



www.gallicaswimming.co.uk

"A team above all, above all a team"

OLYMPIC TRIALS 2008



We talked about World swimming moving on in the April 07 newsletter, and nearly 12 months on, it has taken another huge leap forward. Since the middle of February 19 World Records have been set, and we still have the U.S Olympic trials, the Chinese Olympic trials, and the North West Regions to go, before the greatest sporting spectacle of them all – the Olympic Games in Beijing.

Many of these World Records can be attributed to advances in technology, namely the Speedo LZR, Arena R-evolution and TYR's new paper race suits. At the recent Australian Olympic trials, 6' 2", 13 stone Eamon Sullivan (no giant by any stretch of the imagination), broke the 50m Freestyle World Record (watch it on youtube) in an incredible time of 21.28 seconds, smashing Alexander Popov's previous World mark of 21.64 seconds, showing that anything is possible.

This was the catalyst for a plethora of World Records to be smashed. This trend continued at the European Championships, where more records fell, and Britain's swimmers followed suit by raising their game at our own Olympic trials at Sheffield.

The final preparation phase of Gallica's youth swimmers, otherwise known as the taper, began 3 weeks ago, for some, before the start of the meet. As mentioned in JP's article on "The Taper", one of the main factors to this phase, is belief/confidence, this is also linked to their physical state as well. The Gallica elite, didn't just get it good, they got it great.

Chief Coach Rob Greenwood, "Our athletes have always been better prepared and more professional, and leading into this British Champs, there was no exception."

World swimming has moved on and we have moved with it. Last season saw Gallica's Sophie Ward become European. Last season saw Gallica's Sophie Ward become European Youth Olympic Champion and Tom Young break 3 British S8 Class records. In the 07/08 season Daniel Sliwinski (Preston), Rob Bale (Carnforth Otters), Adam Shaw (Chorley Marlins), Josh Walsh (Blackburn Centurions), Tom Young (Carnforth Otters) and Daniel Coombs (Chorley Marlins) (Sophie Ward (Fleetwood) selected, but unable to compete due to injury) make a 6 fold increase in Gallica International honours, with only half the season gone.

The aim at the Trials were personal best times, and Great Britain selection for any of the following:- World Youth Championships in Monterrey, Mexico, European Junior Champs, Belgrade, Serbia, Junior Commonwealth Games, Pune, India and the Tri-Nation International, Quebec, Canada. With selection for these meets coming from heat swims only (except Tri-Nations) the pressure was on to perform to their potential. A lesson for our future Internationals from this is don't try to take the easy route into finals, learn to swim fast in the heats,

YOU WILL NEED TO ONE DAY!!!

Newsletter

MAR 2008
Issue 10

New Faces



We have a couple of new members starting with Coast squad this month. We have Danny Davies who has come from Blackpool S.C, joining his brother Todd, after working with Kath Turner. Also, on board is Bradley Wallbank, who is a Fleetwood S.C swimmer and has been working with Elliot Myers and the team over there. Welcome aboard guys!!!

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

15 year old Catherine Marcroft (Oldham S.C) had the swim of her life, with a previous best of 4.25 for the 400 freestyle, dropped 5 seconds, posting a time of 4.20.32, gaining selection for the European Junior team.

This opened the floodgates, for her team mates to book places on teams. Rob Bale, selected for European Junior and World Youth Champs, for 50 freestyle, 23.80. Rob also qualified in the 100 freestyle, with an impressive 50.98. However, Rob's swim of the Champs came in the 200 freestyle, where he smashed the English 18 and under record, posting the 3rd fastest time in the world for an 18 year old, touching home in 1.49.28 WOW!!

Team mate Daniel Coombs, now swimming with Loughborough University, clocked a time of 1.48.92, narrowly missing Olympic qualification by 1 tenth of a second, but secured his place on the Canadian Tri-Nation meet.

Daniel Sliwinski, moved youth Breaststroke swimming further on by setting no less than 2 British 17 years age group records in the 100 and 200 breaststroke. Whilst setting the new 100 breaststroke record Dan posted the fastest time in the world for an 18 years and under swimmer. Dan was also the only youth male swimmer to make an A final at these Championships, with the exception of some of the British Offshore team. In Dan's press conference he commented "since coming to Gallica just over a year ago I have improved my 100m breaststroke pb by nearly 4 seconds. I've got great team-mates and a great coach in Rob, and Billy Vail does a fantastic job dragging me in during the assisted speed sets"

There was another near miss in the Mens MD 100 backstroke where Tom Young, already the British record holder for this event, smashed the record in a time of 1.13.67 in the heats, half a second outside the Paralympic qualifying time. From there Tom then lowered the record ,once again, in the final, clocking 1.13.56, just 4 tenths of a second away from qualification

Coach Greenwood "We went into this meet with the intention of swimming fast and gaining more International honours, we achieved this and it feels fantastic, but in hindsight, with Dan Coombs only a tenth off, Rob Bale and Tom Young only 4 tenths off Olympic selection, maybe we should've made the dream of swimming at the Olympics a goal".

A big well done to the entire Gallica team- parents, swimmers, committee members, coaching staff and the wider family club network.

BRING ON THIS SUMMER AND 2012