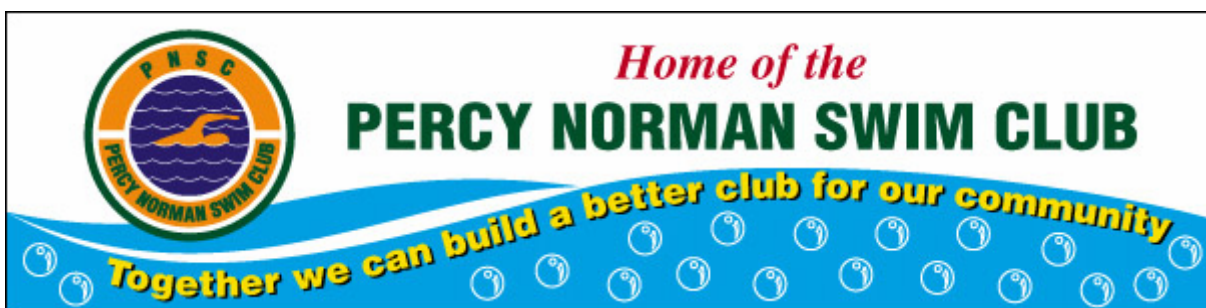




2007 FALL SESSION
SEPTEMBER 4TH – DECEMBER 16TH, 2007

COACH CORNER NO.2



Practice at JCC during the civic strike in September, 2007.

HARD WORK PAY OFF!!!

On behalf of the Percy Norman Swim Club, we congratulate all swimmers for their success at the High School's Provincial Champs!!
Keep the good work!

ALL GROUP COACH – OPERATION DIRECTOR (DON NICHOLSON):

It's been great to be on deck the past few weeks now that the strike has ended. I see lots of new faces, especially in the younger groups and everyone seems to be having a great time. For those of you who haven't met me yet please feel free to chat with me before or after workouts. My job is to try to work with all the groups and to provide as much one on one instruction as possible. Over the next few weeks as we approach time trials I'll be working with all the groups on starts, turns, and finishes so help everyone improve as much as possible.



GROUP 4 COACH (SARAH WALSH):

Hi Group 4! First of all, I just wanted to say how proud I am of you all. Everyone did amazing on the mile swim! Everyone who participated completed the 64 lengths in under an hour, which is very hard to do! Now that the mile swim is over, however, don't think that I'm letting you guys go easy! Time trials are fast approaching! I expect every single one of you to show up on time trial days and show the rest of the club just how great group 4 is! Leading up to time trials, we will be focusing on dives, turns, breaststroke and butterfly... dun dun dun. Keep up the amazing work, group 4!



GROUP 3 COACH (TIFFANEY KELMAN):

Great job so far everyone! Coming to practice with a superior work ethic and attitude will leave you feeling satisfied after a hard set. We are working on going back to basics. That means STREAMLINES, FLIPTURNS, TWO HAND TOUCHES, DOLPHIN KICK OFF THE WALL!!! We are going back to the very beginning, the starting point of great swimming. In order to be a good swimmer, you need to know the basics. In order to swim well, basics are the KEY thing to learn and master. Once you have mastered these skills, you will be able to move on to different techniques in your swimming. Be sure to be on time to practice, participate in dryland activities and BRING WATER BOTTLES! Time trials are coming up and we want to be prepared to do well. We still need to cover more breaststroke and butterfly as well as diving off those blocks. Attendance is important now as we are covering lots of information and instruction in a very little period of time, SO MAKE SURE YOU COME TO PRACTICE, READY TO WORK AND WORK HARD!!!



GROUP 2 COACH (TAMMY NGUYEN):

"Oh the weather outside is frightful ..."

Christmas is almost here! Now that we're winding down our season and heading into the last few weeks, I am sure that everyone is just as excited as I am for the holidays! Recently, we've been doing some work on IMs and endurance; combining everything we've been learning about each of the individual strokes and applying them to a longer distance. Everyone's been doing fantastic, working hard and I couldn't be more pleased!

During the next couple weeks, we'll be focusing on turns and dives in preparation for the upcoming Time Trials in early December. It's very important that we work out all the little details in our races. Turns and dives can be turning points in a race especially when all the opponents are equal in talent at swimming. Although the Time Trials are all in good fun, I would like to see everyone out there trying their best and applying all they've learned to their strokes at race pace.

Following the Time Trials, the main goals of practice will be on Best Stroke and Sprints. Basically, there will be lots of choice stroke swimming and timed races in practice. Once again, we'll try to apply the skills and drills we've practiced but this time, on strokes most preferable to you.

Great job by all Group 2 swimmers! Keep up the good work!



GROUP 1B COACH (JEN NG):

Another month has passed and the holidays will be here before you know it. I have emphasized on the basics of freestyle in the past two months and have slowly branched into the other strokes. For freestyle, we have been working on a lot of drills dedicated to body position, high elbow catches and nice relaxed high elbow recoveries, not to mention streamline pushoffs at every wall and turn. It is also in my plan to work on starts and turns for the month of December but unfortunately due to time conflicts of your busy schedules, I have not had the opportunity to work with most of you thus far. If you feel like working on your starts and turns in the next couple of weeks, please consider coming to my Saturday and Sunday morning practices (especially Saturday, you will get lots of pool space and attention from me!)



I also encourage you to come to the time trials which will be held from the 6th to 8th December at Percy Norman Pool. Come out and have fun before the holidays and for those who are members of Vikings, it will be a really good measure of where you stand in the off season right now!

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

We've had a good first half of the season. There has been tremendous improvement throughout the club in both skills and attitude towards swimming. If you're available for the time trials please come out and participate – it's a terrific opportunity to demonstrate to your coaches and parents what you've learned this Fall. On a similar note, many swimmers have improved to the point where it's time for them to move into a higher group. Congrats to all those swimmers who are moving up! Remember: moving up into a higher group is a privilege and a reward for working hard and improving your swimming. You've grown up and you're ready for something new! By moving up, PNSC hopes to challenge you in new ways and continue to improve your skills under a new coach. Keep up the good work! Also, be on the look-out for our assistant coaches.



They're new on staff but might appear familiar... Although young, they've plenty of experience and knowledge to share. Listen and learn as much as you can from them! On behalf of the whole coaching staff, we look forward to seeing you again in the New Year!



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Junior Leader Training Day
Sunday, October 28th, 2007



Assistant Coach Training Day.
Saturday, November 3rd, 2007