



Cajun Skinner

Swimming has always been a part of my life for as long as I can remember. I began competitive swimming at the age of 7 at Harlequins and won my first National Championships at the age of 12. I was then selected to represent South Africa at the African National Champs and FINA World cup while in high school. I then moved to the High Performance Centre in Pretoria at 16. After High school I received a scholarship to swim at Missouri State University in the USA. It was there where I started my coaching career doing both learn to swim and club coaching, while at the same time completing my BSC in Psychology with a minor in Communication.

In 2012 I returned to South Africa, and soon after wrote my Level 1 coaching, and started as the Prime Elite Coach for Harlequins Aquatic Club.

My passion for the water is what motivates me to be the best possible coach I can be. I believe in a holistic approach to swimming and have used the knowledge and experience I have accumulated over the years to diversify my coaching style

Prime Elite is aimed at nationally competitive and High School aged swimmers as well as triathletes. In the winter months we swim at the East London Virgin Active, and in the summer months at Hudson High Schools brand new swimming complex.

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