



Robert Galsworthy – Australian Team - 29th Commonwealth Games Delhi, 2010.

Robert Galsworthy – recently selected on the Australian Commonwealth Games Team competing in Delhi in October - started training at the Armadale PCYC Weightlifting Club in 2003 as a 14 year old. I had the pleasure of coaching Robert from the first time he stepped into the club, as the shortest and lightest from his group of 6 mates who rocked up that night, right through to him becoming a Champion Lifter.

Robert has always impressed with his single mindedness and he is a gifted athlete. I have however coached a number of gifted athletes... The difference between Robert and other talented athletes that have not attained his level of success has been **Robert's determination to not miss a training session**. This guy would want to train whether he was sick, injured, tired... whatever... And he didn't take breaks. The athletes I've had in the past who have decided to have a rest from lifting for a few weeks, or a few months, sometimes with reasonable excuses... well, they never made it....

It's not been plain sailing for Rob. He's had disappointments, there have been times when he has not progressed as planned, and he's had injuries, most notably rupturing his anterior cruciate ligament (ACL) soon after moving to Queensland. But the hits he took were never enough to make him quit. I would guess that there were times he felt like quitting... And that's the thing... it's alright to feel like giving up – so long as you don't.

In 2008 Rob took the huge step of moving to Brisbane to train. Training in the Cougars gym with many Olympic and Commonwealth Games Lifters and under the watchful eye of his new coach Mike Keelan, Robert has been able to come back from that possibly disastrous ACL rupture to qualify for the Commonwealth Games.

Everybody at Weightlifting Western Australia is so proud of Robert. He's a Queensland lifter now, but as far as we're concerned... we'll all be claiming him as ours, and cheering him on in October, when lifts for Australia in Delhi in the Men's 105kg Category.

