



LAP TIMES



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GAF Swimmers put up a strong show at the 36th Sub Junior and 46th Junior Glenmark National Aquatic Championships

Swimmers from SGTIDM Delhi, GAF Mumbai and GAFRAY Bangalore gave impressive performances and won 51 individual medals (13 Gold , 19 Silver & 19 Bronze) at the Glenmark 46th Junior and 36th Sub-Junior National Aquatic Championships 2019, Rajkot, These swimmers also contributed in claiming 20 relay medals for their respective states to win a total of 71 medals.

Hiten Mittal emerged as the fastest swimmer of the meet by winning the 50 m freestyle in the Boys Group I category. Vedaant Madhavan won his first National gold while Anshav Jindal helped put Punjab on the medal tally. Swadesh Mondal, Aryan Varnekar, Vedant Bapna, Shubojit Gupta, Kiara Bangera, Palak Dhama, Shivangi Sarma, Lateisha Mandana, Anurag Singh, Priyansi Misra, Sanskar Tokas, Reyana Gada, Bikram Changmai, Astha Choudhary and Tanmay Das also produced stellar performances at the meet.

We wish all success to the swimmers participating at the Glenmark 73rd Senior National Aquatic Championships and 10th Asian Age Group Championships.

We request swimmers and parents to contribute to this newsletter. We intend to make this a quarterly edition to begin with. Please reach out with your contributions, suggestions and brickbats to nilesh.shetty@glenmarkaquatic.org

The Journey with GAF so far Perspective of a parent

Aradhana Sarma

I have always believed that children should be exposed to extra-curricular activities beyond the textbooks to develop a child to their potential. So once my daughter Shivangi started growing she was exposed to recitation, classical dance and swimming. Being a swimmer myself it was a natural decision apart from the fact that the pool was closer to our home. She was good at all the three activities. The initial years of her swimming career was a constant struggle due to lack of wins. She was trained under different coaches in Assam and started to perform well within the state mainly in the sprints. In 2017 she won one medal in the CBSE Nationals post which she had an opportunity to join the SGTIDM program in Delhi which was a turning point. As a mother (like many other parents) it was a tough decision to permit my sheltered daughter to take up sports as a full time career and live in a city totally different from her home. At my first sight of the SAINSA academy, most of my apprehensions disappeared. The infrastructure was world class and so were the living facilities. The Sports Authority of India needs to be given immense credit for maintaining such a world class facility. The best part was the human touch where the coaching team immediately took her under their fold and made her comfortable. Shivangi eased in to the academy without any worries. All I needed to do was trust the coaches and the system. In three months, the results started to show. There were medals for her in the National school games and Khelo India. She was exposed to different strokes and world class training. While the whole set of coaches were instrumental in her progress it would be unfair not to name coach Partha Majumdar who constantly monitored and pushed her hard to reach her limits. 2018 saw Shivangi win a silver at the Glenmark Junior Nationals.



PhotoGrid

In the Khelo India games she won one gold and two silvers followed by her first two International medals in Thailand, which were in new events. In her final meet as a Junior in Rajkot, she bagged medals in all her five events that she participated in. What I'm writing to convey about is not about the achievements of my daughter, but about the right decision to take up the GAF program about two years back. In two years, she has blossomed from a 50 metre sprint specialist to a competitive swimmer who swims from 50-800 freestyle. This would never have been possible without the support of Sports Authority of India and Glenmark Aquatic Foundation, the Coaches, the Infrastructure and all the support staff. My daughter at this point of time has graduated into the open category, the path forward is going to be tougher and the grind harder but with such a strong and dedicated coaching team with support from GAF and SAI in place, I am sure nothing is impossible.

Special Talent: Drawing

Favourite Movie: Tare Zameen Par & Secret Superstar

Favourite Book: Famous Five

Favourite TV Show: Chandra Gupta Mourya & The Kapil Sharma Show

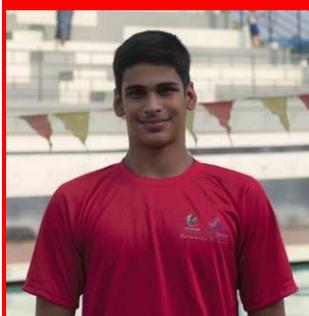
Other Sports: Cricket & Basketball

Favourite place to visit: Agra, Kashmir

Pre-race meal: Carbohydrate intake

I Study at: Venkat International Public school

Rapid fire
Hiten S Mittal



aka Hitu

Most memorable moment of your swimming life: First gold in 50 freestyle in 2013 in non medalist meet and again gold in State meet 2019 in 50 freestyle.

Favourite Actor/Actress: Tiger Shroff

Future ambitions (Swimming) : To constantly improve my timings and if possible swim and win medals for India in Asian Games, World Championship and Olympics

Non swimming : Aspiring to become a sports specialized Doctor

Ideal race preparation: To keep myself warm and focus on the race ahead

Favourite Swimmers: Michael Phelps, Adam Peaty

A once in a lifetime Experience -



Bushan Kumar

Attending the world's most decorated swimming event is an experience to be savoured. The World Championships (arguably after the Olympics) is the pinnacle for every swimmer and to be the coach of the Indian Open Water team was an honour for me. The Indian team comprised of Saurabh Sangvekar (athlete 10k) Shushrut Kapse (athlete 10k) Hita Nayak (athlete 10k) Nikitha Venugopal (athlete 10k) and Venugopal (support Feeder). It is extremely satisfying for me personally to see Hita and Shushrut whom, I have trained at GAFRAY Bangalore and GAF Mumbai respectively in the team.

The location for the Open Water Ocean Park at Yesou was beautiful and was just perfect for the World Championship. 53 countries and 207 swimmers comprising of 75 men and 63 women participated. There were a total of 7 events 5km, 10km and 25km for men and women and a mixed 5km race.

Hita Nayak and Nikitha participated in the 10k on the 14th which started at 8AM (shifted from 10 AM because of expected weather conditions) Hita finished 59th with a time of 2;17:32.30 and Nikitha claimed the 61st position with 2:20:09.50 both well inside the time limit. The winner was Xin Xin from China with 1:54;47.20 who became the first Asian to win an Open Water event at the World Championships. Men's 10k was held on the 16th at 8AM we had only Sushrut who finished 68th and was well within the time limit clocking 02:03.25. The winner was Florian Welbrock from Germany with 1:47:55.90. Saurabh Sangvekar fell ill and FINA ruled that he was medically unfit to swim. The top ten finishers from 10k men and women would directly qualify for the 2020 Olympics

If we think dead heats happen only at sprint events at the pool we were in for a surprise in the 5Km Women where Hannah Moore and Leonie Beck of USA and Germany were tied for bronze with a time of 00:57.58.00 The Open Water 10k there were at least 40 people finishing in 30 seconds from the leader.

The Indian swimmers performed admirably. Though we have miles to go to compete with the best, the experience gained in an atmosphere with the best swimmers is invaluable. Venugopal did a good job as a feeder for the Indian team. It was a surreal experience to see the magnitude and scale of operations during the Championships. Effective leadership with an army of dedicated volunteers ensured the event went on smoothly and flawlessly. As India moves up the swimming ladder it is equally important for us to cultivate a global outlook and implement best practices at our events.

Highlights of the FINA World Championships

- **Caeleb Dressel** becomes the first swimmer to win eight medals at a world championships, and breaking Michael Phelps's 10-year-old 100m Butterfly world record.
- **Adam Peaty** The Brit, who was the only man to swim the 100m breaststroke under 58 seconds coming into the meet, lowered his own world record to a barely-believable 56.88 seconds
- **Katie Ledecky** despite suffering from 'headaches, an irregular pulse, insomnia and a loss of appetite', rallied to out sprint Italy's Simona Quadarella and clinch gold on the final leg 800m Free
- **Katinka Hosszu** aged 30 proved age is just a number as she she became the first person to win five gold medals in a specific event.
- **Australia v USA rivalry pushing swimming to new heights** : In the 4x200m Freestyle women's relay, both teams were neck-and-neck the whole way, and despite Australia edging it on the line, both teams broke the world record!

GAF performance at the FINA World Championships and World University Games

Kushagra Rawat participated at the FINA World Championships at Gwangju in the **400 m Freestyle** and clocked a time of **03:59.39** He also participated at the World University games (30th Summer Universiade 2019) at Napoli. He clocked the following timings
200m Freestyle 01:54.14
400m Freestyle 03:58.62
800m Freestyle 08:12.86
1500m Freestyle 15:46.98 (PB)

Sushrut Kapse of Mumbai and Hita Nayak of Bangalore participated in the FINA World Championships in the 10K open water category in the Mens and Womens event

Hita Nayak - 02:17:32

Sushrut Kapse 02:03:25