

# A SUMMER OF SUCCESS

It's been a season of success for the City of Edinburgh squad this summer – now it is full steam ahead for the Olympic Games in Beijing next year.

World Championship silver medalist Kirsty Balfour has already booked her ticket in the 200m breaststroke for China – she just has to confirm her fitness – but she also wants to double up in the 100m. For every member of the squad, the Olympic trials in Sheffield next March stand out like a beacon.

Everyone has Beijing as the goal, and it promises to be an exciting few months following the ups and downs of Olympic qualification. Then, of course, there will be the thrill of the Games themselves.

At the end of the summer, this is a perfect time to look back on the swimmers' achievements.

## Kirsty Balfour

Silver medal at the 2007 World Championships in the 200m breaststroke.

European Champion in the 200 and Silver in the 100 breaststroke, Euro SC.

Swam 2 British records, 1 SC and 1 LC.

First CES swimmer to be qualified for the 2008 Olympic Games.



## Alena Popchanka

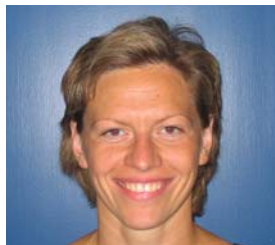
Bronze medal at the 2007 World Championships in the 4x200 freestyle.

European Champion in the 200 freestyle, SC.

Silver medal in the 100 freestyle.

Swam 5 French records short course, 2 French record long course.

European record in the 200 freestyle, SC.

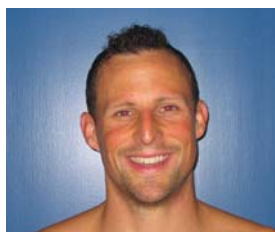


## Gregor Tait

Finalist in the 200m backstroke at the 2007 World Championships.

Scottish record in the 50m backstroke.

2007 National Champion in the 100m backstroke.



## Kris Gilchrist

Semi-finalist in the 200m breaststroke at the 2007 World Championships.

2007 National Champion in the 200m breaststroke, silver in the 50m breaststroke, bronze in the 100 breaststroke.

Broke Commonwealth, British and Scottish 200m breaststroke record in Japan and has soared to fifth fastest performer in the history of the 200m breaststroke.



## Megan Gilchrist

Scottish Champion LC in the 1500 and 100 freestyle.

National Youth Champion LC 800 and 400 freestyle.

Achieved a total of 23 pb's this 2006-2007 season.

Qualified for the International Paris meet - first British senior team selection



## Robyn Matthews

Scottish Junior Champion in the 400, 800 freestyle, 100 and 200 breaststroke, 400 IM.

National youth silver medals 200, 400, 800 freestyle and 400 IM.

2007 European Juniors GB Team, International Paris Meet – first British senior team selection.

Achieved a total of 31 pb's this 2006-2007 season.



## Rob Lang

Member of the GB team at the 2007 World Championships.



## Michael Jamieson

2007 National Youth championship medalist.



## Latest News ...

*Fred Vergnoux scoops British Coach of the Year for second year running ... see over*

## COACH'S CORNER

### FRED'S FOCUS ON THE FUTURE

This is the start of the most exciting year for both the swimmers and me. All 11 in the squad are fully committed to making the Olympic Games in Beijing, and the countdown has begun in earnest.

The first phase will be the lead-up to the seven day trials starting in Sheffield on March 31st, and then there will be the second phase leading up to China next August.

Kirsty Balfour has already qualified for the British team thanks to her silver medal in the 200m breaststroke at this year's world championships, and I'm confident that Kris Gilchrist, Alena Popchanka and Gregor Tait will also make the Games. David Leith, Rob Lang and Megan Gilchrist all have outside chances.

The next few weeks will involve hard work in Edinburgh, and then we will be going to Australia for a trip that will include a concentrated period of training followed by a long-course competition in Brisbane in December.

It's going to be a thrilling ten months leading up to Beijing and then the climax of the Olympics themselves. Exciting times – and it's great to be part of it.

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### CHRIS'S CHIT CHAT

It's been a long and successful season and it was good to get a three week break at the end of August. Over the next few months, there will be a series of training camps for our swimmers – basically, we're heading into a long and intensive period of training.

Kirsty (Balfour), Kris (Gilchrist), Gregor (Tait) and Alena (Popchanka) will be spending some time training at altitude in Spain, and Rob (Lang) and Megan (Gilchrist) and Robyn (Matthews) are members of GB development squads training camp going to Spain and Palma. The whole squad was also spending time in Calella in Spain.

We officially started back in training at the Commonwealth Pool on 17<sup>th</sup> September – it's just six months until the Olympic trials and the countdown has started in earnest.

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### TREENA'S TIP

*“Backward skipping is a great warm-up activity – and it also helps a swimmer's posture. You can't skip without good posture. Backward (as opposed to forward) skipping strengthens the stabiliser shoulder muscles and keeps them in a good position”.*

*Pic 1: Starting position. Elbows at 90-degree angle. Shoulders back and relaxed. Pic 2: Backward skipping - increases cardio vascular fitness.*



## FRED IS TOP AGAIN

City of Edinburgh's head coach, Fred Vergnoux, already British and Scottish Coach of the year for 2006, has now been named alongside Sean Kelly (Stockport Metro) as 2007 coach of the year at the BSCTA's 44th Annual Awards ceremony in Birmingham.

It is another huge honour for the Frenchman, who has been with City of Edinburgh for three years. The highlight for the squad this season was Kirsty Balfour's silver medal in the 200m breaststroke at the World Championships in Melbourne.

At present, the squad has 11 members - Balfour, Alena Popchanka, Megan Gilchrist, Robyn Matthews, Gregor Tait, David Leith, Kris Gilchrist, Rob Lang, Iain MacMillan, James Thompson and Michael Jamieson - and they will all be aiming to make the British team for next year's Olympic Games in Beijing.

Balfour's world championship medal means she has already been pre-selected for her second Olympics, but she will also be hoping to qualify for the 100m breaststroke at the trials next March.

Fred is delighted to gain the award, and he has also been boosted by a recent visit to the Commonwealth Pool from Australian Michael Scott, the new British Swimming High Performance Consultant.

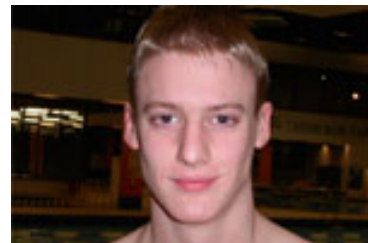
Following the recent surprise departure of British High Performance Director, Bill Sweetenham, Scott has been handed the task of guiding Britain to success at the Olympic Games in Beijing next year.

“It was a great visit,” said Fred. “Mike is very good and very positive. I'm very excited at his vision for the future of the sport in Britain.”

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### MEET THE SWIMMER

#### Rob Lang



**When did you start swimming?** At about 8

**I love the sport because...** its something I've always been involved in, and I've grown to love the competition

**Most memorable moment:** Representing GB at the world champs in 2007

**Best night out:** After French inter clubs meet in Paris, had a great meal on a boat on the river Seine, was good to socialise with top swimmers not in a swimming environment.

**Playing on my Ipod:** Anything that's not hip-hop!

**Favourite sports star:** Roger Clemens

**Favourite meal:** A nice hot chicken madras curry

**Favourite drink:** Robinsons, apple and blackcurrant (every bit as good as Powerade for training!)

**Favourite film:** I like Snatch, Memento, Pulp Fiction, Airplane.

**Signature aftershave:** I haven't got a favourite scent - just whatever I get for Christmas or birthdays will do.

**Edinburgh is great because...** the people are great and there is always something to do here.

**Three perfect dinner guests:** Jeff Stelling, Will Farrell and Jack Bauer

**If I wasn't a swimmer:** Some American sport, money is great!

**Something others don't know:** Half of my family live in Texas and I go and visit them every year on my time off.