

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

COACH'S CORNER NO.1

GROUP 4 COACH (MARC SZE):



Hello Everyone!
Group 4 is now being coached by me, Marc Sze. I am very excited to be able to work with some very enthusiastic and talented individuals. This month will be mostly focusing on streamline positioning. This is to get the kids comfortable in the water as well as to get them to start learning to hold themselves on the surface of the water. Depending on how well they progress as a group will dictate how quickly we move onto freestyle. However, I hope to be able to start freestyle by late September. I guess I should tell everyone a little about myself as well. I swam 3 years for the UBC Thunderbirds Varsity swim team. I am currently in my final year of undergraduate study in Medical Laboratory Science at UBC. During the summer I did a summer research project at iCapture, which is located in St. Paul's Hospital. I am continuing the research at iCapture in the form of a two term directed studies. I have coached with Vancouver Pacific Swim Club (VPSC) as well as with the Vancouver Vikings. If any of you have any questions about swimming, how your kids are doing, or what I am researching please feel free to ask me after practice. I look forward to meeting all of you at the pool over the course of the Percy Norman swim season.

See you soon,

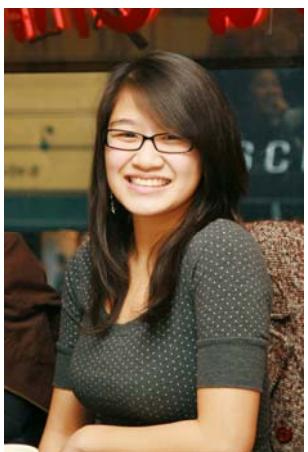
GROUP 3 COACH (SARAH WALSH):

Welcome to a new season, Group 3! For those of you that don't know me, my name is Sarah Walsh and I am in my 2nd year at the University of British Columbia. I have been with the Percy Norman Swim Club as a swimmer since 1997, and the Vancouver Vikings Swim Club since 1998. I have been coaching since 2004 and hope to instill the same passion I have for the sport in my



swimmers. This month we will be mostly working on freestyle and backstroke. We will be doing lots of work on our body positions and catching the water and pulling it. Every set we do will require a lot of technical FOCUS. Think about doing it properly, rather than quickly. Sloppy swimming is strongly discouraged! Also, water bottles are really important at every practice. Staying hydrated will make you feel less tired and you will be able to work harder! We will also be working on flip turns, touch turns, streamlines, underwater kick and many more things! By next week, I will not be hearing "But I don't know how to!" as an excuse! I'm really excited to work with you all and see how much you improve!

GROUP 2 COACH (TAMMY NGUYEN):



Welcome to the start of PNSC's Winter 2008 Season! I am very excited to see both new and returning faces and look forward to seeing you all at practice. For those of you who don't know me allow me to introduce a little bit about myself. My name is Tammy Nguyen and I am a 4th year student at UBC in the Faculty of Arts with an English Literature Major. I have been swimming with the club since I was very young and still continue to be active within it to this day. I've coached with PNSC, the Vancouver Vikings and the Vancouver Pacific Dolphins these past four years and have had many wonderful experiences and acquired lots of knowledge about this fantastic sport. Swimming is my passion and I hope to reflect that in my coaching as well as instill that into those I coach.

My primary focuses this year are all technique based. I believe that to be a great swimmer, you must have a solid technical foundation and it is my intention to build that base in my swimmers. The first focus I have for all of you is centered on the notion of body position and maintaining a strong core. To set up and sustain a strong core is essential in all aspects of swimming as well as allowing the application and learning of new skills to be much easier.

If you have any questions or concerns, please do not hesitate to email me or speak to me before or after practice. I hope to see everyone on deck and I wish the best to all of you!

Tammy Nguyen (nguyen.tammy@hotmail.com)

GROUP 1B COACH (JEN NG):



Welcome back to another season of PNSC! Since there are multiple move ups so far, I'm still working on getting to know you. Also if you've never swum with me before, please don't hesitate to ask if you have any questions while I'm coaching. This month's focus will be freestyle and some kick endurance for both groups 1A and 1B. We have been working on the catch and pull phase and body position (especially while breathing).

Catch:

High elbows

Finger tips pointing down

Feel the resistance on your palm and forearm

Pull:

pull straight! No "S" pulls please

Body position:

Long spine and flat necks

Core needs to be on

Avoid fishtailing while breathing, extra support needed from obliques

Please be aware that there will be a dryland session every Sunday morning for half an hour. If you cannot stay please let me know ahead of time. Also, depending on the weather, please bring your runners for some outdoor running. I look forward to a great season with you all!

GROUP 1A COACH (BEN KEAST):

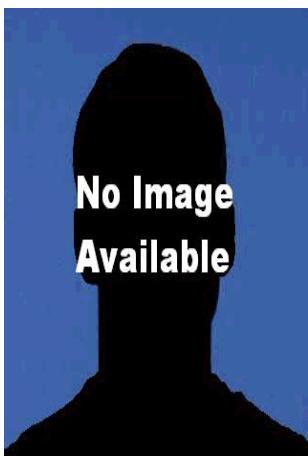


Hi all,

Welcome back to another season at PNSC. I look forward to seeing all you returning swimming and meeting all you new members! I encourage all summer club athletes to attend as many practices as possible in September and October, striking while the iron is hot and swimming while you still feel strong! If you haven't been swimming all summer long shame on you! -- but that's O.K.! Because the PNSC coaching staff will be getting you into shape quick and working to improve your technique too. Come to every practice ready to work hard and swim smart.

See you on deck,

Ben

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

Hi groups. For those of you who don't know me my name is Jim Campbell. I have been a swim coach for four years now. I worked for three years with the North Vancouver Cruisers coaching their senior swimmers, last summer I worked with the Vikings. This is my first season with PNSC although I was in a couple times last season when needed. I look forward to seeing your skills grow as our time together progresses.

The first couple of weeks are behind us and a large part of our focus has been on body position and kick in freestyle and backstroke and flip turns. In the next couple of weeks I will start doing breaststroke and butterfly still focusing on body position and working on our dives.

See you at the pool.

ALL GROUPS COACH (DON NICHOLSON):

Welcome back all returning and new Percy Norman swimmers! Hopefully everyone has enjoyed their first month back and everyone has had a chance to meet their new coach. I'm excited to be returning to Percy Norman for another season. For those of you who don't know me I've coached with Percy Norman for the past 4 years and previously I was the head coach of the Vancouver Vikings. This season you'll find me on deck on the weekends helping both swimmers and the other coaches to ensure these busy workouts run smoothly and that everyone improves. I wish all our swimmers the best for the fall session and hope you have a great time.



**See you all at Mile Swim on Thursday, Friday and Saturday,
November 6th, 7th and 8th.**