

"A team above all, above all a team"

In recognition of **Ambassador Greenwood**

all the great work he has done at Gallica and for helping to raise the profile of swimming within Lancashire, we are proud to announce that our own Chief Coach, Rob Greenwood, has been given the role of Ambassador for Swimming in Lancashire.

The role is in conjunction with the London 2012 Olympic Programme, which will include involvement in negotiations over a new 50 metre pool in Lancashire and a whole host of other topics aimed at making improvements across the county.

We would like to congratulate Rob on his appointment to this position, and wish him continued success.



Newsletter

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Tom Breaks More Records

Gallica and Carnforth Otters swimmer Tom Young 16 obliterated two British records at last weekends Disability Junior Nationals held at Sheffield.

Young aka 'Del Boy' smashed the record in the 50 backstroke and the 100 backstroke where he took 6 seconds off the old mark to swim a remarkable 1.12.7.

In an exclusive interview with Tom he added

"Since joining Gallica I feel my swimming has been taken to a whole new level, I'm fitter stronger and faster than I have ever been!"

Tom trains with the senior group at Gallica under the guidance of Head Coach Rob Greenwood and assisted by Billy Vail. Vail commented "Tom has worked hard over the last few months and deserves all the success he gets!"

Tom jets off to Denmark Thursday to represent Great Britain at the Danish open but his sights are firmly set on a bigger prize.

Coach Greenwood "We took the decision not to rest Tom for either the Nationals or the Danish open, we are 4 weeks away from the first trails for the Paralympics this is our focus. Breaking records now was not part of the plan, who knows what Del Boy can do when rested!"

Tom's team mates and coaches will definitely be right behind him when he attends this meet in Denmark, if only from a distant shore. Everyone knows he will put his all into representing his country and we would like to wish him all the best and hopefully see him 'trotting' back with more medals

GALLICA OPEN SESSION 2008

The Open Session at West View on Sunday 24th February, went off without a hitch and we've had some extremely positive feedback from the day.

The session was actively attended by swimmers and coaches from Preston, Chorley Marlins, Leyland Barracudas, Clitheroe Dolphins, Fleetwood, Newton Hall, Blackpool and Pioneer 79 swimming clubs.

The idea of the day was to allow the coaches and swimmers from the family clubs to experience the squad atmosphere and environment. This was done through Jonathan Preston doing a presentation on the Long Term Athlete Development structure and where Gallica fits in to this. As well as John Dougall running the pool session, where the swimmers were given tips on stroke and skill development and training habits.

All-in-all a great success, and was run very smoothly. A massive thank you to Preston Council for the venue, and to all the staff at West View Leisure Centre for setting everything up. Not forgetting a huge thank you to all the swimmers, swimmers parents and club coaches for turning up and supporting the session.

Hopefully, this will be the start of many more of these days to come. Keep an eye on the website for future dates. We would also appreciate some more volunteers if we are to do more of these days, helping with registration and chaperoning. Please let your group coach know of your availability when the next date is organized.

New Faces



We welcome a couple of new swimmers to the squad this month. They are Charlotte Britland and Connor Makin. Both of them have come to us from Pioneer 79 where they have been working under Lee Stringfellow. They are both working with John over at East and we wish them well during their time with us.

"I'm sure you'll all join us in giving them a warm welcome to the squad, and wish them every success."



Chief Coach's Column

"MEET ETIQUETTE"

With the competition part of the season fast approaching, here are some great tips for Gallica swim stars!!

Top Tips:

- ▮ **Arrive on time.** Get to a meet early enough to settle down into a 'spot' with your team and be ready with your cap and goggles on when the warm-up session starts. Meet warm-ups are often short and crowded, so it's important to be on time.
- ▮ **Be prepared.** It is best to know what events you are swimming BEFORE warm-up. This way, you can practice the appropriate starts, turns and sprints in the warm-up. Also, make sure that you have everything you need - towels, costumes, water bottle, cap and goggles.
- ▮ **Sit with your teammates and cheer.** Swim meets are the best time to get to know your teammates and build team spirit. It is also easier for your coach and teammates (relay members) to find you if they need you.
- ▮ **Stay positive.** If you have a bad swim, or you don't want to swim the events you're entered in, get over it and just do your best. "Sometimes your coach puts you in an event you do not like. You just have to do your best and not complain."
- ▮ **Bring plenty of drinks and snacks.** Know how much water you will need and be prepared. Bring light snacks to munch on, such as fruit. Don't be bringing or buying sweets.
- ▮ **Realize that relays are just as important as your individual events (if not more so).** Give it your all and help lift up your teammates (no matter which relay you're on). Swim in the relay order your coach gave you, and HAVE FUN! Also, stay and cheer on your team until your last teammate is out of the water.
- ▮ **Talk to your group coach and swim down after every event.** Make sure that you see your coach after each event to get input on your race. And if you have time, swim down between events until your heart rate is below 100. swimming down will make a huge difference in your body's ability to recover for the next race or races.
- ▮ **Respect the meet officials.** Remember that these are volunteers who want to see you get the most out of swimming. Go so far as to thank the person who DQ'd you for helping you to improve. In China each swimmer will bow before the official in their lane as a mark of respect or maybe it so they don't DQ them!!

Clean up ALL of your mess. It is important to leave your area just as you found it. Throw away your empty bottles and any other rubbish. If your teammates left a mess, go ahead and pick it up. That's what teammates are for!

Dougall's Dialogue

Don't Try To Run Before You Can Walk

This is particularly aimed at the Age certain aspects will still be applicable to Swimming is a technique dominated from it. You can't ignore it and practice and worked on well. You can have a your competitors, but if they are techni-'the edge' over you, maybe not initially,



Groupers in the squad, although the older guys too!!

sport, there's no getting away bad habits, it has to worked on, huge strength advantage over cally better, they will always have but in the long run, definitely!!

In a similar way, those who are technically sound, also have the potential to 'drop off' if their technical ability isn't honed and this takes time, patience and a large amount of practice.

I see too many swimmers, when it comes to drill sets, which we do a lot of, batter down the lengths, still jostling for position in the lane, doing the drill way too fast, and usually completely wrong.

I've purposely increased the turn around times, or removed them completely, when it comes to working skills and drills, yet a lot of people still rush them.

All of my swimmers are reminded, on a daily basis, about the quality not quantity power struggle, where we slow everything down and concentrate on developing the particular skill we have chosen, and we get it right, show that we can hold that skill when swimming full stroke, then we move on to the next skill (we have spent a whole session on one skill, as they couldn't get it right).

The point being here is that you can't, or shouldn't, progress the drill, until the first skill has been practiced correctly, and the swimmer must understand this, and maintain the correct practice, or the exercise is futile. This requires a lot of patience from the coach, as personally, watching bad technique being practiced drives me up the wall, but once the swimmer realises and becomes conditioned to the practice, of swimming slow before swimming fast, the process becomes very simple.

The golden rule is at putting some ing with bad prac-swim. Remember if



slow it down. Get the skill right, practice it right, then look speed behind it. There's no prize for finishing first in train-tices, which will inevitably transfer into the competitive the drill feels easy, the chances are, you're doing it wrong.

John Dougall

"THE TAPER"

The "Taper" is an often overused and misused term of phrase during a swimming season. The meaning of "Tapering" is controlled peaking and mental-emotional tuning up for a MAJOR competition. Its effectiveness is solely dependant on the coach swimming the athletes THROUGH less important events or at the very most reducing intensity or endurance loads. Swimmers must be guided through the season by their squad coach as tapers can be detrimental if used too often, and causing unwanted early peaking throwing off future performances. Competitive swimming usually uses tapers extending generally over 10-18 days depending very much on the individual athlete. The taper is worked out by counting back from the main event, which often means swimming through less important events during the same competition (if over several days). Tapers are also very dependant on the length and intensity of training phases (cycles). If an athlete has, because of the structure of the season only been training for a very short cycle then tapers can be reduced to 1 or 2 days. On the other hand if the athlete has had to endure a substantial training cycle then tapers can last for many days. This decision is obviously.....may I stress, a coaching one and a decision must not be reached by any one else than a collaboration between athlete and coach.

One characteristic of tapering is a reduction of the distance swum by approximately 80, 60 and 40% each third of the phase. If the competition is over several days or two weekends as for the up coming Regional Competitions, the reduction might have to be slightly less steep to prevent under training and therefore a substantial amount of training must be continued during the competition period. This kind of training is often based around aerobic levels and speed done as broken swims. For this reason athletes must be very aware of their race structure/plan so that all work done is accurate and a true rehearsal of the event.

Age group swimmers will predominantly have a 2 x 24 week season, therefore only taper at most twice into major events. Hopefully the later or final taper will be into the A.S.A National competition in July. It is vital for me to stress again that too many tapers can be detrimental to future performances and will lead to the coach being unable to predict performance times due to irregular training patterns. Quite often swimmers or parents will feel that "a night off" or "a lie in" prior to a competition will produce a great performance. This is unfortunately wrong and can lead to physical apathy during the competition. An athlete is trained and therefore unplanned rest will lead to the body adapting at the wrong point and going through changes which may lead to poor performances. Swimming in a controlled and planned way in to meets is by far the best way to secure accurate results.

Happy competing guys!!!!

Jonathon Preston