

Olympic star opens new school pool

Olympic swimmer Mark Foster joined pupils at Francis Holland School in Regent's Park to opened a new swimming pool at to celebrate 100 years of it being on its Ivor Place site.

The swimmer took part in a coaching session for the 25-strong swimming team.

FHS Swim Team Captain, Cecilia Rafter (Year 9). "It was incredible to be coached by an Olympian! Mark Foster was a real inspiration"

A key feature of the new pool is the adjustable floor, which ena-



■ Mark Foster at the poolside

bles the pool to be deep enough for sports such as diving and water polo and shallow enough for swimming lessons and training.

Mark Foster said, "I was de-

lighted to coach the Francis Holland pupils. I spend a lot of my time encouraging participation in all sports and fitness activities amongst teenage girls."