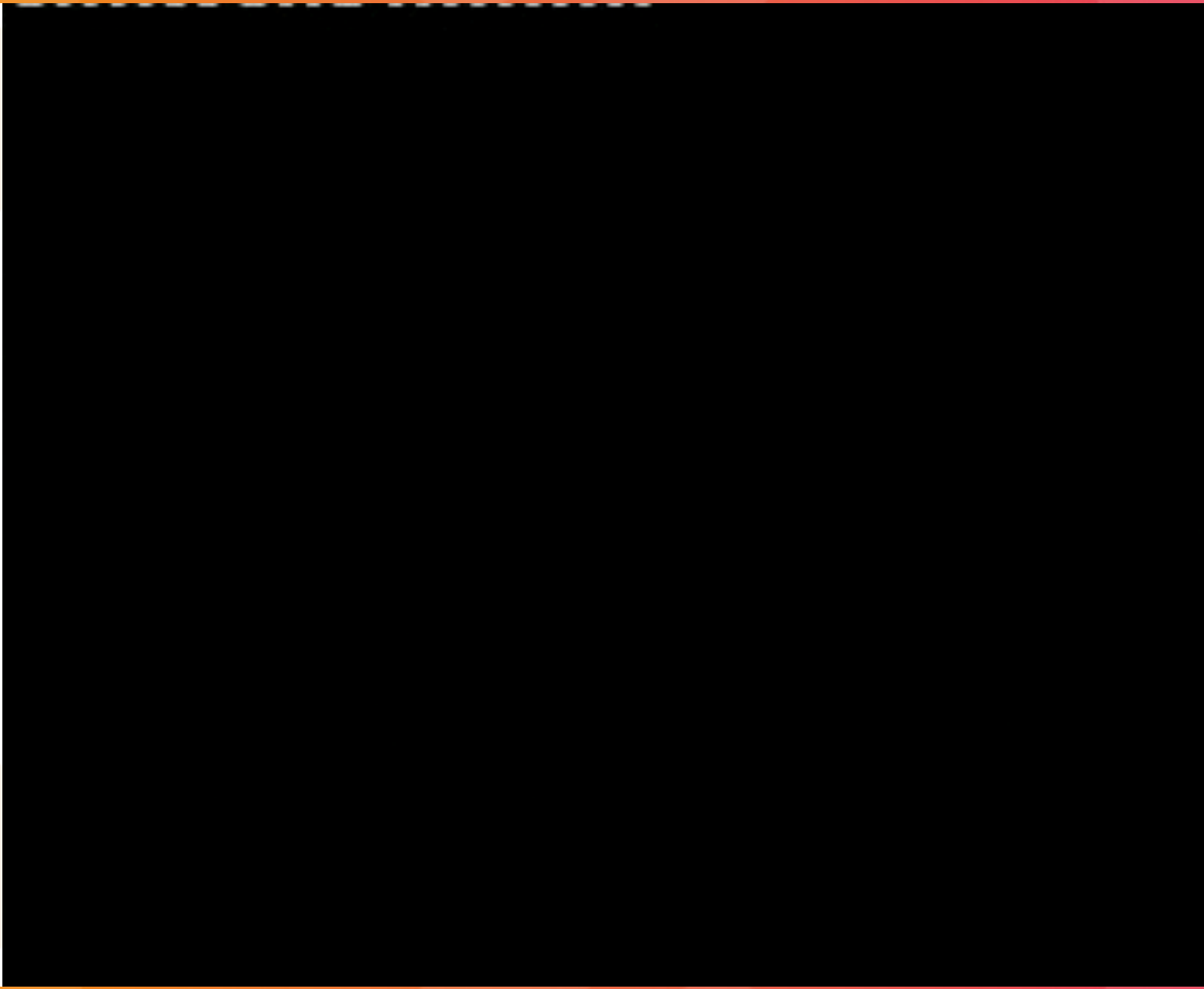


“2 Lengths
of the pool”

Double Olympian &
Former Double Commonwealth Champion







1st GB Call Up



Great Britain Selection

Dear Christopher,

Congratulations, you have been selected to represent Great Britain during the summer (August 1999) in the USA, dates to be confirmed. This selection involves a four week training camp with full Great Britain representation.

The administration team will be in contact with you to organise the finer details of the trip, we wanted to congratulate you for this selection and wish you all the very best for the preparation.

Warm regards,

Sylvia Armiger
British Swimming

The Highs – Going for Gold!!!

- GB Swimmer 2001
- World Ranked 7th
- Olympic Finalist
- World Champ Bronze
- **Gold Medal**
- 1st British Male under 60 sec 100m Breaststroke
- 2x Olympic Games



‘Allow the lows to guide you to the highs’

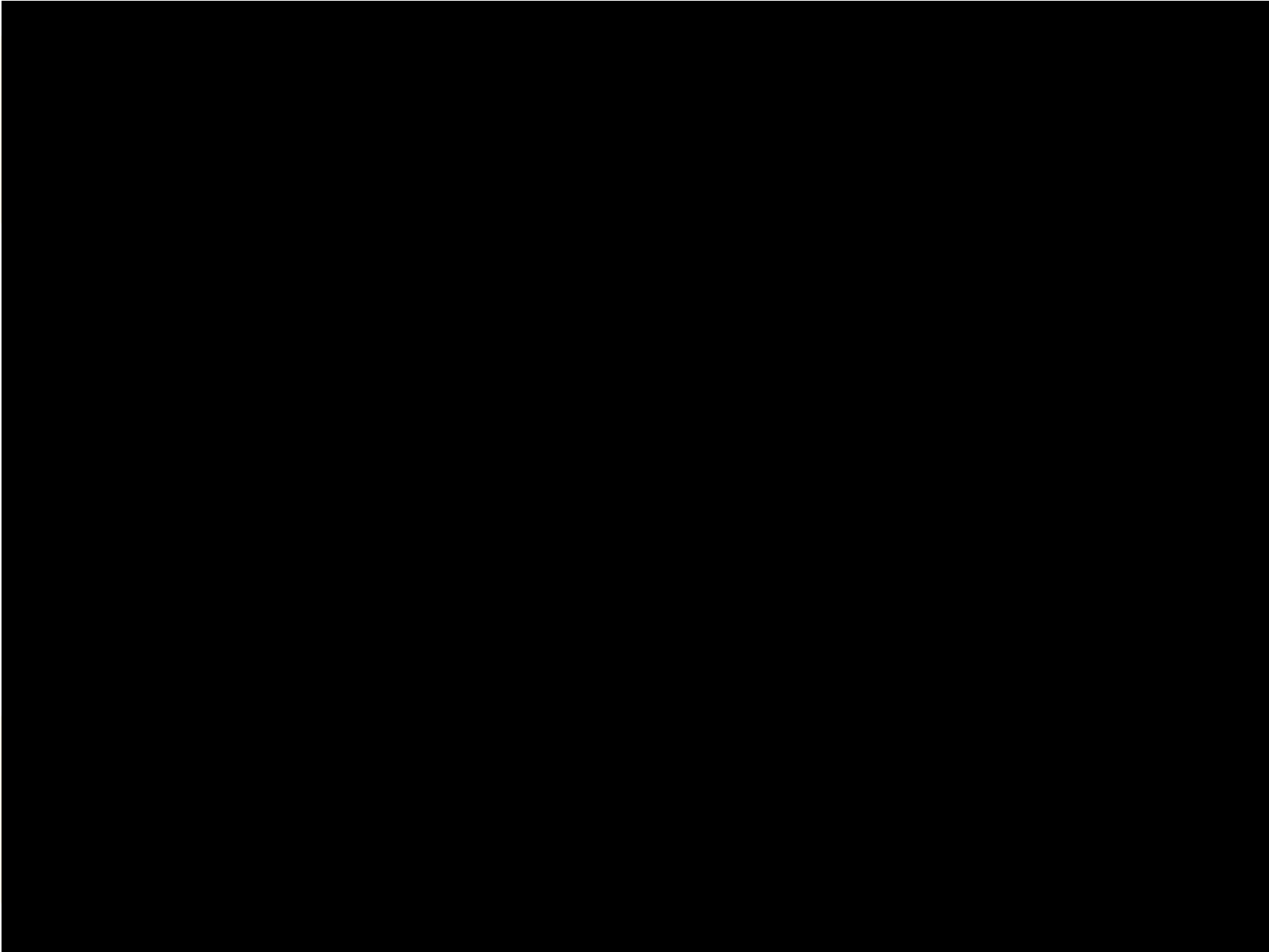
Sydney Olympic Team 2000
Not good enough

World Champs 1999
Illness

European Champs 1999
Injury

Commonwealth Games 2002
Not selected





2 Lengths of the Pool



- Change lay ahead
- 60% of the week
- Team Cook
 - Team & 2 L's
- Clarity
- Sponsorship



The Magic of a Dream



Thank you

Questions?



Chriscook