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"A team above all, above all a team"

Gallica 'Young' Gun Breaks British Record



16 year old Tom Young, the newest member to the Gallica senior squad who has recently been selected for the 2008 British Swimming World Class Disability Programme competed in the Nationwide Short Course Swimming Championships held at Ponds Forge, Sheffield on the 3rd & 4th November 2007.

Tom who swims in the S8 category specialising in the Backstroke events topped off a great weekend by breaking the British Short Course record for his age and category in the 100mtrs Backstroke. This record had stood at 1.18.65 since 2000, however Tom knocked an amazing .65 off this by coming in on a time of 1.18.00.

Toms results overall were enough to secure the Outstanding Individual award which was sent to him on the Sunday at the end of the competition.



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Daniel On International Call Up For GB Squad

19 year old Gallica member Daniel Coombs has yet again been selected to represent Great Britain, this time at the European Short Course Champs in Debrecen Hungary from the 13th to 16th December 2007.

Although Daniel is now training full time with British Swimming in Loughborough, he still returns to Gallica when he can to train with the senior squad.

Daniel a well established Gallica member just seems to be going from strength to strength and is obviously making a name for himself in the swimming world with some fantastic results both for British Swimming and Gallica over the past 3 Years.

Newsletter

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Gallica Swimmers go Overseas

5 Gallica swimmers have been selected to represent GB for the End of Year Tour to Australia. The swimmers being recognised for their achievements throughout the year are, Sophie Ward, Robert Bale, Adam Shaw, Daniel Sliwinski and Josh Walsh.

The lads will spend 4 weeks in Australia, where they will train, do a few sessions with the team at the British Swimming Offshore Centre, and compete in the Queensland State Championships.

Sophie, will spend the first 2 weeks in Singapore, with Gallica chief coach Rob Greenwood, who has been selected onto the coaching staff for the tour. They will then travel to Australia and join up with the lads for the State Champs.

This is a fantastic achievement and opportunity for all concerned. A huge well done and best of luck over there.



And Finally.....

Training Through the Winter Months

We're going through it.....and it's tough!!!

It might well be the hardest training you do as a swimmer. It's the time of year we do a lot of long distance work with not a lot of rest, we might do drag training, we might do extra work in the gym, but overall the work will be hard.

What doesn't help is the fact that it's pitch black and usually cold when we get up in the morning to come training. Then we go to school, college, possibly even work, and to round the day off we come back to the pool in the evening and train some more...oh and it's cold and dark when we come out after the session too.

So, the general state of play is hard work, and it's cold and dark. The hard bit here is looking on all this in a positive light, and not lose focus on why we do this work. As mentioned in last month's article about morning training, I used the cliché of nothing worthwhile having comes easy, and the phrase has never been more true in relation to this; but as many of you are starting to notice, is that the work is beginning to pay off, and will continue to do so throughout the season, but you have to keep pushing on, don't relax there's still much to do!!!

WELL DONE GUYS!!! STAY POSITIVE AND KEEP FOCUSED