

## **Adam Ruckwood**

Adam began coaching in September 2003 as the assistant coach at City of Birmingham Swimming Club and was made Head Coach in February 2004. He is a level 4 qualified coach and has coached numerous swimmers to international selection and success.

He has coached swimmers to medals at Commonwealth Games, European Championships, World Student Games, World Junior Championships, European Junior Championships and European Youth Olympics. He has also coached many national champions and medallists.

During his own swimming career, Adam enjoyed success over his preferred events of 100m and 200m Backstroke. A three-time British Olympian in 1992, 1996 and 2000, he also won medals at European Championships, was a five-time World Championship finalist, a British and Commonwealth Record Holder and a Commonwealth Gold Medallist over 200m Backstroke in 1994.