

Profile: Harry Gillam

Age 18yrs Dob: 10.06.91

British Aerialist

**A high achiever and aerial skier
– working at Trampoline National Grade 2**



Achievements

Harry is a keen enthusiastic Freestyle skier. Currently a full time student at Blackburn College, where he has completed his first year in B Tec Photography qualifications after which he will return to his Sports Science qualifications with Skiing and Trampoline.

After starting the Freestyle circuit in Aerials he had time out with a gymnastics injury and this year he has returned to training with the Swiss National Team where he has been concentrating on training for Aerials as his first sport.

Part of the training involves gymnastic trampoline and since taking this up he has won several competitions with Gold Medals and now will be competing at National Grade 2 this next year.

He took his somersaults from the trampoline into skiing and in the Aerials training before his accident he competed at the Europa Cup 2007 where his personal best places were 8th and 15th in his first ever snow competition. He also competed in the Swiss National Championships where he was placed 8th.

Harry was targeted for the Junior World Championships in March 2007 But in training for the competition two days before leaving to join the pre competition training with the Swiss National Junior team he had an accident

training high performance trampoline which left him with a very serious leg injury.

He is has now moved through rehab and after training S&C for competition and aerials skills on the trampoline he is back at the water ramp training and has just competed in his first competition for this season – for his return to competition his jumps were restricted to single somersaults by his coaches as the competition fell early in his training programme but since the competition he has progressed successfully to his double somersaults and twists His target is to be back competing this winter in any Europa cup competitions that are held (competitions will be restricted due to it being Olympic selection year and the concentration on WC level). Next summer starting in May at the water ramp, he has a target to be training two double somersaults with twists for competitions on the water ramp and then to take them to snow training

Aerials

Europa Cup 2007 placed 8th and 15th

Swiss National Championships placed 8TH

World Masters Championships – placed 15th 2009

Trampoline

National Grade 3 - 2005 3 gold medals / team placed 1st

NW Regional's 2005 U17 boys placed 3rd

BTC most improved performer of the year 2005

2009-10 training at level national grade 2

Summer training programme 2009

Prior to water ramp training he has been attending training sessions where he has been concentrating on fitness and conditioning . he has been part of organised programmes with input and assessments from the OMI. Harry has also returned to trampoline training performing bigger more complicated moves for grade 2.

Harry will now during the winter dry land programme also cross train into diving and also into judo

Harry has been able to benefit also from being taught to use the video and Dartfish software to record and analyse the water ramp jumps – this is ongoing.

Aerials Performance targets for the summer:

Harry has already this year reached his targets of – re Qualifying three inverted single manoeuvres for snow Europa Cup Competition and Qualify one inverted double manoeuvres for water ramp in preparation for next summer

When he returns to water ramp training next summer he will be targeted to have two double somersaults to qualify for snow and to use to compete in water ramp competitions

Detailed Training Programme

Off Slope Support Training Programme – this will be tailored to his programme and he hopes to be working with the coaches through TASS / Manchester University as he did this year

- Trampoline training 2 x per week. Including conditioning regimes for core strength, flexibility and balance work; all at the level required for training at national grade 2
- Snow skiing – winter training camps
- Fitness 3x per week; includes work outs for strength and conditioning for my whole body and building muscles
- Bi Monthly fitness assessments take place so my level of fitness is monitored against what is needed for my phases of training
- Main fitness assessments take place 3 times during the summer and winter training seasons.. This is then reviewed against my training programme and my food diary.

Harry 's aims for this summer and winter regarding training will be to:

- As I am allowed to train again at HPC I will compete in the Trampoline Grade 2 if possible. And also I will change the emphasis of my training so that I can aim to concentrate on the new double somersaults that I plan to take to snow next winter.
- The training will have; cross training into cycling and be combined with swimming / diving
- I will also start to cross train into Judo and some boxercise that will build my core strength and reactions; enabling me to transfer weight quickly on my feet
- I will start snow skiing in October this year and start to take my jumps from the ramp back to snow. I will work on my technical skiing - I will have to adjust my technique as a result of my injury
- A measured increase in appropriate fitness as I go towards the water ramp training season next summer
- Improve my recovery time after exercise
- I will continue to receive and build on the support I have had from my mentor and also from my sports psychologist as I work through my training programme and prepare again for competition.

Nutritional intake is tailored to training programme and my bodies needs during recovery to strengthen the new bone and repair muscles; this will be modified to meet the needs of my changing programme.

I have currently changed diet to help with the body building; I also will be working to optimise fluid intake during training sessions as well as after training and before sleep

During the two training seasons winter and summer there will be approx 4 / 6 weeks of time when I would normally reduce the set training. During this time I

will replace the set training if possible with other activities that the Sports coaches and consultants advise.

Winter Training Programme – On Snow

I will resume skiing with the Swiss coaches in October - to develop essential ski skills and adapt around my injury– I will aim to resume ski jumping in competition in December and in March next year

A nutritional review and advice sessions will take place regularly to look at the effects of training and competing at altitude for the snow training weeks and the competitions and I will have this amended to take into account of my needs during my recovery.

Targets and aims

Aerials

To qualify three single somersaults on the water ramp to take to snow - summer 2009

To compete on snow with single somersaults - winter 2009 / 2010

To qualify 2 double somersaults on the water ramp for competition - summer 2010 and to take them to snow

Trampoline

To qualify and compete at Grade 2 for 2009 / 2010