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**"A team above all, above all a team"**

### Local County Age Groups

All our age groups swimmers, and the majority of our youth, have competed over the last two weekends at the Bolton and Manchester District, Central Lancs and North Lancs age groups with their first claim clubs.

With this being the first competition after the hard Christmas programme, there is a natural apprehension amongst swimmers and coaches alike. That aside, there have been some fantastic results from the Gallica swimmers with a whole host of best swims.

With the competition calendar starting to get a lot busier, this is a great gauge for the coaches to assess where the swimmers are, and what needs to be done for further improvement throughout the rest of the season. Expect more hard work!!

Well done, next up Lancashire's!

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## Training @ Fullwood

### Team Spirit

The age group squads have both been doing early morning training together at Fulwood Leisure Centre for the past 4 weeks. The idea was brought about to make Gallica as close to being 'one' squad as possible. The feedback received from both swimmers and coaches has been nothing but positive during this trial period.

As a result of this successful trial it has been decided that the move is to be made permanent, so the home of morning training, Monday to Friday, for the age groupers will now be Fulwood. The coaches would like to thank all the swimmers and their parents for supporting the move.

### Newsletter

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### Long Course Training Manchester



The Senior squad have been training on a Wednesday morning at Manchester Aquatics Centre for the past few weeks, and has been an extremely positive experience for swimmers and coaches alike. The possibility has arisen that the pool may be available for the age group swimmers on a Thursday morning during school holidays. The session time would be 5.30am to 7.30am. Once availability has been confirmed we will let you know. Watch this space!!

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## New Faces



We have plenty of new faces to welcome to the squad.

Catherine Marcroft has joined us from Oldham Aquatics. Catherine is on the Level 2 English Talent Development Programme and will be training with Rob at the Senior squad.

Charlotte Walmsley, Katie Hands and Laura Marshall have joined us from Leyland Baracudas, Bill Timpany joins brother Sam, in the squad, from Carnforth Otters. Josh Gallagher has come from Manchester Aquatics and Bury and Elton to train with us. Alex Undrell has returned, and is joined by Lucy Rowland from Blackburn Centurions. Last, but not least joining us from Pioneer 79 is Ben Eckersley. All these guys will be training with John over at East. We welcome them and wish them every success.

# J.P.'s Jargon

## One for the parents- New and Old

While every child in the world should learn to swim, many children go on to join young squads and become involved in competitive swimming. It is at this time that they start dreaming of representing their country at the Olympics or World Championships. While it is healthy to let our kids dream, how high do we let them set their goals before we (parents-I include myself as this too, for arguments sake) get involved and bring them back to reality? Or is it any of our business?

Swimming is an exciting sport in many countries around the world. With the World Championships held every two years and the Olympics every 4 years, there are many opportunities for swimmers in all countries to compete at the highest level and be seen as role models in their country. At the 2007 World Championships in Melbourne, Australia, many world records fell and a large variety of countries represented in each final. No longer is the sport dominated by 2 or 3 countries.

So where did these swimmers start from? A large majority of them have been swimming from a young age, starting in learn-to-swim programs and graduating into junior squads, age group squads and high performance squads.

The expectations on swimmers to train hard and often with a commitment to morning and afternoon sessions the norm. When a child moves into a squad for the first time, they are introduced to competitive swimming through district or local regions and most swimming clubs belong to district or local regions and have swimming competitions against each other.

Once they participate in competitions, they start setting goals of what they want to accomplish. Many swimmers who enjoy the sport set goals to represent their country at the Olympics or World Championships. It is this goal or ones similar that provide them with the drive to succeed at a young age. Goal setting is a very important part of being successful in any sport and in life. I have observed over many years' parents who live their dreams through their kids and this often leads to an unhealthy relationship between the two, with the coach often caught in the middle. It is important that children have their own dreams and goals and are supported in trying to achieve them.

Most kids are pretty smart and they will work it out over time if their goals are realistic. It is important that they set short-term goals in place that lead towards their major goal. This is vital if they are to remain interested in the sport over time.

So I suggest you support your children with their goals and be there for them along the way. Let them dream and set their own goals and remember, always love your child unconditionally, regardless of their swimming performance.

*Jonathon Preston*



## Dougall's Dialogue

### Getting It Right - Concentration

You've heard me say it time and time again, that practice makes permanent. Good practice leads to better, and ultimately, faster swimming. We've spoken before about reverting back to habit, when we are faced with increased pressure, which in most cases is during competition.

The point I'm making is, and it's been said over and over again, is that if we get it wrong in training (practice) then it transfers into our competition swim, because we're worked up, we forget the finer points coach has just reminded us about when discussing tactics, and therefore stick with the 'bad' habits.

I reminded the swimmers, especially the disappointed ones, but not forgetting the contented ones, after a solid weekends competition, that simple things like streamlining, kicking off the wall and turns, have to be given good practice at every available opportunity. As does technique, stroke count, stroke rate and even finishing on the wall, and we have upwards of 200 lengths every session to practice these things, and get rid of the mistakes, and create good habits

Why do we do this? We do this so that, rather than pinning our hopes on everything being alright on the day, we can approach a competition swim with full confidence, that the correct practices have been done, and only good habits are being transferred. The more we practice correctly, the less we have to think, or worry, about when racing, as the habits are good, the focus can then be on swimming towards a faster time. Keep up the good practice!!

*John Dougall*

And Finally.....



Please tell your club mates about the Gallica Open Session at West View Leisure Centre on Sunday 24<sup>th</sup> February fro 1pm – 3pm. It's completely free of charge, there will be demonstrations by Gallica's International swimmers and opportunities to ask them and the coaches questions. This will be a great experience for them and will give them a chance to see what sort of training and opportunities you get day to day.

