

*The Chairman– David Robinson*

Welcome to the first ever Gallica newsletter. As chairman of Gallica I am very proud of the progress we have made in the last two and a half years. This newsletter and our new look website are the culmination of a lot of hard work from the various committee members, coaching staff and dedicated volunteers.

I always like to think that we are constantly making progress and these new initiatives are testament to that. On the swimming front, which is our number one priority, we are all delighted that Sophie and Steph have been selected to represent England Schools in

Dublin this month. These are the first international honours for Gallica since Lauren Newton won gold in the Deaflympics at Melbourne 2005 and I sincerely hope and believe they will not be our last. It is amazing to think that our swimmers are making such strides, but then they fully deserve it because of the total commitment they show to their training and the manner in which they respond to guidance from the coaching staff. They are a great example to all our younger athletes. These swimmers are only the tip of the iceberg when it comes to talent though. I firmly

believe that all our swimmers can go on to achieve great things. There is no reason why Sophie, Steph should be complacent and I am sure they won't be. They know that everyone who trains with Gallica is striving to achieve their own personal goals and the competition and support that each swimmer gives to the team is the reason why these representative honours have been achieved. *Sophie and Steph could not have achieved anything without the support and encouragement of their team-mates and training partners within Gallica*. Over the next few months we have some important meets to look forward to and I hope you will all do everything possible to give every Gallica swimmer thinking, working, training

and most important of all swimming, *as a team* across all our squads. Each swimmer's personal success is something everyone within Gallica should celebrate as equals.

*David Robinson*

**Inside this issue:**

Chief Coach's Column	2
Dougall's Dialogue	2
New Faces	2
Good Luck	2
Big Thanks	2

**Special points of interest:**

- ◆ Coming soon Swimmer of the month
- ◆ Visit the new website
- ◆ See The new range of Kit

***New Coach***

As many of you may know by now, we have a new coach at the East Squad.

John is a former International swimmer and National Champion, and has been helping out at East since September last year. He has been providing cover not only with East, but also with the Seniors, completely voluntarily.

John's hard work finally paid dividends in January when he was

when he was offered the position with the East Squad.

John said recently "I would especially like to thank Rob for all his help and insight in getting this position. I would also like to thank Dave Evitts for his help and all the members and parents at East for their support, over the past few months. I'm fully committed and relishing the challenge at East".  
GOOD LUCK JOHN

***We have some new Squad members!!***

Daniel Sliwinski has joined Rob's squad, from Manchester Aquatics. Daniel is a National Youth Championships medallist, and definitely one to watch.

We also have Sam Timpany from Carnforth and Alasdair Fairhurst from Lancaster, at East squad, who both enjoyed personal best performances at the North Lincs recently.

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

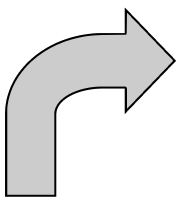
*"Once you're on that block nothing else but the race matters"*

***New Admin Assistant***

We would also like to welcome to the Gallica team, our new Admin Assistant, Debbie Radcliffe.

A big part of Debbie's new role will involve arranging entries to competitions for Gallica swimmers, and day-to-day chores involving lots of forms, letters, e-mails and information gathering. We wish her well!!

Debbie has a huge job on her hands at the moment, no not having to cope with Rob, Jonathon and John, but as we push for Swim 21 accreditation, Debbie will be working tirelessly with Julie Ward, Pete Higson and Jan Glynn, to get all the necessary information and paperwork ready to be submitted in April. Please make their jobs easier by returning all information well in advance, and we'll all reap the benefits!!



## Dougall's Dialogue

**It's here!!!** The new website is with us, it's at the same web address, it's just replaced the old one.

We really must say a huge thank you to **Doug Neil** for setting this up. He really has pulled out all the stops on this one. It's much brighter, has far more information, and above all is much easier to use. It will include the all new swimmer profiles, this week belongs to Josh Walsh, have a look, leave some comments, and get your profile forms in if you haven't already done so, and next week....IT COULD BE YOU!!

I recently met with all the parents and swimmers at East and shared with them my aims and objectives for the squad. I used the analogy of 'building the engine'. What I meant by this was preparing the age group swimmer for the next stage along the LTAD pathway, using the example of how car engines used to have to be run in for a few thousand miles before they reached optimum performance. Now don't panic! I won't be doing ridiculously long sessions to reach the thousands of miles target.

However, to compliment the water time programme I've worked with Rob and Mick Edwards in developing a land based programme for the squad.

A huge part of any swimmers arsenal is their core strength and their flexibility, and this programme specifically targets these areas, and the earlier we can implement these practices, the likelihood of injury will be significantly decreased, therefore, less time is spent out of swimming and the chances of set goals being achieved are increased.

Mick Edwards, very kindly, donates his time every morning taking a poolside warm up, and every Saturday he takes the land training session at Shadsworth. Mick and myself will be working closely to develop the land programme so that by the time any swimmer is ready to move on to the Senior Squad, the 'engine' is fully prepared, not only from the programme I have delivered during water time, but also has the strength and flexibility to cope with the next level of training.

I am looking to add an extra land training session during the week, after training, in the next couple of weeks, .....so watch this space!!

## Chief Coach's Column

### Why do we do certain swim meets?

At the start of each season the Gallica Coaches meet down in Shadsworth boiler room to discuss the season ahead and reflect on the past season, we try and take what was good from last year and build it into this season and where possible take the bad out.

Planning a season is very difficult "where do you start?" We start from the last swim meet of the year and work backwards adding the swim meets that fit with the Gallica plans and strategies.

There are many factors to take into consideration as to why we do certain meets, for example some swimmers recently travelled 5 hours to Swansea to race in a 3 day meet when we could have waited or raced in a meet closer to home, why?? Doing the same meets racing the same people every season is not good it de-motivates and makes the swimmer complacent every swimmer needs to be exposed to a new racing stimulus every season, if for example you have an athlete that does the same meets every season and through no fault of their own gets beaten every time maybe due to age on the day or standard of swimmers at the meet he/she will never learn the skill of WINNING!!.

We try and plan our year at Gallica our athletes to grow physically but also as swimmers expanding their skill set, giving them the tools that some day may help them at the ultimate swim meet the Olympic Games!! We plan the year so our swimmers learn the skills of winning, losing and racing tough against people younger/older than themselves, we may ask the swimmers to go away as a team without their parents, sharing a room with someone on your team you may not know or sharing with a close friend is a skill in itself. If an athlete learns to take responsibility at an early age for

their own performances i.e. not stay up all night chatting (I have been on swim meets abroad when swimmers have lost international medals because they had never been away as a team before and therefore never shared a room with another swimmer) and once a swimmer realises their own performances is in their hands a better athlete is born!!!

There are many other reasons why we do certain meets for example a meet may fall at the end of a cycle of training or a coach wants a swimmer to race through heavy training or maybe race a specific person, but I don't want to go into detail on these subjects please speak to your group coach if you have any more question on this matter and trust his judgement and knowledge!!

## Rob Greenwood



John has asked me say a big thank you to Jan Glynn, Stuart Cutler and Steve Heaps for their help and input on poolside, it is greatly appreciated!!

Also, a Good Luck message to all Gallica swimmers who are competing at the GB Championships in March.

They are:-

Joanne Cutler – Preston  
Sophie Ward - Fleetwood  
Josh Walsh – Blackburn Centurions  
Rob Harrison - Blackburn Centurions  
Andy Addison – Preston  
James Radcliffe – Preston  
Rebecca Faussett – Fleetwood  
Stephanie Slater – Preston  
Daniel Sliwinski – Preston

Very best of luck guys!!!!