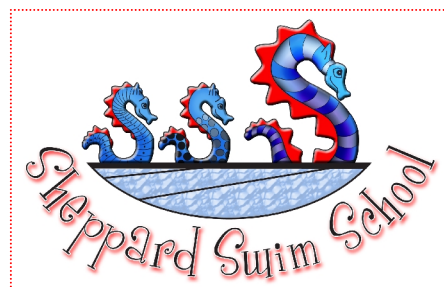


**TRAINING SESSIONS AT GLENALMOND
WITH OLYMPIC COACH
GARY VANDERMEULEN:**



Be part on an exclusive training group and train on the weekend with Olympic Coach Gary Vandermeulen!

Gary Vandermeulen is a UKCC Level III Mentor Coach. He has been coaching since retiring from competitive swimming after swimming on Canada's national swim team for ten years in 1994. He is currently coaching the City of Glasgow Swim Team on a short term contract with the City of Glasgow. He has previously been the Tayside & Fife Area Institute High Performance Swimming Coach 2003-2007 and West of Scotland Area Institute Swimming Coordinator.

Gary is has been named Scotland's **BSCTA Swimming Coach of the year**, most recently in 2004. He has coached swimmers at every level of swimming, including Olympic medallists and Commonwealth Games gold medallists. He has coached swimmers who have won medals at the Para-Olympic Games and has had swimmers earn world records in Masters and Disability Swimming.

As a swimmer, at one time Gary was ranked in five different events in the top five in the world. He continues to be the fastest Canadian swimmer over 800m freestyle, and has held the Canadian record in 200m freestyle and 400m freestyle on numerous occasions. In 1987 Gary was named Canada's male university swimmer of the year. In 1988 Gary and his younger brother Steven were the first two brothers to compete at an Olympic games in swimming for Canada. At the Olympic Games Gary was a finalist in the 4x200m freestyle relay and in 1990, Gary's brother was part of a world record setting medley relay!

In Canada Gary is a tutor for the national 'learn to swim' programme: 'I CAN SWIM', and will be a tutor in Scotland once the UKCC accreditation system is in place in March 2008. Gary continues to be active as a coach, training the Tayside & Fife Area Combined Squad and mentoring all three coaches in Tayside and Fife who have put swimmers onto the European Junior Championships team in 2005, 2006, 2007.

Alison Sheppard and Gary Vandermeulen met in 1994, the year Gary retired from competitive swimming. Gary was attending the Commonwealth Games in Victoria to watch his younger brother compete. Alison began swimming in Gary's training programme after a dismal result in the 1996 Atlanta Olympic Games. Her world ranking of 112th in the world in the 50m freestyle began to improve dramatically, and in 2002, at the Commonwealth Games in Manchester, where Alison was the first female Scot to win a gold medal in over 50 years, finished the year as world ranked #1 in 50m freestyle.

To be part of the squad that trains with Gary you will have to be able to do the following test set: **400m Freestyle non-stop**. This assessment can be done privately or in a group setting.

session	POOL time	Start date	Finish date	Cost
SUN am	0715-0915	JAN 11	MAR 15	£9.00 per workout
SUN am	0715-0915	April 19	June 21	£9.00 per workout

Every training session will include world class technique instruction developed over a lifetime of competitive swimming experience. Squad size will be limited to 20. Email us to let us know if you are coming to the training session.

A detailed training plan of the session is available for coaches in attendance only.