

Alex Towells is Swim England South West Volunteer of the Month

Alex Towells of [Bridgwater Swimming Club](#) has received the award of Regional Volunteer of the Month for June 2019.

Day 1 of [#VolunteersWeek](#) and the celebrations have already begun in Somerset as Alex Towells of [@bridgwaterswim](#) is Swim England South West Volunteer of the Month [@NCVO](#) [@NCVOvolunteers](#) pic.twitter.com/jsuR7PPsv8

— Somerset ASA (@SomersetASA) [1 June 2019](#) Alex has been a member of Bridgwater Swimming Club for many years and is an excellent role model for their younger members. He is very polite and respectful towards the coaches, committee members, parents and pool staff.

Alex is always prepared to go out of his way to help with fundraising events. This was demonstrated when the club were asked to walk behind the Bridgwater carnival collecting money, Alex was one of only a few swimmers to volunteer.

During the Club's home events Alex will always arrive early to help set up and ensure that swimmers know where they should be and when. He has taken some coaching qualificationse while vice captain and captain of the club and is now a volunteer coach of the Club's younger swimmers.

Alex is very patient and will always make a swimmer feel at ease and builds their confidence in new situations such as taking that first dive off the blocks or entering their first meet.

Congratulations Alex on your achievements.

To nominate someone for a future award [click here](#).

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[Mental Health for Sport and Physical Activity](#) Access this online course for free until 31 August 2020.

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