

# Calella 2011

On Thursday the 13<sup>th</sup> of October I went to Calella, Spain as part of the Age Group Performance Squad of F.I.R.S.T (Falkirk Integrated Regional Swim Team). I went there to increase my training and to prepare for the rest of the gala season. Our coach made it clear that we were not there on a holiday but told us that it was going to be very hard work.

We stayed in a hotel which was right next to the 50 metre pool which we were going to be training in. We had to take responsibility for our own things and if something went missing then it was our own fault. We had to drink lots of water to keep ourselves hydrated as it was very warm and we were training 4 hours a day.

We had to get up at half past seven to have our breakfast then train from 9-11am. After we sometimes went to the beach or we went in to town and did some shopping. When we went to the beach we played football, volleyball or did double dutch skipping. We had to buy our own snacks out there if we ran out as our coaches would not buy it for us. Our coach made sure we were eating healthily, as this is very important. We then had lunch and went swimming from 4-6pm. After we had dinner and we had to go to sleep at half past nine.

Sometimes our training sets were very hard but sometimes it wasn't too bad. On Tuesday morning we challenged a team of Danish swimmers to a relay race. I was in the freestyle relay and although the Danish looked a bit older than us and much taller, we were the winners! I really enjoyed going to Spain and think that it has made me a better swimmer.



By Lucy Buchan

