



SUCCESSFUL MEET ... UMS students and swimmers from KK and Penampang during the recent meet at the Kota Kinabalu Sports Complex Aquatic Centre.

UMS all out to promote swimming among its students

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KOTA KINABALU: University Malaysia Sabah (UMS) hopes to organise more swimming meets aimed at promoting swimming among its students and at the same time unearth as many prolific swimmers for future State and National University Championships.

In view of this, UMS recently organised a swimming championship for its first-year students and it was also opened to age-group swimmers from Kota Kinabalu and Penampang to make the event more competitive.

Meet Director Muhammad Rashid said, the meet was held very successfully and thanked local coaches Vachel Voon

and Benjamin Lee and Judy Lim for assistance, including the 52 young swimmers from Kota Kinabalu and Penampang.

This event was more to give UMS students a chance to take up swimming competitively and with the assistance from experienced coaches and officials, their swimmers were able to learn some valuable tips on how to propel in the pool.

He said the championship also acted as their eye opener whereby, the UMS students learnt the systematic training techniques and also the technical aspects of swimming competitions.

UMS also plans to work closely with local coaches in staging an Open Age-Group swimming event in the fu-

ture, especially those budding swimmers who are under 12 years old, and will try to get the advice and expertise of coaches and officials who have the experience in swimming.

Meanwhile, Judy said that such an age-group event was first initiated and organised by the Penampang Swimming Association, who plans to stage another similar event this September, while Sandakan PJMS Swimming Club has also indicated to organise one soon.

She added if most of the swimming clubs in Sabah can organise their respective age-group meets, more young swimmers will get interested to take up swimming seriously, because in swimming, it takes a long time for a swimmer to achieve greater heights.