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"A team above all, above all a team"

Newsletter

DECEMBER 2007

Issue 7

Coach Licensing

As many of you will be aware, the squad is in the process of applying for Swim 21 accreditation. Being accredited will mean that Gallica is working in line with the British Swimming and ASA structure, therefore raising the profile of the squad



Part of the process requires coaching staff to be licensed, thus raising the standard of coaching nationally, and more importantly, within the squad. We are pleased to announce that our full-time coaching staff have, now, received their licenses and are now on a new pathway to furthering their knowledge and qualifications.

Long Course Training Sessions

2007 saw improvements in the squad, and started in the same fashion.



many improvements to the 2008 squad has started in very much the same fashion.

With greatly appreciated support from British Swimming, the Senior group have been given time in the 50m pool at Manchester Aquatics Centre.

This is a fantastic acquisition for the squad, and will broaden the training base for the swimmers, giving them the chance to hone their skills in a long course environment. The squad are due to start 50m training on Wednesday 16th January 2008.

Age Group Morning Sessions



As the training environment for the Senior squad improves, as does the Age Groupers. After long consultation amongst the coaching staff, it had been agreed, for the long term benefit of the swimmers and the squads, that Monday, Tuesday, Thursday and Friday morning sessions for the Coast and East squads will be combined at Fulwood Leisure Centre, Preston.

The swimmers will have Jonathan Preston and John Dougall coaching all sessions. They will also be assisted, when available, by Andy Addison, Rick Hall and Mike Robinson, who are currently working with the Age Group coaches as part of the Gallica Coach Mentoring Process.

This is a brilliant opportunity for the swimmers to get to know their team mates throughout the squads better, therefore strengthening the team bond, and ultimately, creating a more dominant force at competition time.

We are ready to start the combined sessions on Monday 14th January 2008. Saturday morning sessions will not be affected, they will continue to run, as normal, at the respective centres.

British Swimming End of Year Tour

As we mentioned in last month's newsletter, there were 5 Gallica swimmers selected by British Swimming, for the End of Year Tour, down under in Australia.

The swimmers in question were Sophie Ward, Adam Shaw, Daniel Sliwinski, Rob Bale and Josh Walsh. For Josh, Rob, Sophie and Dan, this was their first full International cap for Britain. Adam gained his second cap as he earned his first International honours representing GB at the European Junior Champs, last season.

Also gaining his second International cap, as a coach, was Gallica Chief Coach, Rob Greenwood. Rob was working with the female squad, who spent the first two weeks training in Singapore, before meeting up with the male squad in Australia.

Unfortunately, for Sophie, she had to withdraw from the squad. This was due to an injury, which required surgery, however, we are extremely pleased to report she has made a full recovery and is back in the pool getting back on track.

The lads spent all four weeks in Australia, where they had the chance to work with some top coaches, and compete against top class opposition, not only from Britain, but from all over the world. The results achieved by the lads, during the tour were exceptional, when you consider that some of the competition are either World Record holders or Olympic medalists. A performance of note was Daniel Sliwinski's 3rd place finish, narrowly behind two such formidable opponents.

When asked what they had taken from the tour Rob Bale said :-

"The tour gave me the opportunity to see how I performed on the International stage against some of the worlds best swimmers. Also, being part of the GB set up helped me develop self management skills, particularly when it came to studying around training and competition".



Daniel Sliwinski added " Being away with the team was a me. The chance to work with some of GB and Australia's understand more about my swimming, especially when it peting abroad. It was also great to get in the pool and rest of the lads at the GB Offshore Centre."



fantastic learning experience for top coaches has really helped me comes to acclimatising for com-work with Chris Nesbit and the

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ing his second GB cap Adam Shaw said " The big difference between this tour I went to the European Juniors, was that there was a lot more time to get to coaches and to bond with team mates. Being able to train outdoors was perfect tion for the competition, and the coaching I received really helped me focus going into race against some of the worlds best."

Josh

Walsh commented "The chance to work top coaches and be able to compete against the worlds best, and the fact it was on the other side of the world, was an unbelievable experience. I feel that I really benefited from working with a variety of coaches, I also liked that I was able to compete in a number of different events in a meet where the standard of competition was so high."



Having been at the meet to see how his guys had performed, Chief Coach Rob Greenwood said, "The framework within Lancashire that Dave Evitts and the network of family clubs, have put in place, has proven itself at Regional, National and now International level. The experiences that these Gallica swimmers are gaining will help pave the way for other Interna-tional hopefuls across the county. Well done guys!!

End Of Year Con't

John Atkinson, British Swimming's Head of World Class Programmes, said of the lads success, "The boys are a credit to there own clubs, to Gallica (Lancashire) and to Great Britain. The boys were prepared well for the meet, a testimony to Coach Greenwood, great job guys !!"

And Finally.....

New committee Members

keeping with the 'changes' theme to the squad, we have seen quite a few alterations within the committee. We have a new chairman, which has seen David Robinson stepping down and Martin Theaker take over. Julie Ward has left her position as treasurer, and taken up the role of Senior squad rep, with Simon Hall becoming the new treasurer. The East squad rep position is being shared between Sue Hargreaves and Tara Evitts, club secretary is Debbie Willetts and Billy Vail is new competition secretary. Social secretary is now Craig Walsh.