

Jo Deakins

Jo took up the post of Director of Coaching in April 2007 at City of Coventry SC, where she had previously been Head Coach since 1999. To date, she has coached 11 national champions, coached swimmers to win 18 national medals, placed swimmers on the levels 1, 2 & 3 of the England Talent Programme, and had swimmers on England and GB teams, and at the 2000 Paralympics.

Over the past 10 years, Jo has been a Midland District Junior Team Manager/Coach in France, GB Coach at a senior training camp on the Australian Gold Coast, Coach at the World Student Games in Beijing, a member of the World Class coaching programme since 2001 and she is now involved with the England Talent Open Water Programme. In 2008, Jo achieved her first international appointment as a GB Open Water Coach and travelled to the GB World Championship Trials in South Africa.

Jo was a member of the GB select coaches group in 2006/07 when she went to the USA to the American Coaches Conference and to visit a US club programme.

Jo's swimming achievements are second to none, having swum at:

- 2 x Olympic Games (1992 & 1996)
- 3 x Commonwealth Games (1990, 1994 & 1998) won silver in medley relay
- 5 x European Championships (1991, 1993, 1995 & 1997)
- 4 x World Championships (1991, 1993, 1995 & 1997)
- 2 x World Student Games (1993 & 1995) Women's Team Captain 1995 & won 3 silver medals.

Jo held the Commonwealth short course record for 200m backstroke, the British record for both long course and short course 200m backstroke and the English record 100m Backstroke over a 10 year period.