

## Dusit Thani Hua Hin Football Academy Celebrates With Swimming

On Sunday, 15<sup>th</sup> of June, Dusit Thani Hua Hin Football Academy players were treated to a fun afternoon of 'Family Swimming' at the hotel's secluded Garden Pool. As Coach Francis realises the benefits of having his players swim to improve their overall fitness and co-ordination, guest Swimming Coach, Matt, from Swim Hua Hin, led the event. The session began with instruction in basic pool safety, swimming skills and techniques. Matt made sure each child knew how to swim from one end of the pool to the other, and as the afternoon progressed into a family pool party, he provided one-on-one attention to non-swimmers and those uncomfortable in the water. Those that enjoy regular swimming lessons with Matt showed significant ability, finesse and confidence – a live example of the benefits and importance of regular swimming lessons. On the other hand, it was incredible to observe how in a 1 hour session, even those who had never swum before were able to manage a lap of freestyle. Some children had panicked on entering the pool, and an hour later, had become comfortable in the water. Parents were able to watch their children learn and play in a very relaxing environment lined with pool lounges, only a short distance to the beach.



The session finished with relay races and then the players and their families headed up to Dusit Thani's Italian restaurant, San Marco. Indoors, each player received a certificate to mark a year's worth of participation in the Western Thailand Football Academy League. The afternoon was completed with a scrumptious buffet dinner of pizza, lasagne, gnocchi in ratatouille (my favourite), and an array of desserts including fresh fruit, sweet cakes, panna cotta, crème brulee and custard.

After much football training – some players training up to 4 times a week with Coach Francis and his coaching team – the event was well deserved and a great success, mostly undisturbed by seasonal rain showers.

– By Zara A