

## Manchester Open Triumph

A strong team of swimmers from Gallica traveled to Manchester Aquatics Centre to compete against some of the best swimmers in the country. Everyone swam well and the team won the event by a significant margin.

We had some fantastic individual swims and many of our swimmers improved their season's personal best times Gallica have now won this event for the third year running, a great achievement for the squad.

### Gold Medal Winners:

Jeyda Akin, Anna Hopkin, Kaitlin King, Sarah Lucas, Lois Newton, Alexandra Perry, Stephanie Slater, Sophie Ward.

Andrew Addison, Justin Austin, Alasdair Fairhurst, Adam Fawl, Richard Hall, Anthony Lucas, Andrew Martin, Daniel Sliwinski, Jordan Theaker, Joshua Walsh.

### Silver Medal Winners:

Rachel Armistead, Joanne Cutler, Harriet Doyle, Kaitlin King, Sarah Lucas, Lois Newton, Alexandra Perry, Lois Vail, Sophie Ward. Andrew Addison, Andrew Martin, Michael Poynton, Daniel Sliwinski, Jordan Theaker.

### Bronze Medal Winners

Jeyda Akin, Rachel Armistead, Megan Davis, Sarah Lucas, Amy Orrell, Stephanie Slater, Lois Vail, Benjamin Edwards, Alasdair Fairhurst, Adam Fawl, Richard Hall, James Radcliffe, Elliot Smallwood, Jordan Theaker.

Gold	Silver	Bronze
35	18	21
Total Medals		74



### Top 3 team points totals:

Gallica	764.50
Borough of Kirklees	510.00
Stockport Metro	464.50

## No Frills Meet SHEFFIELD

Certain squad members travelled over to Ponds Forge for the City of Sheffield No Frills Meet.

The highlight of the meet, for Gallica, came in the 800 freestyle event. Sophie Ward broke the 9 minute barrier, going 8.57.73, a massive pb and in the same heat Kaitlin King achieved a seasons best performance of 9.12.22.

These swims were preceded by outstanding performances from Liz Undrell (9.38.77) and Lois Vail (9.34.84) who both smashed their best times and were well under the national qualifying time for the event.

There were also personal best swims from Naomi Clarkson, Charlotte Edwards and new squad member Lauren Maudsley, with good swims from Shannon Loder and Justin Austin in their events.

## Newsletter

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### Sophie' Selection

Gallica's Sophie Ward (13) has been nominated to represent GB at the European Youth Olympics to be held later this year.

Sophie is only the second Gallica swimmer to be selected for a major British International team call up following in the footsteps of Daniel Coombs who was selected for the European Junior British team last year in the 200 IM and the 4 x 200 relay team.

Sophie is in an elite squad of 16 young swimmers who have been nominated to the British Olympic Association (BOA) for consideration for selection to the European Youth Olympic Festival (EYOF) team.



The 16 youngsters aged 13 to 16 achieved selection times at the British Championships last month in Manchester, and will be hoping to make the cut when the final team list is announced in June. Ward has been nominated for the 100m Butterfly, 200m Butterfly, the 4x100m and 4x200m medley

*Chief Coach Rob Greenwood also received recognition as he received his first National Coaching call up when he was selected as Assistant Coach for the Squad where he will take charge of the girls in the team.*

# NW Youth Championships

With a number of our youth swimmers missing out at this event due to illness the pressure was certainly on for everyone left standing who competed at the recent North West Region Youth & Long Course Championships.

Every swimmer from the outset showed their true grit, with mountains of determination and some fantastic swims yet again Gallica managed to climb their way through to take "Top Club" spot for the third year running.

A number of our swimmers achieved National Times with our seniors also achieving qualifying times for the Long Course Championships to be held in conjunction with the National Youth Championships in July at Ponds Forge, Sheffield.

Top 6 team overall points results:

1 Gallica SC	298
2 Stockport Mo	254
3 Co. Salford	236
4 Wigan BEST	135
5 Co. Manchester Aqu.	129
6 Oldham Aqu.	124



## Chief Coach's Column

*"This is a checklist athletes use on the British Swimming teams. Preparing correctly for major meets and not leaving anything to chance should be part of every young athletes normal routine".*

- If traveling during this period, make as few changes as possible in both your daily/weekly schedule and lifestyle. Avoid contact with people with colds, sickness, etc or negative people.
- If traveling, pack your swim training equipment and costumes on the top of all other clothes for easy access so that you can get to them quickly and easily, as it is quite likely that your coach will want you to swim either just before or just after you travel.

Travel light – take only what is needed to look professional but comfortable and to swim fast. Ensure you have your competition necessities with you in your hand luggage

- Have spares of all competition swim wear (caps, goggles, costumes, etc)
- Confirm if any medicines taken are allowed under the current drug policy.

- If the meet is in a hot climate, fill your sink or bath tub/shower recess with water so that there is moisture in the air, as air conditioners tend to dehydrate the air. Open a window if air is clean – avoid air conditioning colds.
- Keep a glass of water beside your bed and take a sip or drink each time you wake during the night if you are in air conditioning, either cooling or heating.

## New Faces



We have more new members to the squad this month!!

They are:

Rob Bale from Bolton Metro/Carnforth Otters, who is working with Rob Greenwood in the Senior squad. Rob will be competing in this year's National Youth Champs.

Lauren Maudsley who's come from Aquabears in Rochdale. Lauren is training with John at East squad, and is also competing at the National Youth Champs.

We also have Ewan Smallwood at East who's come from Blackburn Centurions. Ewan is just beginning his swimming 'journey' and we look forward to his performances in the new season.

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

- Have a minimum of two drink bottles plus post competition snack ready for each day. Keep your drink bottle clean and do not allow anyone to use yours or you to use anyone else's. If traveling to foreign countries, take a box of your favorite breakfast cereal.
- Professional athletes always have their own personal training equipment, whether at home or on meet.
- Alarm clock – install new batteries. A battery powered one is not subject to power failures or a different power supply.
- Keep your sleeping habits the same as you would at home, especially if you are staying in a hotel where you will not want to be distracted by your team/room mates or constant television or other noise

- Own individual pillow (as there are many kinds available – feather down, foam material off cuts, etc). This one item determines the quality of your rest and sleep and it can also avoid any allergies to different content of pillows.
- Earplugs – be accustomed to sleeping with these just in case of a noisy roommate or noisy neighbors/environment.
- If you are going to a competition that will require large amounts of walking, find a pair of good shoes commencing five weeks prior to meet.



good shoes commencing five

- Get quality rest and relaxation. Understand that being nervous is normal.
- If using a personal music player, keep spare batteries and have both relaxation and motivational music available.
- Understand negative athletes never achieve. Do not mix with negative people.
- Avoid overexposure to the sun.
- Support the team effort whilst maintaining your individual goals.
- Practice vivid visualization skills every day, i.e.: visualize yourself in your “mind’s eye” attaining the goals you have set yourself. Swim your perfect race in your mind.
- Make the environment work for you and do not become a victim of the environment.

*Rob Greenwood.*

## Dougall's Dialogue

### Stay and Support

Gallica, as a squad is going from strength to strength, and enjoying great success in the process.

As we strive for greater success, we recognise there are areas in which we, as a squad, need to develop!

One area, we've noticed over the past few competitions, that needs development, is how we support our squad.

To make a final as a swimmer is always a special achievement, but without swimming the heat to begin with, there's little chance of getting there, sometimes the heat IS the final, and team support is important at all stages.

As a swimmer, nerves can play a big part in behind the blocks waiting to start, they are at their highest.

One thing we can do, as a squad is let those great support base behind them, and all we have waiting to get on that block, regardless of

Believe me when i say that the lift you get in ers on the balcony cheer when you're about to

When we're away at a competition, we need to show this support for our team- mates, we know the weekends we're away, and that should be the only focus, so that swimmers are relaxed and don't feel pressured to 'swim and go' right after a race, and neglecting their team, as their mates will have been supporting them throughout their race!

A prime example of this is during the televised coverage of the Olympics, Worlds, Commonwealths, when the camera pans round the arena to the teams, the full team is there supporting, yet there may only be 4 events that session, with 4 swimmers competing.

Now, unfortunately, life as a swimmer at competitions invlves a lot of time sitting on poolside not doing a tremendous amount, but this is something a swimmer must get used to and develop skills to cope with this. However, the monotony can easily be broken by standing up and cheering on you team-mates during their swims, as they will be doing for you!!!



influencing your performance, and when you're there most influential, as at that point the feel-

swimmers know they are not alone, and have a to do is applaud and cheer when the swimmer is whether its the heat or the final.

hearing your team-mates on deck and support-swim is amazing.

*John Dougall*

# J.P.'s Jargon

## Dive starts

The dive start is a critical component of swimming performance. This is especially true for the shorter distances where the start has been estimated to contribute up to 30% of the total race in the 50m sprints. A small improvement in starting performance can potentially lead to substantial improvements in the event placing. Therefore we must take this part of our race preparation seriously, and never just stand up and take it for granted.

In current international competition, the grab and the track starts are the most commonly used starting techniques.

## Grab start

In this position, the swimmer's centre of gravity is placed as far forward as possible. This results in only a small forward displacement of the CG being required for the body to effectively generate forward propulsion. The arms provide stability and support for maintaining balance. On the starting signal, the hands pull downward and let go of the block. As both arms are swung straight out towards far end of the pool, both legs drive powerfully and simultaneously off the block. Back muscles are found to be vital, to allow a more powerful extension of the body to occur after the starting signal. Main contributors for the take-off are the knee and hip extensors. So, working on back flexibility can position prime moving muscles in a far more efficient position.

## Track start

The track start simulates the sprint running start which requires an initial rear leg drive, followed by a front leg drive. Upon mounting the starting block, the swimmer places one foot near the back of the block, while the other is positioned so that the toes are curled around the front edge. The front leg provides greater contribution of the total propulsive force and, hence, should be the dominant leg of the swimmer. On the "take your mark" command, swimmer grasps the front edge of the block with CG well balanced towards the front edge of the block. On the starting signal the swimmer initially pulls on the block with the arms as well as driving forward with the rear foot. Once the CG passes over the front edge of the block, the front leg dominates force production.

As a swimmer pushes off the blocks, force is generated and applied against the starting block. According to Newton's 3rd law, there is an equal and opposite reaction force applied back to the swimmer that is used to generate velocity at take-off. Downwards force application into the blocks will accelerate the body in vertical direction (increased height) and directly backwards to generate propulsion in the forward direction.

## In summary:

- There does not appear to be a superior block starting technique, with the grab, track both comprising of a level of trade-off between the time spent on the blocks and the velocity generated.
- Increasing the amount of dive start practice significantly increases dive start performances.
- When entering the water we want to limit the imaginary hole to the smallest diameter we can make. The entire body should pass through the hole to enhance the speed generated from the block. An optimal projection angle will vary slightly between people and has not been quantified for the dive start.
- For those swimmers with a large asymmetry in terms of force production in the grab start (one leg produces significantly more force than the other), it may be worthwhile changing to a track start with the dominant force producing leg forward.
- For swimmers who are very explosive and symmetrical in their force production, it may be worthwhile changing to a grab start where they can produce very high force levels in a short period of time.
- Streamlining is essential at entry and throughout the glide phase where the velocity the swimmer experiences will be the highest of the race. Deviating from a streamlined position will result in a dramatic reduction in speed.
- An efficient dive entry and appropriate timing for underwater kicking and stroke resumption is also required to maximize the starting performance.

## Finally some psychology;

When standing behind the block before the race, try and focus on a positive experience (not necessarily related to swimming) that gives you a surge in adrenaline. Practice definitely helps with this tool. When you feel this tingling, step forwards in to an imaginary golden circle and wait for the starters signal.

## Happy starts

*Jonathon Preston*

## And Finally.....



Continuing on the team support trend, there are some people that deserve special recognition. Once again, Doug Neil for his continued improvement to the website, it gets better and better and is so easy to use!!

Also, a huge thank you to Steve Heaps and Jan Glynn for providing cover for John at the weekends when he was away.

Not forgetting the tireless efforts and support from Cheryl Brazendale, Billy Vail, Mick Edwards and Stuart Cutler, who provide valuable support on poolside and cover when called upon.

A huge thank you goes to these people from Rob, John and Jonathon, your support is greatly appreciated!!

