

LAP TIMES



(From L to R)
Mr Ian Els, Chief Performance Catalyst GAF, Ms. Neha Saldanha, Founder GAF, Mr. Glenn Saldanha, Founder GAF and Chairman SFI, Dr. Achyita Samanta Founder, KIIT and KISS, Mr. Monal Choksi, Secy General SFI and Mr. Kamlesh Nanavati, VP, SFI at the signing of the agreement between GAF and KISS

GAF Partners with Kalinga Institute of Social Sciences to launch development center at Bhubaneswar

GAF and Kalinga Institute of Social Sciences have announced a 12-year partnership to promote the full spectrum of swimming from grass roots development to competitive swimming at Kalinga Institute of Social Sciences (KISS) Bhubaneswar, in the state of Odisha. KISS houses 30000 indigenous tribal kids providing them education from KG to PG. The vision of the founder Prof. Achyuta Samanta is to eradicate poverty through education.

The partnership will feature three key components. Training for young tribal swimmers on LTAD principles to produce world class swimmers in a decade.

The second aspect is training youngsters to become coaches who understand the best global practices to produce top swimmers.

The third aspect of the partnership is to train advanced swimmers at KISS and KIIT to excel at the competitive level.

GAF is currently training around 180 swimmers from the learn to swim phase and 25 swimmers in the competitive arena.

We are training 10 Bachelor of .Physical. Education graduates to become swim Coaches and serve the country in the future.



GAF Swimmers continue to impress at major meets.

The Nationals in 2021 at Bengaluru was a major competition for the swimmers after the lockdown. As the swimmers were getting back to the groove the pandemic stuck again leading to another lockdown and loss of momentum.

The swimmers and coaches exhibited their grit and passion as they overcame the roadblock and prepared in earnest for the new season and the results of their hardwork was proven with some outstanding performances in these difficult times.

The sub junior nationals at Rakjot saw swimmers from our newly launched Thiruvananthapuram center competing for the first time. The star of the show however was Aanika Bhatia who claimed the overall championships for girls winning 3 golds and 1 bronze. It was a fantastic effort from the swimmer from GAFGSC Mumbai, a city which faced the worst lockdowns. Saumya Sachdeva from our new development program in Delhi also won a bronze while all other swimmers performed exceptionally well.

The Junior Nationals at the covered facility at Bhubaneshwar was a challenge for our swimmers as a bulk of our champions graduated to the senior level. Theeradu Samadev from SAIGAF Thiruvananthapuram won 2 golds and 1 bronze in the Boys Group II category while teammate Praniti Gnanasekaran won 2 bronzes. Bhavya Sachdeva continued to prove her prowess by winning 1 gold and 2 silver medals. Anshav Jindal pocketed a Gold, silver and bronze as he continued to improve as a butterfly. Sahil Lashkar won a gold and silver while his teammate Shubojee Gupta claimed 2 bronze medals. New Swimmer Palak Joshi won a bronze while Advika Nair from GAFRAY Bengaluru won a bronze and silver. There were some fantastic performances from all our swimmers as they helped their states win medals in the relays. The senior Nationals saw some amazing performances from our girls which emphasized our efforts to promote female swimming especially at the senior level. Astha Choudhary won 2 gold medals setting a NMR in the 100 fly. Her teammate and local girl Shivangi Sarma set the pool on fire winning one gold two silvers and a bronze and recording a NMR in the 100 FS. Bhavya continued her fine form by claiming top honours in all distance Freestyle events the 400, 800 and 1500 m.

Palak Joshi, claimed a silver and a bronze while Mahi Swetraj claimed a bronze. Disha Bhandari continued her fine performance winning 2 medals while Soubrity Mondal claimed a silver. Shrungi Bandekar from GAFRAY Bengaluru claimed a silver while Kanya Nayyar gave SAIGAF Thiruvananthapuram its first Senior medal claiming a silver in the 200 fly. The boys also performed admirably. Vishal Grewal claimed 2 gold and 2 silver medals while local boy Bikram Changmai won 2 bronze and 1 silver medal. Tanmay Das and Swadesh Mondal won 2 and 1 bronze medal each while Shivank Vishwanath and Xavier Dsouza from GAFRAY Bengaluru claimed a silver each in the 400 m FS and 50 m Back. The National Games saw a return after 7 years and Gujarat played host. This event was a challenge to the swimmers as it came less than a month from the Senior Nationals. Nearly all swimmers from GAF participated in both events. The girls once again gave a fantastic performance. Astha started of proceedings with a NMR in the 100 fly, She followed it up with a silver in the 200 fly later in the meet. Bhavya rounded off a wonderful season winning 2 Golds, 1 silver and a bronze while notching up a NMR in the 800 Free. Shivangi continued her strong performance winning the gold in the 100 Free while also claiming a bronze. Ashmita Chandra and Shrungi Bandekar from GAFRAY Bangalore claimed a bronze each while Palak Joshi claimed a silver and bronze with teammate Soubrity Mondal winning silver in the 200 m backstroke. Kanya Nayar from SAIGAF Thiruvananthapuram also claimed a bronze. Among the boys Advait Page from SAIGAF Thiruvananthapuram announced his comeback from injury with 3 gold and 2 silver medals. Bikram Changmai won 2 silvers in the 100 and 200 fly while teammate and rapidly improving Vishal Grewal claimed a silver and a bronze. In addition swimmers from all centres helped their states win valuable relay medals which added to the overall tally. It was a really special event as it allowed swimmers to earn rewards for all their hard work.

Our Swimmers won a total of 17 Gold, 15 Silver and 19 Bronze individual medals across the Sub Junior, Junior and Senior Nationals.

In the National Games our swimmers won 7 Gold, 8 Silver and 9 Bronze medals in individual events.

- Anika Bhatia won the overall Championships for girls at the Sub junior Nationals
- Kushagra Rawat, Ashmita Chandra and Army Pal represented India at the FINA World Championships in Budapest. Ashmita and Army took part in Open water swimming while Kushagra participated in the 400 and 800 m freestyle events
- Advait Page and Kushagra Rawat ably represented India at the commonwealth Games 2022 and made the finals in the 1500 m Freestyle and finished 7th and 8th respectively



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 4. Webinar with Tatjana Schoenmaker Olympic Gold Medalist (2021) and World record holder in 200 m Breaststroke.
 5. Webinar on Long Term Athlete Development - A Practical Approach with Don Heidary Founder Orinda Aquatics
- All Webinars and courses can be viewed on swim.clinic

GAF Launches Development Programmes



As a part of implementing the globally successful LTAD philosophy GAF started fundamental and foundation batches at its centers at Bhubaneswar, Thiruvananthapuram and Delhi. Coach Ian Els has designed the program based on his experience with training South African swimmers which have produced extremely good results. Our aim is to create a strong set of swimmers who in the next 8-10 years would be ready to compete and excel at the International stage and earn laurels for the country

New Coaches at GAF

**NEW
WR**

17-Year-Old Romanian Swimmer David Popovici Breaks 100M Freestyle World Record with a time of 46.86



Afra Shaikh



Hussain (Bolt)

**NEW
WR**

Tomoru Honda of Japan Broke the 200 m Butterfly Short Course record with a time of 01:46.85



Jebin Abraham



Advait Page and Kushagra Rawat with Prime Minister Narendra Modi and Sports Minister Anurag Thakur at the felicitation of the Commonwealth Games

My swimming journey

Kushagra Rawat details his life as a swimmer

I started swimming at 5 to treat allergic bronchitis. Who knew a decade later I would pursue it as a profession? I am an Indian swimmer and recently represented India at the CWG 2022, Birmingham, UK.

Being a SAI TOPS and a GAF swimmer, the past four years has been really amazing and educational for me as I got the opportunities to train here in India with the Indian's best and overseas in different environments that have undisputedly helped me in my swimming career development and my personal development as well.

I train under coach Partha Pratim Majumder at SAIGAF Delhi. I believe the SAIGAF Delhi program is the most advanced training one could get in India. I joined GAF in 2016 and have improved a lot not only in the pool but my knowledge has taken a big jump as well. Now I can understand the workouts we do, why we do, what's the reason behind them and how are they going to benefit me.

In 2020, I got the opportunity by GAF to train abroad in Australia under renowned coach Michael Bohl. This exposure gave me the chance to train with the world's best, which enhanced my performance. I created 2 new Indian best performances in the NSW swimming championship.

Unfortunately, the Covid-19 pandemic came along and it hit me really hard, which affected my performance negatively and it took me some time to overcome it and to get my head around it and I focused again.

In 2020, I got the chance to train in the USA under coach Dave Kelshimir. I got my personal best (PB) in the USA in 800m free, but it wasn't the only goal I was aiming for and I felt short to qualify for the Tokyo Olympics.

But I knew it was not the end, and I had to train harder and in the right direction in order to achieve the goals I've set for myself.

In 2022, GAF sent me once more to Australia, where I got some intense and extremely good level of training. I got the chance to swim alongside my idol "Mack Horton". I was doing everything right and was moving in the right direction.

The environment we have in Australia is one thing I love about training there. Of course, the training is no doubt the best, and the most suited for me.

I qualified for the CWG 2022. CWG 2022 was my first ever big multi sport, major meet and it surely lived up to the hype. I wasn't in my best shape and gave my best. On looking back, I gained a lot of experience and motivation.

My next aim is to win a medal at the Asian Games next year. SAI TOPS AND GAF surely provide various opportunities to athletes in order for their development and I'll be always grateful to them for giving me the opportunities to realise my potential and achieve my and my coach's goals. I am looking to get back stronger and make India proud at the Asian Games 2023.

For Suggestions or brickbats reach out to
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