

# LAP TIMES



## A great end to 2019 and a great start to 2020 as GAF Swimmers excel at the SGFI Nationals and Khelo India Youth Games 2020

Shivangi Sarma and Swadesh Mondal were unvanquished in individual events as they won 5 gold medals each in the Khelo India Youth Games 2020. Shivangi racing in her hometown showcased her brilliance in both the sprint and distance events and she won gold in the 50, 100, 200, 400 and 800 m Freestyle events in the Under 21 Women's category. Swadesh repeated his feat from the 2018 Junior Nationals by winning his 5 gold medals in the 50, 100 and 200m Breaststroke and in the 200 m and 400 m Individual medley showcasing his overall swimming excellence in the Under 17 Boys category. Swadesh also eclipsed the current National record in Group I boys in the 200 IM clocking 02:09.83. The swimmers training at GAF won 69 individual medals comprising 26 gold, 19 silver and 24 bronze medals.

Swimmers from GAF Mumbai, SGTIDM Delhi and GAFRAY Bengaluru put up a stellar show at the 65th National School games which concluded in Delhi today. The swimmers picked up 54 individual medals including 23 gold 20 silver and 11 bronze medals. They also set 10 new meet records and 2 better meet records. Prachi Tokas, Kiara Bangera and Tanish Kaswan Naysar won 3 gold medals each with Prachi setting a New Meet record in all 3 events, namely the 800 m Freestyle, 200 m Freestyle and 400 m Freestyle in the U19 Girls category. Kiara had 2 Meet records in the U14 girls category in the 200 m Freestyle and 100 m Butterfly events. Vedant Bapna won 2 gold and one silver medal and set 2 new meet records in the 100 m and 200 m backstroke events in the U17 boys category narrowly losing to team mate Tanmoy Das who picked up the gold in the 50 m backstroke setting a new meet record himself and bettering the meet record in the 100m backstroke event.

## GAF turns 5

GAF completed five years of operations in February 2020

We began with Coach Bushan Kumar and a couple of swimmers in 2015 with a dream to promote competitive swimming in India

5 years later we have 3 centres and have some exciting plans to further the cause of the sport.

Our gratitude to all the swimmers, parents and the coaches who have supported and stood by us at every juncture.

Thank you.

## Thoughts on Swimming

### Michael Bohl

*Michael is a world renowned coach who has trained multiple Olympic medalists and an ace swimmer during his competitive days*

Swimming is a sport that can teach a developing athlete some great life lessons.

- + Self discipline
- + Goal setting
- + Organisational Skills
- + Resilience
- + Perseverance
- + Patience
- + Sportsmanship
- + Persistence
- + Humility

For over 50 years I have had the good fortune to have been involved in swimming. Both as a competitor ( Australian National Team) and a coach (Australian National Team) and our sport has taught me a great deal and the lessons that it has taught me have stayed with me to this very day. I am extremely grateful to the many coaches and mentors that have shaped me as a person, former athlete and coach. These life lessons have contributed to the success that the swimmers within our program have attained over the years and they have helped our team on the road to winning 8 individual Olympic Medals over 3 Olympics.

2008 Beijing  
Stephanie Rice ( 2 Individual Gold Medals )

2012 London  
Tae Hwan Park ( 2 Individual Silver Medals)  
Bronte Barratt ( 1 Individual Bronze Medal)

2016  
Rio Mitch Larkin ( 1 Individual Silver)  
Madeline Groves ( 1 individual Silver )  
Emma McKeon ( 1 Individual Bronze)

My former coaches - Bill Sweetenham, Laurie Lawrence and Denis Pursley have had an enormous impact on my coaching philosophy. These coaches have all experienced International success having had swimmers win Olympic Medals and they have all coached swimmers to multiple world records.

The pursuit of success by these coaches was unwavering and the standards that were set within their respective teams positioned their teams to attain the very highest results Internationally

The coach has a major leading role in all of this - a successful program is:

- Athlete Focused
- Coach Driven
- Administratively Supported

The focus must be on the athlete - long term athlete development is essential for enduring success. Young athletes must gradually be stimulated by training loads as they progress through the age group ranks. Some coaches, in a quest to achieve instant success with young athletes, expose the very young swimmer to too much volume and too high intensity with no regard for technically efficient swimming. The athlete may get short-term success, but more attention must be given to technique in order for athletes to reach their full potential.

Fun and enjoyment needs to be the prime focus for 12 and under swimmers. Being part of a team is a need that every young swimmer has, and if fostered properly, this can keep athletes in the sport for many years to come. We need to try to keep these young athletes in the sport for life! It is very difficult for any swimmer to train individually. Training as part of a team is motivating for the young athlete and coaches need to take this into consideration when setting up your team. The coach must have a good understanding of technique in all 4 strokes as he/she must also have the communication skills to be able to teach and correct technique. The coach must also be able to effectively be able to teach and correct skills ( starts/ turns / underwater kicking) As the swimmer moves through to high school, the training commitment needs to steadily increase. The frequency of sessions, volumes within the sessions and the intensity within the sessions needs to steadily increase. Also under supervision of a qualified strength and conditioning coach, an appropriate dry land / strength and conditioning program should commence.

Some of the qualities that I observe in Olympic Medalists are

- + Self Discipline
- + Effective Goal Setting
- +Understanding the Relationship between Hard Work and Success
- + Desire
- + Commitment, Accountability and Perseverance
- +Improvement (Flexibility, Endurance, Attitude, Technique and Speed)

There are others but these are the ones that stand out clearly to me!

Good Luck in your pursuit of excellence!

## 5 years in GAF

*Aditti Sheth relives her experience at GAF as one of the first GAF parents*

I vividly remember the time when a group of kids from our swim club enrolled for a vacation camp at the recently opened Glenmark Aquatic Foundation in 2015. I had no intentions of changing my daughter Ariaa's club, as I had grown comfortable with its swim program. However, a few days into the Glenmark program, my little girl - who was only 8 or 9 years old, came up to my husband and myself, very confidently stating that she loved the Glenmark program so much that she wanted to swim under them. She was so determined that when questioned about leaving her existing club and all her best friends behind, she promptly replied, "I can always meet them when I want to, but I go to the club first to swim. That's what I love the most." Such a young child with so much clarity and perseverance to improve at her sport got us thinking. During this time of uncertainty and contemplation, Bushan sir had a chat with me. Impressed with Ariaa's skill, he expressed confidence in her ability to become a good competitive swimmer. It was at that point in time that everything seemed to fall into place. We as parents felt certain that it would be the right decision to enroll Ariaa in Glenmark's program. We have never since looked back.

I can proudly say that Ariaa is one of the first and happiest students of Glenmark Aquatic Foundation. The swim program is rock solid. It sets goals to motivate the swimmer to achieve them. Everything is under one roof: swimming, dry land exercises, nutrition, physiotherapy, deep tissue massages and periodic physical assessments.

This foundation continues to do remarkable philanthropic work towards this sport. Year after year, GAF consistently receives the "Best Club" award at various swimming competitions.

The head coach, Mr. Peter Carswell, is one of the most dedicated and hardworking coaches I have ever met. His coaching techniques have helped Ariaa build the endurance critical to becoming a long-distance swimmer. Ms. Smita Divgikar, under whom Ariaa trained initially, helped her immensely by improving her technique. Ariaa has also trained under coaches, Bushan Kumar, Sathish Kumar and other coaches, who have each contributed tremendously to her progress.

I would like to thank the entire Glenmark team for all their efforts. A special thank you to the humble souls Glenn and Neha for taking swimming in India to new heights. Take a bow!

## GAF Mumbai has a new home



The new millennium gave GAF Mumbai a new home. After spending five years at the District Sports Complex at Dharavi, GAF moved its base to the Goregaon Sports Club at Malad.

We have renamed the Mumbai program as GAFGSC Swimming program. GSC features a recently renovated 50 m pool, a diving pool and gym facilities. An upgrade to the quality of infrastructure and we thank Goregaon Sports Club, the swimmers and parents, the Coaches and our support staff who ensured we transitioned smoothly.

## Dhansukh Kagathra (Yogesh) joins GAF Mumbai as Head , Age group Coach



Experienced Coach Dhansukh Kagathra (Yogesh) joined GAF Mumbai as Head Age Group Program from February 1st 2020. Yogesh is a highly experienced coach with stints at Mulund Swimming Pool, Otters Club and Champion aquatics academy Gurugram Haryana.

He has produced multiple National and International swimmers in his illustrious career and we all trust his presence in GAF will have a great impact. Welcome Yogesh



Shivangi Sarma felicitated by Mr. Sarbananda Sonhowal, Chief Minister of Assam for her performance in Khelo India

## SFI National Open Water Championships

Ashmita Chandra and Manish Bhaskar Naidu from GAFRAY won golds in the 7.5 Km Open water swim in the Girls and Boys Group I, respectively.

Ashmita clocked 01:30:07 while Manish clocked 01:07:59. Ridhima Singh won a bronze in 1 Km event for Group III girls clocking a time of 00:09:27 while Sushrut Kapse who represented India at the Fina World Championships won a bronze in 10Km men open category clocking a time of 01:43:38. Chunchadri lake, Shivamoga District hosted the event on Feb 15th and Feb 16th, 2020.

Yoshita Jagadeeshan, Nidhi Shashidhara, and Kala Manjunatha won gold in the relay while Saiguru Kiran and Tamannah Singh won the Silver.

## Maana, Shivangi and Kushagra earn laurels for India

Maana Patel, Shivangi Sarma and Kushagra Rawat won a bagful of medals for India at the 13th South Asian Games held in Kathmandu in December 2019.

Maana won 3 gold medals in the 50m, 100m and 200 m backstroke events. Shivangi won 2 silver medals in the 200m and 400m Freestyle while Kushagra Rawat returned with a haul of 2 gold medals in the 400m and 1500 m freestyle and a silver in the 200 m freestyle.

Congratulations and keep the flag flying high.

For Suggestions or brickbats reach out to [Nilesh.shetty@glenmarkaquatic.org](mailto:Nilesh.shetty@glenmarkaquatic.org)

## Rapid Fire With Kiara Banger



## The Upcoming Sensation

- Nickname:** Sparrow/Bangu
- Twitter, Insta or Facebook:** Instagram
- Favourite Movie:** Me Before You and Dangal
- Favourite TV Show:** Friends
- Favourite Actor/Actress:** Justin Baldoni
- Other Sport:** Basketball
- Favourite place to visit:** Coorg, Karnataka
- Pre-race meal:** Banana and Dates
- Guilty Pleasure:** Maggi
- Favourite Book:** Open by Andre Agassi
- Any specific Superstitions:** Wearing favourite black pants for every final
- Ideal race preparation:** Music and Socializing
- College / School name:** Dhirubhai Ambai International
- Future ambitions :-** To be the fastest female swimmer in India
- Favourite Swimmers:** Neel Roy and Kenisha Gupta
- Favourite Event:-** 200m Freestyle and 200 m Butterfly
- Your Idol:-** Aakansha Vora
- Any motivational quote that you can recollect:-** Believe.....Achieve.....Inspire
- Special Talent:** Singing and playing the Guitar
- Most Memorable Moment:** Thailand Age Group 2019 and Junior Nationals 2018 (Individual Championships)