

Sally Anne Minty-Gravett

EXERCISE AND AQUATIC CURRICULUM VITAE

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DOB 16th July 1957

QUALIFICATIONS/ AWARDS/ REPRESENTATIVE HONOURS

- 1967 Began my competitive swimming career – it continues.
1972 Gained ASA Club Instructors Certificate (Swimming)
1974 **Swam Lake Windermere** 11½ miles
1975 **Swam The English Channel (11 hrs 57 min)**. The first Channel Islander to swim from England to France. Awarded the Capt Webb Memorial trophy for the fastest British crossing of the year.
Represented Jersey in the Lake Windermere International 16 mile.
Awarded Jersey Sports Personality of the Year 1975
1976 Gained ASA Teachers Certificate (Swimming)
1977 **Represented Great Britain** in Belgium (5 miles)
1977 **Represented Great Britain** in Holland (16 miles)
1978 Presented to Her Majesty The Queen (along with 4 other Jersey Channel swimmers)
Swam from Jersey to France 14 miles – current record holder.
1981 - 1983 Moved to work in Vancouver BC (Canada). Represented (and trained with) University of British Columbia Masters Swim Team
Gained ASA Preliminary Swimming Coach
1984 Returned to live in England
1985 **Swam The English Channel for the second time (15 hrs 3 min) – England to France.** This created a new world record – with brother David; they became the only brother and sister in the world to have swum the Channel twice.
1986 Returned to live in Jersey
Gained Certificate in Exercise and Health Studies - for local Adult Education Authority.
Gained BAWLA Weight Training Teachers Certificate
Gained ASA Advanced Teachers Swimming Certificate
Gained ASA Prelim Teacher (Syncro)
1987 Commenced ASA Prelim Tutors Certificate (Swimming)
Elected President Jersey Long Distance Swimming Club
1988 Gained ASA Prelim Tutor (Swimming)
1989 “Look After Your Heart/Yourself” Tutor (Jersey Health Education Authority)
1990 Gained ASA Aquafit Teachers Certificate – at Crystal Palace
1991 Triathlon Swim Trainers Certificate – coached by Robin Brew, Stoke Mandeville Hospital Pool
1992 ASA Tutor (Swimming) First Part Completed
Swam The English Channel for the third time (12 hrs 8 mins) – France to England.
Swum around Jersey (41 miles) 10hrs 47min
Elected Jersey Sports Personality for 1992 for being the only woman to have swum The Channel three times in three different decades

- Gained Certificate in Health Education - (Distance Learning Certificate) - from the University of Northumberland
RLSS RTTCS course
- 1993 **Began the 'Swimrite Swim Centre'** Personally organising, managing, coaching and teaching swimming and Aquatic Fitness for all ages and abilities. Operating six days per week during school term time and running intensive swimming teaching courses during school holidays.
- 1994 Gained ASA Aquafit Tutor qualification. Enabling me to instruct future Aquafit teachers
- 1994 Speedo - Shallow, Step and Deep Modules Certificate, London.
St. John's Ambulance First Aid Certificate
RLSS RTTCS course
- 1996 Speedo - Shallow, Step and Deep Modules Certificate. Workington.
This time - assisting Tutor)
Trained as a Speedo Instructor trainer, London.
RLSS RTTCS
- 1998 RLSS RTTCS course
- 1999 Swam around Manhattan Island New York 7hrs 19 min
Swam around Sark – Channel Islands 4hrs 25min
- 2000 N P L Q course - Module 1
- 2000 (cont) ISRM Pool Plant Operators Course
Commenced employment for local secondary School - Haute Vallee – as Swimming Pool Manager. Organising swim curriculum classes and aquatic exercise for both students and staff. Plus students leisure time aquatic activities. Controlling daily pool safety, cleanliness upkeep, and maintenance. Reporting to Head Teacher and LEA H&S.
(Swimrite - continues under my guidance, with Manager and staff in situ)
- 2001 RLSS Trainer Assessor Course - Rochdale, Lancashire
RLSS NPLQ Professional Module
St John's Ambulance - First Aid at Work Course
- 2002 NPLQ - successfully ran a course for 10 candidates – all passed, and I passed also
- 2003 Began employment with Serco UK as 'Head of Aquatic Development' at new pool in St Helier Jersey. Closed doors at Swimrite after 10 glorious and successful years...needed to move onwards and upwards
- 2005 **Swam the English Channel for the fourth time (13hrs 25min)** becoming the only woman in the world to have swum the Channel in four sequential decades.
- 2006 **SWAM THE CATALINA CHANNEL, 21 MILES – IN CALIFORNIA 9HRS 51 MINS – ONLY 2ND BRITISH LADY TO DO SO AND 4TH BRITON**
****INDUCTED INTO THE INTERNATIONAL MARATHON SWIMMING HALL OF FAME IN THE USA for 4 Channel swims in 4 Decades****
- 2013 **Completed 5TH CHANNEL SWIM (IN 5TH DECADE) 17RS 47 MINS**
- 2014 **COMPLETED 44 MILES, 4 LAKES IN 4 DAYS – SCAR Challenge in Arizona**
First Briton to complete this amazing Swim Challenge.
FIRST LADY TO COMPLETE SARK TO JERSEY SOLO SWIM ON 8HRS 42 MINS

2016 - FIRST LADY IN THE (50 - 59yr age group), NEVIS TO ST KITTS CROSS CHANNEL SWIM (Caribbean), March 2016 - 5K swim

2016 - June 10th - AWARDED THE MBE FOR "SERVICES TO SWIMMING"

2016 - JULY - became the oldest Lady to Swim around Jersey - not just once, but TWICE in a weekend! #1 Friday 22nd in 10h 36m - a PB too - and then #2 on Sunday 24th in 11h 10 mins. This also gives Sal a 'Hatrick of Round Island swims - the only lady to date!

**2016 AUGUST 29-30TH - 2 WAY ENGLISH CHANNEL 36HRS 26MINS
Oldest lady to complete this challenge! 17th Lady out of 30, 2 way swims - and the 3rd longest marathon swim on record!
Swim video is on:**

<https://youtu.be/YAFUXm9DMhE>

**Also, became one of Jersey's Ambassadors for Tourism
the video clip can be seen here:**

<http://jersey.com/meet-sally>

COMPETITIVE / TEACHING EXPERIENCE

- 1968 Competitive swimmer – continues to date.
- 1971 Competitive long distance swimmer – continues to date.
- 1972 Started assisting with and teaching swimming. Swim teaching continually from 1972 to current time.
- 1981 University of British Columbia - Vancouver. Teaching and coaching local swim clubs and fellow Masters Team members, their families and friends
Represented University of British Columbia in National Swim meets.
Participated in and taught many Aquafit Classes.
- 1986 Active Land Fitness Teacher – 'Ski fit' – Circuit training – Aerobics –Weights – Stretching and general fitness classes.
- 1990 Active Aquafit teacher - Hiring local hotel and school pools for extra space.
Since opening 'Swimrite' actively teaching swimming and Aquafit to all levels, plus organising eighteen classes weekly - including Aqua-natal, Post-natal, Seniors, Beginners, Intermediate and extra-active classes.
'Swimrite' specialises in the swimming teaching of babies, toddlers, and children of all ages (and abilities) plus adult swimming teaching /stroke improvement at all levels. Also teaching shallow, deep (+step) Aqua classes at 'Swimrite' and local hotel and leisure centre pools.
- 1990 – to date.
Actively trained at least twenty successful Round Jersey swimmers (41 miles) and ten successful English Channel conquerors. (With another three Channel and nine Round Jersey aspirants in training as of 2002) Plus 6 more in 2005!
- 1998 Organised 12 hr 'Aquathon' charity event on behalf of a local Hospice.
- 1998 -2001 Taught weekly deep water Aqua at les Quennevais sports centre.
- 2000 Appointed as Pool Manager in local secondary school – Haute Vallee.
- 2000 Organised 24 hr Charity relay swim - at H V School or 75 students.
- 2001 Organised 2nd 24 hr Charity swim relay – at H V school for students.

- 2003 Appointed teacher/coach at Tigers Swimming Club.
Appointed as “Aquatics Development Manager” for Serco’s new Leisure pool on the Waterfront – “Aqua Splash”... **TO DATE 1300 + WEEKLY PUPILS**

PUBLIC PRESENTATIONS (Not easy in Jersey!)

- 1996 – Official opening of new leisure complex and pool “Sport for all Day” - Deep Water Presentation.
1997- Royal Visit of Princess Michael of Kent for local Bacup Cancer charity.
Demonstration of ‘Senior Aquafit’
(Would love to do more presentations.)

COURSES (which I have personally organised.)

- 1989 Organised three “Look After Yourself” Courses
1990 Organised two “Look After Yourself” Courses
1991 Organised and moderated ASA Preliminary Teachers Certificate – (16 candidates)
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1993 Assisted Lynda Flynn (ASA) in running ASA Aquafit in-service and gained ASA Tutors Certificate
1994 Organised Jane Hamilton’s ‘Master class Aqua Weekend’
1994 Ran, examined and moderated ASA Aquafit in-service for 16 candidates
1995 Organised Speedo one-day training “Shallow module” with Steph Toogood for 14 candidates
1993 - 2002 ‘In-Water’ continuation training/workshops for ‘Swimrite’ Aqua and Swimming Teachers
until 2015/6 **STILL RUNNING AND ORGANISING CPD’S FOR TEACHERS IN HOUSE**

SEMINARS/CONFERENCES ATTENDED

Many exercise seminars/swim training weekends and training weeks attended in my formative years.

- 1990 LAYH training weekend, Guernsey - Massage
- Step Training
- Coronary Rehabilitation
1990 ISTC/ASA Conference “Teaching the young swimmer”
1991 ISTC/ASA Aquafit Conference - Joan Harrison, Loughborough
Robin Brew Triathlon Coaching Weekend, Stoke Mandeville Hospital Pool
1994 Jane Hamilton Masterclass Weekend Jersey
Fitcamp - Club La Santa, Lanzarote (Aquamotion)
ASA Aquafit/NVQ in-service update, London.
Fitcamp - London College - Speedo Course (No.1)
Sports Injuries Seminars x 3, Jersey
1995 Fitcamp, Club La Santa, Lanzarote - Speedo & Aquamotion
1996 Sports Psychology Seminar Jersey
1996 IDEA Fitness Convention, Orlando, Florida
2000 ISRM Pool Plant Seminar - Jersey
2001 Pool Water Management Seminar Jersey
2002 Pool Plant Operators Update - Jersey

CURRENT MEMBERSHIP OF AQUATIC / FITNESS BODIES

- ISTC - Institute of Swimming Teachers and Coaches (member since 1976)
- IDEA - International Association of Fitness Professionals
- BLDSA - British Long Distance Swimming Association – LIFE MEMBER SINCE 1974
- CSA - Channel Swimming Association
- JLDSC - Jersey Long Distance Swimming Club - President since 1988
- JASA - Executive committee member Jersey Amateur Swimming Association
- CS & PF - Channel Swimming & Piloting Federation

(Updated November 2016, SMG-MBE)