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"A team above all, above all a team"

World class selection



Thomas Young (16), Sophie Ward (13) & Rob Bale (17) from Gallica's Senior/Youth Squad have all been selected for the prestigious British Swimming World Class programme.

Tom has been selected on to the British Disability Swimming Funded World Class Development programme and competes in the S8 category whilst Sophie and Rob have been selected on to the British Swimming World Class Development Programme.

These programmes are aimed at swimmers who are considered to have the potential for podium success at World level in 4 to 6 years time.

All 3 swimmers will receive financial assistance. They will also receive full medical and science back up from the English Institute of Sport who have provided Matt Cook to help out once a week as their strength and conditioning Coach.

Tom and Rob both started their careers at Carnforth Otters whilst Sophie started at Fleetwood.



Newsletter

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New Faces



A new season has brought quite a few new faces.

A special welcome goes to:-

Lewis Peach (Blackpool)

Madeline Brownsword (Blackpool)

Stephen Marshall (Blackpool)

Lucy Whalley (Blackpool)

Samantha Kaye (Blackpool)

Todd Davies (Blackpool)

Jon Kirk (Garstang)

Lauren Kemp (Garstang)

who are all training with JP and the rest of the Coastal squad

We also welcome:-

Laura Marshall (Leyland Barracudas)

Katie Hands (Leyland Barracudas)

Bill Timpany (Carnforth Otters)

Lucy Rowlands (Blackburn Centurions)

who are training with John and the East squad.

We hope you all enjoy your time with us at Gallica

Presentation Evening

Gallica Presentation Evening

The first Gallica presentation took place at Salwick Club and went off without a hitch. A huge thank you must go to all the swimmers and parents who turned up and supported the event. Special mention must also go to Debbie Willetts and Julie Ward for organizing the night, and to DJ extraordinaire Jan Glynn for providing the entertainment for the evening.

The purpose of the evening was to recognize some of the remarkable achievements from the swimmers last season across the 3 squads.

Swimmers swimmer of the year were:-

Coast - Jack Stanney,
Justin Austin,
Sarah Lucas and
Decia Mortimer

East - Mattie Hargreaves
Senior - Josh Walsh



Squad swimmer of the year were:-

Coast - Jack Stanney
East - Jordan Theaker
Senior - Josh Walsh and Mike Poynton

Gallica swimmer of the year:-

Sophie Ward

These swimmers helped Gallica to another fantastic season, but we must not forget the contributions from all the other squad members, including poolside helpers, coaches and chaperones, and everyone else who has donated time to the running of the squad.

Chief's Tips

Confidence is the key to punching above your own or others expectation levels.

Confidence for swimmers is knowing that you could not have done any more in preparation. When you're in the call room minutes away from the spotlight the pressure and of course, the pain ,this is the time you ask yourself "have I done what has been asked of me? Have I done more than was asked"?

If any doubt over a performance is going to come its at this point. Long after the positive words of parents or of teammates and even after the coaches last word, the swimmer who succeeds at the top level can answer the above question with the reply and full of confidence, yes I have done all my sessions, yes I have worked well in them yes I have done more than my coach has asked.

The swimmers we have within our programme are the very best the county has to offer and knowing that you are part of a winning team that understands what it takes to develop a winner should bolster a swimmers confidence.

Definition of a winner " someone that has the ability to raise above expectation levels in a pressure situation"

Swimmers ask yourself this simple question "what have I done today in the pool that's made me a better swimmer?" if you allways have an answer for the above then your moving forward!!

Rob Greenwood.

Dougall's Dialogue

Why do we do early mornings?

Yes they are hard work, and please pardon the cliches, but nothing worthwhile having comes easy, and no pain no gain. Sorry, but it's very true, early mornings are a fantastic aid to the swimmers development, and shouldn't be looked at as anything else!

The first few weeks of early mornings will be tough, as you get used to the new routine. However, once the body and mind adapt to the early start, there are lots of benefits. All swimmers I speak to about how they feel after a morning session say virtually the same thing; that they feel more alert and that it sets them up for the rest of the day.

This will not only have a positive effect on their school or college life, but will also help greatly with their competition performances too. I've seen many swimmers, and this happened to me when I was still swimming, go to compete, where the session starts at 8 or 9 am. The swimmers who are not used to early starts complain of the swim feeling flat, couldn't generate speed, or that they feel very heavy in the water. The swimmers who are used to the early start consistently perform on or close to their best in the mornings, therefore ensuring they get a second swim in the evening finals.

Now, I'm not saying that everyone should suddenly start doing every morning session available to them. They should, however, not shy away from, or completely discount them, when it's suggested they try them. The earlier the swimmer is exposed to early morning training, the easier the transition when it becomes part of their weekly routine. Yes they will feel tired initially, there's no way of avoiding that, however, they will get used to it very quickly. Children have remarkable powers of recovery, and will cope with the new routine quite easily, just ask the guys that do between 4 and 5 mornings each week, and check how fast they swim in the morning of a competition.

John Dougall

J.P.'s Jargon

Psychology factors affecting performance

Overtraining

The term "Overtraining" relates to an unplanned reduction or "staleness" of performance over a long period of time. This is usually due to the overstressing of the athlete, in rare cases the result of excessively extensive or intensive training. However it usually comes about through the combination of training and excessive competition loads, with other physical and mental stresses to include;

Lack of sleep

Minor ailments

Infections

Nutritional deficiencies

Stimulants and harmful substances

Continuous external stimuli (excessive noise etc)

Changes in daily routine

Hard physical work (holiday job etc.)

Free time spent without rest and recovery

Mental stresses;

Problems at school

Disturbed family environment

Worry about future upheavals

Frequent defeats in competition

Squabbles in squad

Lack of confidence

Training as a duty, not because of desire

Boring training

Many of the factors are a result of premature success combined with impatient parents and/or swimmer. As I a previous article stated, "We are in it for the long haul" this statement must be understood with patience. It is also very likely that overtraining will occur in distance swimmers and in training cycles with repetition or intensive interval training with extensive continuous stress or over distance swimming. We have to be able to differentiate between normal signs of fatigue, which soon disappear and genuine symptoms of overtraining, which persist for some time. Alarm bells should go off and advice immediately taken from your coach if 1 or more of the symptoms below are experienced;

Appreciable weight loss

Loss of appetite

Difficulty getting to sleep, disturbed sleep, evening perspiration

High resting pulse rate

Pale face, rings round eyes

Easily excited, tiring quickly

Disturbed swimming technique or obvious deterioration of technique

High body temperature

Frequent false starts due to anxiety

Symptoms can be alleviated by starting to eliminate the physiological and psychological stressful factors brought on by the overtraining.

We have also to be very aware that there is a more undetectable type of overtraining Addisonoid overtraining (no reference to Andrew Addison) Long duration identical training of great distances can it self produce a steady increase in fatigue because the recovery times between the constantly strength sapping loads become in the long run insufficient to guarantee adequate recovery. Accordingly, Addisonoid overtraining frequently occurs in distance and middle distance swimmers. Addisonoid overtraining is often not recognized as overtraining because in the lower to medium intense ranges the swimmer completes training requirements unhesitatingly and without loss of performance. They even continue a daily routine, even with a certain lack of enthusiasm. Difficulties only start to appear when trying to swim fast, I.E. training tests broken swims and competition. In such situations the swimmer proves to be incapable of improvement compared with performances achieved previously or in training. The danger of undetected overtraining is that the swimmer/coach will, for want of a reasonable explanation, believe peak performance has been passed and that there is no point carrying on. This leads to disillusionment and a premature end to the swimmers career. We all must be aware of the pitfalls in performance sport, and make sure we are all actually aware of the importance in communication with your coach. Failure to have a meaningful conversation with them every now and then, might result in a misinterpretation of the symptoms of overtraining.

(With reference to Wilke and Madsen)

Jonathon Preston

And Finally.....

County Champs, Ponds Forge, Sheffield, 2007

This years County Championships, held in Sheffield, saw Lancashire win the Division One title for a record 6th year in succession. A number of Gallica swimmers were part of the success with some fantastic performances.

Breaststroke specialists Stephanie Slater and Daniel Sliwinski both won the 16/17 year old age category 100 metre events, Stephanie touching home in 1.10.51, and Daniel snatching victory in 1.02.98. These victories were matched by Rob Bale in the 16/17 years 100m Freestyle, which saw another very close race, where Rob edged the result in a time of 51.16.

Other great results from Gallica swimmers, saw Rebecca Fausset finish second in the 12/13 years 100m Backstroke in a time of 1.06.59. Jordan Theaker had a great swim in the 12/13 years 100m Freestyle coming 3rd in 55.84, and a very respectable 4th in the 100m Backstroke clocking 1.04.97. Lois VaIL competed in the 12/13 years 100m Butterfly with a steady performance of 1.08.56.

These swimmers also swam in their respective age group relay teams, where there were fantastic results across the board, culminating in Lancashire lifting the trophy once again. This is a great start to the season for all concerned. Well done guys!!