



2007 WINTER SESSION
JANUARY 7TH – APRIL 27TH, 2008

COACHES' CORNER NO.2

HAVE A HAPPY SPRING BREAK!!!

AT 2007 CHRISTMAS PARTY



GROUP 4 COACH (SARAH WALSH):

Hello Group 4! I just want to start off by saying you ALL did an amazing job on the mile swim! I know the mile swim is very challenging and intimidating but I'm so proud of everyone that attempted it! In fact, everyone that attempted it, completed it as well (not to mention in record time)! Now that we have already completed mile swim, our next task is Time Trials! This means we are going to be working on more sprints and timed swims! Be ready to work hard at practice! We have just over a month left and I want to see what all of you are capable of!

See you at the pool,



GROUP 3 COACH (TIFFANEY KELMAN):

Well done to everyone who has diligently attended practice for the month of February. We have continued to challenge you each day in all aspects of your swimming – from tiny details to complicated turns to all-out sprints. Everyone has shown their abilities this past month and I'm very pleased with our progress thus far. What I'm looking for from everyone now is CONSISTENCY at practice. Come every day ready to take on the challenge of practice. Leave your problems at the door and when you come to practice, and actually BE at practice mentally as well as physically. I'd like everyone to continue coming to practice early for dryland exercises and actually socialize with your group mates! Looking into March, we have a long week break for practices. Don't let this detour you from coming to the pool on your own once or twice and swim a couple laps. Coming back from spring break, be ready to work. There will be no dip in the workout schedule, making the returning practices easy. We will start up wherever we leave off. Well done Group 3. See you at the pool!



GROUP 2 COACH (TAMMY NGUYEN):

Hi Everyone! I am so pleased with those of you that swam the mile swim. You did absolutely amazing and should be proud of yourself! I would like to congratulate all you first-timers and all those who beat their old best times. Great work!

This past month, we've done a lot of work on our IMs and on our endurance. It has been tough but everyone got through it. Now, we are looking towards increasing



distance and cardio within our practices with less 25s and more 50s, 100s, and maybe even 200s. So far, many of you have stepped up to the challenge! I am extremely impressed and hope to see that amount of effort and greatness from each of you again.

Thanks a lot everyone and I hope you all have a fantastic Spring Break!

GROUP 1B COACH (JEN NG):

Hi everyone! In these last months of PNSC we'll be focusing on kick and endurance as we approach the summer. I want everyone in shape to run and play tirelessly over the summer break. When the school year and PNSC conclude, it's important that swimmers continue exercising, getting out and enjoying the fine weather. Of course for those athletes who plan to swim in the summer, kick and endurance will prepare you for fast swimming. For this same reason turns and break-out will appear more in practices. With the recent move-ups, I look forward to getting to know the newest members of my group! See you all on deck.



GROUP 1A COACH&HEAD COACH (BEN KEAST):

Beware the Ides of March! In fact everyone should look forward to March! We've covered much material this year in PNSC and March marks our year-in-review month. Butterfly continues to improve and this makes me very happy (as a former butterfly swimmer). Have a terrific Spring Break! Upon your return, we'll be reviewing fly and revisiting backstroke. After holidaying don't be discouraged if you're fitness/technique has decreased some. It will take some time to revive. Be patient and continue to swim smart. See you on deck.







SEE YOU ALL AT 2008 YEAR END PARTY

ON SUNDAY, APRIL 27TH, 2008.