



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

COACHES' CORNER NO.1



GROUP 4 COACH (SARAH WALSH):

Welcome back to Percy Norman, Group 4!!! I am so happy to be at our regular pool and after a month of irregular swimming schedules, I'm glad to be back on track! We will be working on freestyle the next few weeks, so come ready to listen to technical corrections and feedback from myself and our great junior leaders! Also, it is super important to bring your water bottles to practice. Practice won't be easy and it is very important to stay hydrated! One last thing- even though practice will be challenging and you have to focus doesn't mean we can't have fun!!

Sarah Walsh ☺



GROUP 3 COACH (TIFFANEY KELMAN):

Welcome back to a normal practice schedule everybody! Welcome back to old swimmers and hello to new swimmers. I'm looking forward to another successful Percy Norman Swim Club fall and winter season. I'm Tiffaney, the group 3 coach. We briefly had a second group 3 coach, Iris, who most of you are familiar with. She will no longer be consistently coaching; however, she'll still be around once in a while. In the mean time, you'll get to know me, the permanent group coach.



In group three, we like to work on raising the bar of challenging yourselves. I look for personal best and individual goals. You'll learn skills that will create a basis for your winter maintenance swimming. We perfect streamlines and flipturns, we learn tonnes of new drills, and we improve our endurance throughout the season. Rules in group three are simple: you show up, you work hard, and you will see results. I'm there to work hard, so make sure you're ready to do the same. We'll be breaking things down to the real basics at the beginning of the year and we'll gradually build our endurance and knowledge of swimming and even some racing tidbits to impress all your friends.

About me? I've been competitive for most of my life in summer swimming. I've been coaching for quite some time now with several different clubs and I enjoy teaching others how to correct their strokes for better overall performances. I believe in good work ethics and that hard work will create improvement, once you put your mind to it.

Be on time, bring water bottles and a positive attitude to practice and we're going to tackle this fall season with awesome strides.

GROUP 2 COACH (TAMMY NGUYEN):

My name is Tammy Nguyen and first, I'll start by introducing myself to those who are new to our club. I've been a swimmer for both the Vancouver Vikings and PNSC and have now after been through these fantastic programs have emerged as a coach for both. I am currently attending UBC in my 3rd year in the Arts program.



I have loved swimming at an early age and still continue to be passionate for the sport to this day. I have been through dozens of coaches and as a coach myself; I hope to pass on to the swimmers all that I have learned. Please do not hesitate to talk to me before or after practice if you have any questions or comments. Thank you for your time and I look forward to seeing you all at practice!

Tammy Nguyen (nguyen.tammy@hotmail.com)

GROUP 1B COACH (JEN NG):

Hello everybody! I'm extremely fortunate to be joining the Percy Norman Swim Club coaching staff this year. Many of you know me from Vancouver Vikings or the occasional time I substitute coached for PNSC over the last two years. This year I'm excited to be a full-time member of the club! My philosophy towards coaching is a no-nonsense approach to technique and I focus heavily on the basics. Without a strong foundation in your strokes, it becomes difficult, sometimes impossible, to swim the cooler and more advanced strokes like butterfly and breaststroke. My background was varsity swimming at UBC, where I competed successfully in 50 and 100m freestyle, so you can bet we'll be working plenty of that stroke - and flip turns!! Although most swimmers find backstroke and freestyle the easier strokes to learn and do, to swim them properly is actually much more complicated than you might think. As you can tell from my little blurb, we've lots to do and I can't wait to start instructing you all!



GROUP 1A COACH (BEN KEAST):

Welcome back to another year with Percy Norman Swim Club. I'm very fortunate and pleased to be returning this year as head coach. If you don't know me, I'm a student at Simon Fraser University, a former varsity swimmer, and competitive swim coach with six years experience. As most of you already know, I'm a firm believer in teaching the proper technique of swimming for both competitive and recreational athletes. Swimming smart will not only increase one's speed in the water but making swimming more enjoyable and less tiring on the body. In the coming weeks I look forward to seeing all your returning swimmers as well as meeting those athletes and parents new to the club. Please feel free to approach me before or after - but not during swim practices to introduce yourselves, ask me questions, or just say hello! (Coaches are people too.) I frequently check my e-mail and will answer any correspondence addressed to benjamin.keast@gmail.com. See you on deck!





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