



*Splashdown: Steven Cryer has just taken up a new post as coach at Box Hill ASC.*

# Cryer lines up a Master class

EUROPEAN Masters medal winner Steven Cryer is Box Hill's new coach.

The 46-year-old joins the club from Swindon Dolphins, having previously coached in Iceland and at a number of other English clubs.

"My particular emphasis will be to develop the techniques of our talented swimmers," said Cryer. "Technique is the most important factor in the improvement of youngsters – if you get that right then speed will come naturally.

"This is the philosophy I

am bringing to Box Hill." His personal pedigree includes bronze in the 200m breaststroke in 2005 before going on to gold four years later.

Cryer has coached at the highest level, including Andi Manley – the first man in world masters history to dip under 50 seconds for the 100m free – plus a number of European Juniors.

"To get a coach of this calibre to the club is truly amazing," said Box Hill's founder Conrad Cawley. "His enthusiasm and knowledge are second to none."