



2008 FALL SESSION
SEPTEMBER 2nd – DECEMBER 21TH, 2008

COACH'S CORNER NO.2

GROUP 4 COACH (MARC SZE):

Well 2 months have come and gone...

What have we learned? Perfect practice makes perfect. We have continued to practice body position as well as comfort in the water. Sometimes simple things can make all the difference during swimming. For example, remembering to blow out all your air when your head is in the water so that when you turn the head to breathe all you do is breathe is critical. Errors in this can lead to timing errors, stroke irregularity, as well as stroke fluidity problems.

As for where we are going...The kids have made great progress so far. If things go well I hope to be able to start backstroke in early November. However, there is no set time as to when this needs to be done. What I mean by this is that it is dependent on how quickly the kids pick up the key aspects of freestyle. I hope your kids have been having a great time in the group because I know I've been having a lot of fun coaching them. See you at the pool.

GROUP 3 COACH (SARAH WALSH):

Hey Group 3s! We've covered a lot so far and you guys are all doing an amazing job! We have worked on our freestyle, backstroke, breaststroke, and I know everyone's favourite- the 2/3 weeks of butterfly! You guys are making huge improvements each practice you attend, to keep the attendance up! Water bottles are encouraged at every practice! You will be able to push yourself harder and you will feel better if you keep yourself continually hydrated. Also, come to practice ready to be attentive and receptive to feedback. We're very lucky that we have so many amazing assistant coaches and junior leaders, so try to keep in mind what they say! Furthermore, in preparation for the mile swim, we will be adding more endurance to our workouts! (You



guys will definitely be needing those water bottles!)

See you at the pool.

Sarah Walsh

GROUP 2 COACH (TAMMY NGUYEN):

Hello Everyone!

It is now November and I have to say that all of you have been doing a fantastic job at practices. The first few months of the season we progressed slowly through the technical aspects of freestyle, backstroke and butterfly. You have all done very well trying your best to master the specific skills that I have tried to teach you! We primarily concentrated on our body position, kick and catch in each of the strokes. These are fundamental aspects in your stroke that allow you to be technically efficient so please keep executing those skills as you continue swimming throughout the year.

We are currently focusing on breaststroke for the next few weeks. The first section will focus on the elements of an effective kick and then we will progress through the arm action and the timing of the stroke itself.

I would like to remind all of you that it is important to practice all your turns and push-offs properly throughout the whole practice especially during warm up. Remember to execute solid streamlines, underwater kicks and proper turns at each of the walls. With practice, this will become second nature and no longer something you have to constantly remember to do.

Keep up the great work and I look forward to seeing all of you on deck!

Tammy Nguyen (nguyen.tammy@hotmail.com)



GROUP 1A COACH (BEN KEAST):

Good luck to all those PNSC swimmers competing in high school competitions! This week and next week we will be practicing our starts and turns in preparation for these events. It's important that you feel physically and mentally ready to race. Therefore, the next two weeks will be focused on best stroke, making you feel comfortable in your favourite events. Remember: swim meets can be long so bring a book to read or homework to do while you wait to race. Remember to eat right and get plenty of sleep leading up to your competition - without plenty of energy it's difficult to get excited enough to swim fast.



GROUP 1A&1B COACH (JIM CAMPBELL):

Hey Percy Norman Swimmers.

We are on the home stretch of the first session of PNSC and you have all been doing great. Over the next month we will continue our work on the four strokes concentrating a little bit more on the pull and integrating that in with our kick. Make sure that you all show up 15 minutes before pool time for our activation activities. It is very important to get ourselves moving before we get in the water. Don't forget the mile swim is November 6th, 7th, and 8th. See you at the pool.

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**See you all at Time Trials on Thursday, Friday and Saturday,
December 11th, 12th and 13th.**