

Lauren Steadman – Paralympic Swimmer – Monthly Update September 09

It was a long summer, and during it I went on a two week training camp in Manchester at the High Performance Centre, it was for athletes who weren't able to train properly during August as home clubs were closed, and well it was pretty intense. We trained for 4 hours a day and on top of that a little bit of gym work! Then on our afternoons off, visited the Trafford Centre- it's an amazing place inside! Not really like a shopping centre at all!

The last two weeks of my summer holidays passed by far too quickly and before I knew it I was back at Kelly. As much as I'd love to be back home, I'm glad to be back, into a normal training pattern and school life. Although these first couple of weeks have been long and hard, we have a new more intense swimming timetable and one extra lesson a day. But my A-levels are going well so far and I'm enjoying the subjects I've chosen. Now that I am a 6th former, I get to enjoy the privileges of having free periods!

Last weekend, myself and my coach ventured from Kelly up to Manchester for the orientation camp of both The Europeans in Reykjavik and The World Championships in Brazil, we got shown the accommodations we will be staying in and on what days I will be racing. We also received some more GB Kit and our own personalised Swim Caps. It's not long now until Europeans only 3 and bit weeks...

Also last week after being in Manchester for the night I travelled down to Warwick to attend the AASE (Advanced Apprenticeship in Sporting Excellence) Open Day and committed to the apprenticeship over these next two years, as it will be a good qualification to have. Whilst at the open day the Olympic medallist Tasha Danvers was there and she gave us a motivation speech which was amazing and we re-watched her racing out in Beijing and then receiving her Medal - so it was overall a good day.