



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

COACHES' CORNER NO.3

A GREAT BIG THANK YOU to everyone who contributed to the success of our season. Thank you to the staff at Percy Norman pool for providing us with valuable pool time, assistance and making us feel so welcomed. Thank you to our parents who volunteered to make each event such a success. And thank you to our coaches for providing such a wonderful experience of swimming for our children. The high level of instruction, your enthusiasm as well as your passion for this sport has inspired and motivated our children.

SEE YOU ALL AT YEAR END PARTY

GROUP 4 COACH (SARAH WALSH):

Congratulations Group 4 on a job well done! It has been a great year and you should all be very proud of yourselves! Throughout the year, we have learned freestyle, backstroke, breaststroke and even butterfly! We practiced our dives and flip turns, and many of us have even swum a mile! It was so much fun working with all you fantastic swimmers all year. I hope you guys had equally as much fun (even if sometimes the practices were challenging) as I did and I want to encourage everyone to sign up for Vikings! I will be seeing many of you this summer, but for those I don't, I hope you have a great one and I hope you will try to practice some swimming skills you learned this year (your friends will be jealous!). See you all at the pool in September!



GROUP 3 COACH (TIFFANEY KELMAN):

Rounding off another great season of swimming with confidence, improving skills and all around increased knowledge of the sport is exactly how I like to end a season. This group has been a huge range of beginner swimmers to “old-timers” returning to another year of Percy Norman. Regardless of your initial title, everyone who has swum consistently throughout the season has a well deserved title of “swim clubber”. Showing talent and exceeding boundaries are just some of the things you swimmers have achieved this past season. I’m thoroughly impressed by your commitment, your passion, and your encouragement. At the beginning of the season, I asked that all of you brought to the table what I brought to the table. If I’m working 110% on deck, you should be working 110% in the water. You have surpassed my expectations and have accomplished something that no coach can teach. Dedication is key to a sport like swimming and I have seen the dedication in you as swimmers. I’m touched for the amount of effort everyone has brought to practice and I am dumbfounded by the intensity level some of you brought.



You all have been a pleasure to work with. My season with Percy Norman has been enjoyable and that’s because of you, my group 3s. You’ve made me proud. Now take your nice long summer break from swimming, and be prepared for another exciting round at the pool in September. Until then, everyone take care and have a great break.

GROUP 2 COACH (TAMMY NGUYEN):

Hello everyone!

We are now in our last few weeks of the season and I can’t imagine how fast it has flown by. I have seen amazing improvements from each one of the swimmers in my group and I could not have been more amazed.

Everyone has achieved great things because of your dedication, hard work and determination and I couldn’t thank you enough. Whenever feedback was given, everyone took it upon themselves to listen carefully and try to apply it instantaneously. Congratulations for a fantastic season and all of your accomplishments!



With a few weeks left, our primary focus will be on the small technicalities of each of the strokes as well as an increase in distance. I want all of you to be familiar with longer swims and sets so that your endurance can be built up. Get prepared to have distance sets as well as VERY strict rules on turns and streamlines.

Keep up the amazing progress and enthusiasm and I’ll see everyone on deck!

GROUP 1B COACH (JEN NG):

It's been a terrific year! I've had lots of fun coaching all my PNSC swimmers. I look forward to seeing some of you again this summer. Many thanks to the Junior Leaders and assistants who helped out during practices this year - you've all grown-up greatly over the past few months and your help has made teaching swimming even more enjoyable than usual! Everyone has worked hard this season and improved immensely. I believe the reason for this improvement is commitment to the practice schedule and focus on technique while swimming. Each and every swimmer should be pleased not only with their improvement but also the dedication and concentration they've demonstrated. These traits are not easily developed but will prove invaluable to you throughout your life-time. All the best,



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

It's been a terrific year at PNSC. I don't think I'm alone in my belief that many swimmers have made enormous improvements in their stroke technique, their attitudes towards training, and their sportsmanship towards fellow group mates. On a personal note, I've enjoyed my experience with the club this year. Taking on additional group 2 practices introduced me to many swimmers I wouldn't normally have the pleasure of instructing, allowing me help build better technique in our younger, up-and-coming athletes. This year's Time Trails and the Mile Swims stick in my memory and, I think, even surprised some of the swimmers with strong performances. This April groups 1A, 1B, and 2 will summarize the year by reviewing all four strokes (beginning with backstroke). The emphasis on endurance, turns, underwater training, and kick will increase, especially for the older groups, in anticipation of the approaching summer season. Training intensity has increased since last month – as many of you have noticed – and April's increased training regiment will be minimal in comparison to March's. Hope you all had an excellent holiday and come to every swim practice you're able to attend before the season concludes! See you on deck,



Have a GREAT SUMMER!!!

AND

SEE YOU AGAIN IN SEPTEMBER!!

(Tuesday, September 2nd, 2008)