Italy for the International Swimming League missing the first 2 matches which started on 26th of this month. His flight is now arranged for the 6th of September to enable him to join the rest of the New York Breakers for the remaining 2 matches assuming a further X-Ray on his foot scheduled for the 2<sup>nd</sup> of Sept is all clear, he is likely to return from Naples on 1st October. The Play Off - Semi Finals are scheduled to be held between 11<sup>th</sup> – 14<sup>th</sup>, 18<sup>th</sup> – 21<sup>st</sup>, 25<sup>th</sup> - 28<sup>th</sup> Nov in Eindhoven, NYB performances in the regular season will determine if they make the Semi Finals (8 Teams).

Alongside participating in Season 3 of ISL, Elliot is also preparing to start his academic journey again having been given an unconditional offer to study at The University of Derby for his chosen course of BA Hons Policing & Investigations. Whilst it's a full-time course the University will be facilitating a very flexible timetable that will enable Elliot to do this alongside swimming at the National Centre in Loughborough during this next 3-year Olympic Cycle to Paris. He felt now was the right time having had to postpone starting a similar course last year due to the Covid outbreak and taking the decision to return to Loughborough, this will also provide him with another focus outside of his swimming aspirations. This will also provide an opportunity for Elliot to swim for the University at the British University Championships which he is also looking forward to.