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"A team above all, above all a team"

NW Age Groups Manchester

Newsletter

JUNE 2007 Issue 4

Gallica age group swimmers made it a double whammy over the last two week-ends following in the footsteps of our youth team by winning the North West Region Age Group Championships for the third year in succession.

Over the two weekends our gang of swimmers had some outstanding results with almost everyone achieving personal best times, a number of them achieved National Age Group qualifying times which for some are the first time in their swimming career.

The most notable achievements came from our 13year old girls who took all top three places in the 800 Free, 400IM, 200 and 100Fly events closely followed by the 11year girls who took top spot with all three medals going their way in the 200Fly.

Sophie Ward throughout the competition was in fantastic form and showed her talent by winning all 6 of the events she entered culminating in her taking top 13year old girl overall. Her great team mate and rival Sarah Lucas had some great results and came in the top 3 in 9 out of her 10 swims over the two weekends. Rebecca Fausset took top spot in her specialist events the 100 and 200 Backstroke. These three swimmers along with team mate Joanne Cutler came together to win all 3 of their relay events.

11year old Anna Hopkin left her rivals standing in the 100 & 200 Fly by taking the Gold medal from team mate Rebecca Rimmer who came through to win the well deserved Silver medals in both events. Rebecca also took the Gold medal in the 1500 meters Free and Silver in the 800 Free.

Other notable swims came from 10 year Lucy Davis who took the Gold medal in the 200 Fly, Silver in the 400IM & 200 Back and Bronze medals in the 100 Back, 100 Fly & 200IM.

Jordan Theaker showed he was now starting to find his form ready for the Nationals in July by taking top spot in the 1500mtrs Free, 800 Free, 400IM and 400 Free, Silver in the 100 Free, 200 IM and 100 Fly and Bronze in the 100 Back, 200 Free and 200 Back.

11year old Anthony Lucas was well on the road to recovery after his recent illness and proved he has what it takes by winning the 100 and 200 Back, taking 2nd spot in the 200 Free and 3rd in the 400 Free. Other medal wins came from:



Boys

Sam Timpany Silver 200 Fly, 200 IM, 100 Fly and 200 Brst

Max Butler Silver 400 IM, Bronze 200IM

Ryan Kerr Silver 800 Free

Adam Fawl Silver 100 Brst.

Justin Austin Bronze 200 Fly, 100 Fly

Ben Edwards Bronze 100 Brst, 200 Brst

Girls

Alex Undrell Bronze 400 IM

Megan Davis Silver 200 Free, Bronze 400 Free, 100 Free

Florie McLeish Bronze 400 IM, 200 Fly

Lois Vail Silver 200 Fly, Bronze 400 IM, 800 Free, 100 Fly

Joanne Cutler Silver 100 Free

Relay Team National Qualification

Girls

Boys

4 x 100 Free Team A 4 x 100 Free Team A

4 x 200 Free Team A & B 4 x 200 Free Team A

4 x 100 IM Team A 4 x 100 IM Team A



## **NATIONAL QUALIFIERS**

Congratulations to all swimmers representing Gallica at this year's National Youth and Age Group Championships in Sheffield .We have a total of 38 swimmers ,from the squads, qualifying in 147 individual races They are:-

### At the Youth Champs

<u><b>Swimmer</b></u>	<u><b>Squad/Club</b></u>	<u><b>Squad /club coach</b></u>
Matthew Greenbank	Senior/Preston	Rob Greenwood/Dave Fairhurst
Luke Marriner	Senior/Blackburn Centurions	Rob Greenwood/Malcolm Sumner
James Radcliffe	Senior/Preston	Rob Greenwood/Dave Fairhurst
Jeyda Akin	Senior/Blackburn Centurions	Rob Greenwood/Malcolm Sumner
Kaitlin King	Senior/Blackburn Centurions	Rob Greenwood/Malcolm Sumner
Daniel Sliwinski	Senior/Preston	Rob Greenwood/Dave Fairhurst
Richard Hall	Senior/Preston	Rob Greenwood/Dave Fairhurst
Joshua Walsh	Senior/Blackburn Centurions	Rob Greenwood/Malcolm Sumner
Robert Harrison	Senior/Blackburn Centurions	Rob Greenwood/Malcolm Sumner
Andrew Martin	Senior/Aquabears	Rob Greenwood/Mark Crouch
Stephanie Slater	Senior/Preston	Rob Greenwood/Dave Fairhurst
Laura Berry	Senior/Fleetwood	Rob Greenwood/Elliot Myers
Alexandra Perry	Senior/Blackburn Centurions	Rob Greenwood/Malcolm Sumner
Michael Poynton	Senior/Chorley Marlins	Rob Greenwood/Mary Parkinson
Michael Robinson	Senior/Garstang	Rob Greenwood/Ian Kirk
Lois Newton	Senior/Preston	Rob Greenwood/Dave Fairhurst
Rachel Armistead	Senior/Preston	Rob Greenwood/Dave Fairhurst
Lauren Maudsley	East/Aquabears	Rob Greenwood/Mark Crouch

### **Age Groups**

Justin Austin	Coast/Preston	Jonathon Preston/Dave Fairhurst
Sarah Lucas	Coast/Newton Hall	Jonathon Preston/Alan Harper
Jordan Theaker	East/Great Harwood	John Dougall/Craig Lord
Ben Edwards	East/Blackburn Centurions	John Dougall/Malcolm Sumner
Lois Vail	East/Preston	John Dougall/Dave Fairhurst
Elizabeth Undrell	East/Blackburn Centurions	John Dougall/Malcolm Sumner
Elliot Smallwood	East/Blackburn Centurions	John Dougall/Malcolm Sumner
Max Butler	East/Pioneer 79	John Dougall/Lee Stringfellow
Alasdair Fairhurst	East/Lancaster	John Dougall/Andy Daykin
Rebecca Rimmer	Coast/Newton Hall	Jonathon Preston/Alan Harper
Anna Hopkin	East/Chorley Marlins	John Dougall/Mary Parkinson
Tony Lucas	Coast/Newton Hall	Jonathon Preston/Alan Harper
Florie McLeish	East/Preston	John Dougall/Dave Fairhurst
Joanne Cutler	East/Preston	John Dougall/Dave Fairhurst
Rebecca Faussett	Coast/Fleetwood	Jonathon Preston/Elliot Myers
Megan Davis	East/Chorley Marlins	John Dougall/Mary Parkinson
Amy Orrell	East/Blackburn Centurions	John Dougall/Malcolm Sumner
Mark Tootill	Coast/Newton Hall	Jonathon Preston/Alan Harper
Savannah Cairns	Coast/Newton Hall	Jonathon Preston/Alan Harper
Georgina Higson	Coast/Newton Hall	Jonathon Preston/Alan Harper

## New Faces



We welcome more new faces to the squad this month, showing the, much appreciated, increased support from our network of local clubs.

Amelia and Kieran Candon have both joined us from Pioneer 79, where they have been working with Head Coach, Lee Stringfellow and his team who have done a great job.

Following solid work with Gavin Butterworth and the team at Blackburn Centurions, we welcome Katie Jepson, Abby Duckworth and Kieran Ward.

We also welcome Antony Evitts, who is son of former Gallica Chief Coach, Dave Evitts, now North West Age Group Development Officer. Antony joins us from Horwich Leisure Centre and Bolton Metro Swim Squad.

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

## Special Message from Your President

### **The message**

To the roughest, toughest, baddest team in the Country. Get out there in Sheffield and own that pool!!! Walk tall and look your competitors in the eye. You're the best prepared team with the greatest individual attitudes and we will break more records than ever before. Chew up the opposition and show them no mercy. Fight for every place and let no team-mate down!! Only speak positive words and never put a fellow team-mate down.. Most of all enjoy the journey and make some memories.

Good Luck  
Steve Parry



## Dougall's Dialogue

You'll have heard it too many times by now, when I'm talking about getting your feet past the flags and not breathing out of the turns on fly and freestyle, that practice makes PERMANENT.

When I ask the question, what does practice make, the answer I normally receive is, perfect. This is only true if the stroke or drill is done correctly. If the practice is continually done with poor technique, then the stroke is in danger of becoming permanently flawed, and less efficient.

How do we prevent this? A good start, or practice is to make every length you swim, in training, count. Training is the time to put the flaws right, and get out of the bad habits. I say this because when we swim in a competition we revert back to habit, and if the habits are bad, for example, not kicking off the wall or poor turns, then this will transfer to the competition swim.

Now, if the bad habits are replaced with good upon thousands of meters, the transfer to our few should result in a more positive performance. I say poor technique that can and will influence com-



ones, in training, where we cover thousands hundred or so meters in competition, should as there are other factors other than petition performance.

You might be asking yourself "well how does this relate to me?" The question you need to ask yourself is, and you need to be truthful here, is Do I make every length, in training count? If you do, then you've very little to worry about. If you don't then you need to!! More concentration and commitment to do the tasks correctly is a step in the right direction. The coach will write the session for you, and give you the points to work on, but they can't get in and do the work for you, that's up to you!! **To see an example of someone who was successful at breaking the habit click the link.**


*John Dougall*

# J.P.'s Jargon


## Psychology factors affecting performance

If I may, I would like to start this article by reflecting back to my age group article some weeks ago now. This is just to remind ourselves that as age group swimmers, we are growing all the time. Granted, we have periods of slow growth and periods of accelerated growth, a massive part of pursuing your goals is to continue to accept yourself throughout the ongoing growth process. We must never mentally give up when we have the inevitable bad performance; rather, we except and move on. This ability to be continuously persistent and understanding, will allow us as individuals to “bounce back” or to have “bounce back ability”

A lack of focus in sport can also be a cause of a poor performance. When at competitions, you have to be totally connected to the task in hand. Where your performance becomes your only thought, your connected and at one with the event. This has to be so real and so intense that nothing else matters or exists. How many of you can honestly say that you focus strong enough at every meet? Probably not many. We must not allow our bodies to lead the swim or go on to auto pilot, this would inevitably end in performance. As I mentioned in the last article, the ability to step into a is the ability to step into total focus. Try sitting on your own away from tions with some favorite music on (not Thrash metal though). Get in a position possibly in front of a table with your hands palm down. This can your eyes open or shut; this depends on your own ability to relax. Think of a really special event that made you very, very happy, keep focusing until you get a heightened sense of euphoria and a tingling up the spine. At that point noticeable, at a swim meet ment of eupho- this technique focus and moti-



an ad-hoc “golden circle” any distrac- comfortable be done with



squeeze your finger and thumb together until they are really tight and very then hold for one or two minutes; after this point relax. when you are next try squeezing your finger and thumb together to take you back to the moria and this should temporarily lift you to that feeling again. Hopefully will put you in an exceptional place just before you swim, pin pointing vating you highly. This may take a few attempts and may never work, but it is definitely worth a try. Please bare in mind this is only one technique and plenty more are available in some very good publications (coaches would be happy to recommend)

All performances are both a physical and mental effort and we must never loose this thought as without the two elements we are in a swim lottery.

*Jonathon Preston*

## And Finally..... Guess Who?



Well what a fantastic season Gallica has had so FAR! Topping the point's board yet again at the regional age and youth championships showing what depth and talent we now have within the programme.

I have seen the club go from strength to strength this season with many other areas in the country talking about establishing their own Gallica's. We as coaches you as parents/swimmers should be proud of what we/you have built within Lancashire, with the help and support of our family clubs, and councils we work with, we will endeavour to strengthen and grow the programme to continue giving swimmers of Lancashire the opportunity to fulfil their potential.

Those who are not swimming at this years Nationals have the Fast water meet to look forward to, those who are swimming Nationals should use the FW meet as a dress rehearsal for the national champs, by ironing out faults and practicing there race tactics in an as real environment as we can create. Remember your preparation over the coming weeks will be your key to great performances.

Good luck to all our swimmers this summer whether they are swimming FW meet the Nationals or to Wardy at the EYOF, "GOOD LUCK."

*Rob Greenwood.*