

SWIMMERS CORNER

GEORGE MANSER

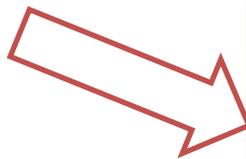


Interviewed by Danny Garton & Joshua MacNab

Q. George, what age did you start swimming?

I began having lessons at 6 years old and then joined Maxwell SC when I was 9 years old. I have been swimming for Maxwell SC for 8 years.

We asked George what his favourite strokes and events were. Here's a clue: they are the same as this person.



Another PPP
(Proud Parent Photo)

My favourite stroke is Breaststroke. My strongest event is 200m Breaststroke but I enjoy 100m Breaststroke as it is a little bit easier!

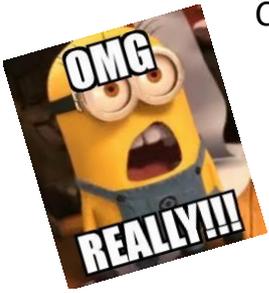
George has definitely made his mark in this stroke. In June 2012 he achieved his first 200m Breaststroke National time of 2:54.31. In 2013, George achieved another National time in Breaststroke within the first 3 months of the season! In the same year George was selected to represent our County to compete in the Br Gas ASA National County Team Championships in Sheffield. In 2014, George achieved 2nd place at Counties for his 200m Breaststroke with a time of 2:31.81. In 2015 George became the Welsh National Champion in 50m & 200m Breaststroke and also supported his fellow teammates to achieve a Regional record in the 14/16 years 4x100 freestyle relay.



Q. George, what is your funniest memory in either training or competing?

It would have to be when Mr Elgar's trunks split during a Regional final.

Coach Bill's trunks split??!!!! *No, sorry it was his son Tom Elgar*



Towel needed...URGENTLY!!



After a long period of laughter we then asked George what has been his highest achievement since competing? *Coming 6th at Nationals in Sheffield*

Q. How do you prepare for a race?

To help me relax I solve the rubix cube important to drink plenty of water.



and listen to music. It is also

Q. Do you have a favourite song to listen to?

Silent Speaks

Q. What would you like to achieve in the future?

I would like to compete in the British Championships this year and hopefully Europeans one day.

Q. Is there someone that inspires you?

Michael Jamieson. He became the Olympic silver medallist in London 2012 for 200m Breaststroke. I admire his work ethic and attitude to training. In 2013 he experienced an irregularity in his heart rhythm and returned to training following medical treatment in the same week.



The medical treatment was...STOPPING HIS HEART! That's hard core training attitude!



Q. What subjects are you studying and how do you manage swimming and homework?

I am studying Psychology, PE and History. I always complete my homework in my free time.

Q. What career are you looking to go into?

A sport or a forensic Psychologist.

Q. How do you cope with pressure and disappointment?

I always try to find the positives in each situation.



Q. George, can you tell us of any changes you have made to improve your technique?

I have been working on my stroke rate this season to make it more efficient. I also agree with Marc that flexibility is important and also improves your posture.

Q. Are you enjoying coaching at Buckingham?

Yes I am. It is great to support the junior members of Maxwell plus it gives me an opportunity to improve as well. I am coaching swimmers in the silver and gold academies.



Q. Can you tell us how you have improved your diet and why?

Following a period of being unwell which affected my performance I reviewed my diet. I began to eat more healthily. I have increased my intake of green vegetables. I also take vitamin D to support my immune system.



GREEN FRUITS AND VEGETABLES	
Kale anti-inflammatory, detox	Cabbage rich in Vit C and Fiber
Broccoli lowers cholesterol	Brussels Sprouts High in fiber, anti-cancer, low fat, potassium
Artichokes antioxidant, prevents cancer	Asparagus High in fiber, anti-cancer, low fat, potassium
Green Beans anti-inflammatory, prevents Type 2 Diabetes	Cucumber hydrates body, for skin and hair care, relieves bad breath
Asparagus antioxidant, prevents cancer	Kale prevents diabetes & kidney disease, supports colon health
Napa Cabbage low in calories, rich in Vitamin C, Vit K and B	Avocado cardiovascular rich, helps to weight loss, stabilizes blood sugar, lowers cholesterol
Limes core for recovery, low calorie, helps digestion, rich in Vit C	

Q. Nearly every swimmer will face that moment when things aren't going to plan. We have

disappointing races, don't reach expected times and see our peers doing well. What advice would you offer to those of us going through this?

It is challenging for swimmers especially between 13-16 years as puberty hits us at different times. Focus on your training. Do not give up. It is a long journey so use each step as a learning curve. Do not panic and trust in your own ability. Talk to your coach. It also helps to have a supporting network of family and friends. Just remember that swimmers plateau but it is also what makes us stronger.



Now, onto those two important questions!

Q. If you were stranded on a desert island what 3 things could you not live without?

Music, Bed and Food....Oh could I take my mum (she's a great cook!!)

Q. What is your favourite 'Lisa' moment?

*Sorry Cameron but it is the time you forgot how to finish a race! That Arena League moment when Lisa went **redder** the closer Cameron came to the wall. Sorry BOSS!!*

Our thanks to George for participating in the latest Swimmers Corner interview.

