

## Isaac Buchan reference

Isaac has been with me at BOSSS for the last 5 years. He currently trains 10 times per week, 8 pool and 2 gym. During this time he has developed as both a person and athlete. The person is now extremely self motivated about being able to achieve the maximum possible with national medals in his sights this year and focus on European Junior Championships in 2025. The swimmer has shown great potential on his butterfly and backstroke events in particular over the last 2 years. Isaac consistently ranks in the top 5 in Britain in his butterfly events. This season he has shown additional commitment and motivation to translate this into being the very best he can be. This maturity continues to grow and I believe in the next 18 months he will achieve his goals and be ready for the next step in his journey in America.

As a team mate, Isaac shows many qualities for both leading and being part of a team. He leads by example with his effort and application in and out of the pool but also gives encouragement to do their best and holds people accountable. This has Isaac a very popular with his teammates, again, in and out of the pool.

If you have any questions about Isaac or his current training programme please don't hesitate to contact me on the details below.

Chris Leighton  
[chris@bosss.co.uk](mailto:chris@bosss.co.uk)  
+447590536612