



Sam Day
GB Ice Swimmer
From panic to podium





My Reasons Why

A scenic landscape featuring a calm lake in the foreground, surrounded by dense evergreen forests. In the background, majestic mountains are visible under a dramatic, cloudy sky with soft light filtering through. The overall mood is serene and inspiring.

What would you do if you
knew you couldn't fail?

David Bach



Cosmic Rays 2021
£45,000
13 hrs 26 minutes
Miles swam 23



My Life changing moment



February 10th 2023



September 2023
Carbis Bay



October 2023
Sheffield





December 2023



Cheltenham

Great British Championships in Ice Swimming

Jan 2024





Water temperature 3.5

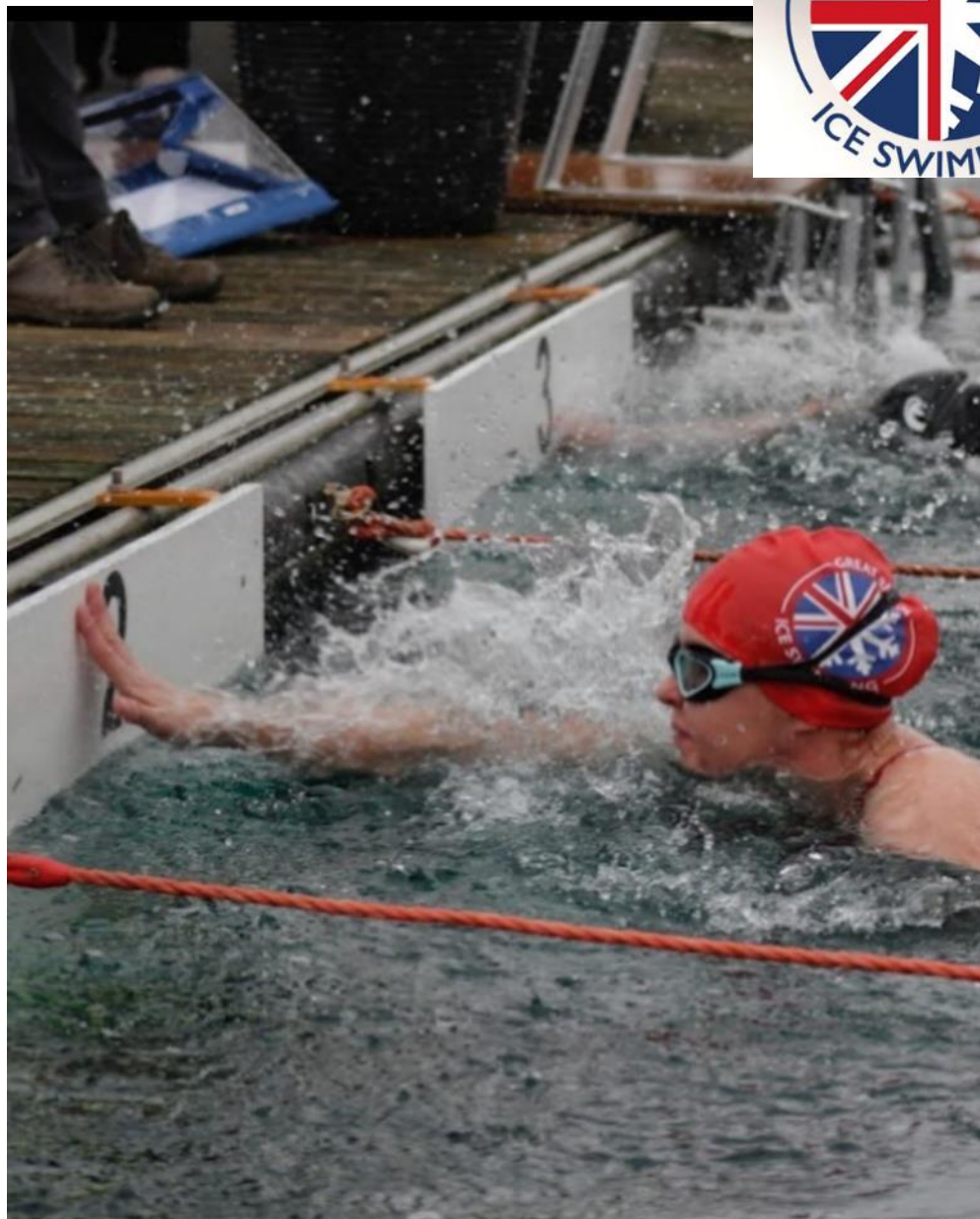


Race 2 - 100m Freestyle

Changing the race plan



Water temperature 3.5



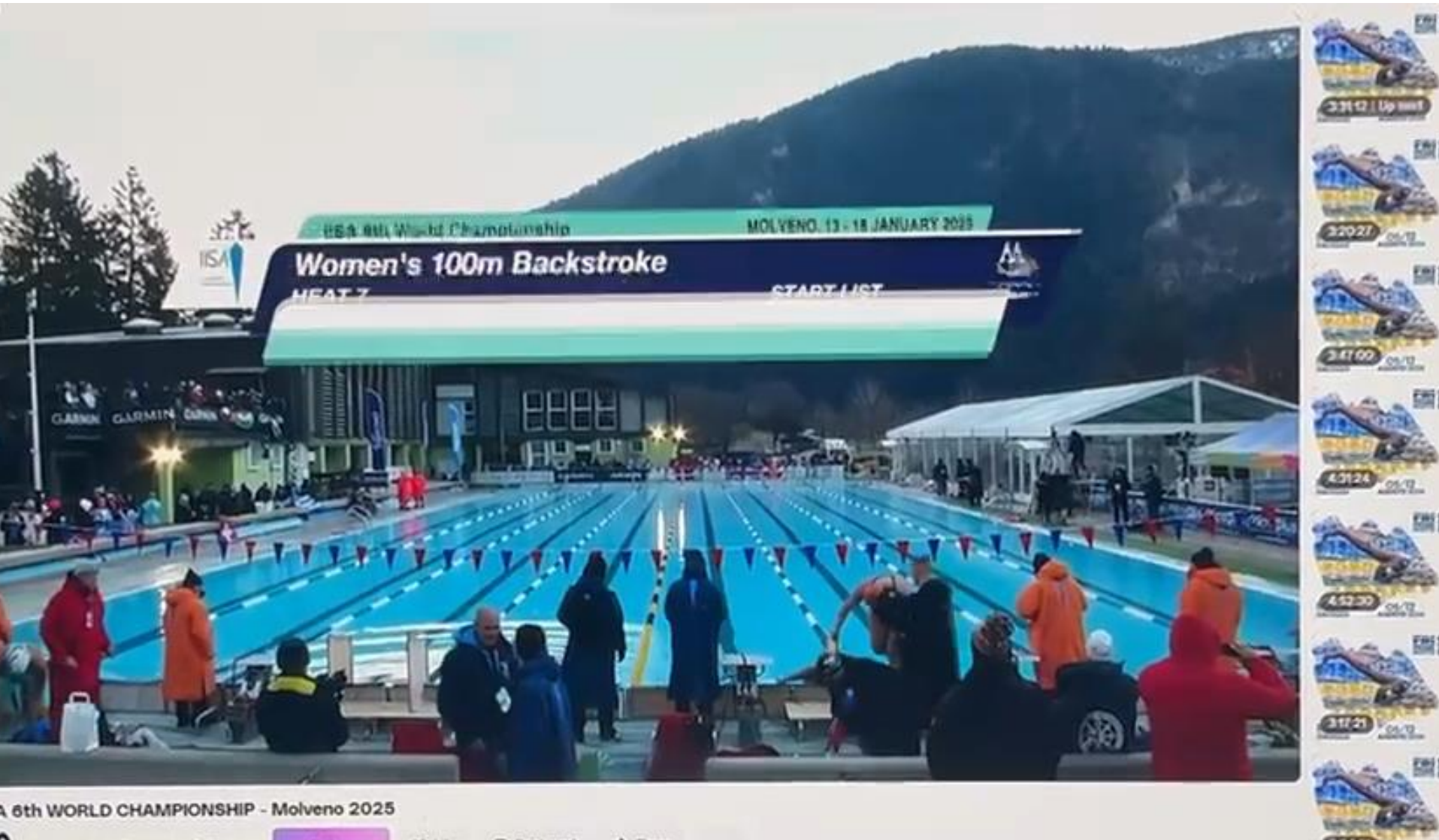


Melveno, Italy January 2025





Race 1- World Championship 50m Silver



Water temperature 1. 3

My reaction after 50m Back Winning Silver





You do you!!

Final race of Competition- Was I put in wrong heat!!!!?
50m Freestyle



Water temperature 1.3



Stone Haven, Scotland
December 2025
50 Back Gold
500m Free 4th place
50m Free Silver

European Championships Italy 2026 50m Back



Water temperature 1.4









Silver 50m Back

British Record

Bronze 100m Back

6th Place 50m Free

Secured Place for the
World Championship
Romania 2027



Sam Day - New Junior IISA GB Team Captain



- Being scared or nervous about something isn't a good enough reason not to do it
- Following that fire in your belly, it's there for a reason
- Why can't it be me?
- If you knew you couldn't fail, what would you do?