



**2009 FALL SESSION**  
**SEPTEMBER 8TH – DECEMBER 19<sup>TH</sup>, 2009**

## **COACH'S CORNER NO.2**

### **GROUP 4 COACH (LAUREN NIPP):**

Hi Group 4's,

This month we have focused on freestyle, working especially hard on developing strong kick. On top of that, we have added in our pull and making sure that we have high bent elbows, spearing the water (no slapping), rolling our shoulders as our hand enters the water, and breathing to the side. Some of the drills we've been teaching you to help with these aspects of freestyle include the finger/hand drag drill, catch-up, chicken drill, dog paddle drill, side glide, and six-kick switch. We are very impressed by the improvement we've seen with all you group 4's and we hope you keep up the good work. For the next few weeks, we will be increasing our mileage to prepare for the mile swim (64 lengths which we know you all can do) so everyone should bring their water bottles to practice! However, it is important to keep in mind that as we increase the amount of lengths we want you to swim, you still need to swim with good technique. Remember, swimming with good technique will actually make the sets easier! Also, in November we will be switching strokes from freestyle to backstroke. In a lot of ways, backstroke is pretty similar to freestyle so you should all be able to swim this stroke just as well as your freestyle by the end of the season! We hope all of you are enjoying group 4 so far and continue the great work! See you at the pool!



### **GROUP 3 COACH (SARAH WALSH):**

Hello Group 3! I hope you guys are having as much fun this year as I am. For the last 2 months, we have been really focusing on our freestyle, backstroke, flip turns and proper kick! We are going to continue to keep those in mind while working on breaststroke and butterfly. Breaststroke and butterfly can be quite challenging to learn and perfect, so it is going to require some focus from you

guys. As you each are only allowed to swim 2 hours a week, it is extremely important that we are talking advantage of these 2 hours and constantly giving 100% effort. The intensity of practices will also pick up as we will be doing some harder, longer sets that are designed to improve our endurance. You guys are really impressing me so far so keep working hard and giving it your all. The amount you all have improved so far is remarkable and I am sure you will keep doing so. Keep it up guys!



### **GROUP 2 COACH (TAMMY NGUYEN):**

Hi Everyone!

I hope you're all doing well and that season is going great for you! The season after two months has been really awesome and I have seen some fine swimming from all of my swimmers. As you all know, I am a super stickler for detail and I am so glad that everyone has been concentrating so much on their technique!



I place much focus on breathing and moving from the torso and core as opposed to just the neck and the head. This is so that we can have a more fluid stroke whatever you are swimming. For the first few months, we were working on freestyle with emphasis on feel for the water and breathing. As I hope you'll remember, we practiced drills such as best balance and catch-up to work on your core control and the efficiency of your stroke. In addition, we worked on our flip turns with a focus on exploding of the wall instead of pausing.

We are now in the midst of our butterfly cycle. We have done much on dolphin kick focusing on rhythm and power. We are now moving onto our butterfly pull and putting the arms and legs together. This means will be doing lots of drills focusing on moving our bodies forward through the water as opposed to moving up like surf, biondi and dolphin dives. When putting it together, we're thinking about rhythm and tempo and so we'll do drills such as 333 or 4 Kicks/2 Pulls to isolate those skills.

Please remember to actively practice the fundamentals in swimming in regards to starts and finishes, turns and pool etiquette. Also, make sure to be at practice 15 minutes prior to being in the water for activation.

See you all at the pool!

- Tammy Nguyen (nguyen.tammy@hotmail.com)

### **GROUP 3 AND 1A&1B COACH (JIM CAMPBELL):**

Hi All,

Over the last few weeks we have been working on Freestyle, Backstroke, and Butterfly or Breaststroke. You have all made great stride in improving on your kick and we will start working on adding in the pull in the remainder of the session. For the first week in November we will be returning to freestyle as our focus to prepare for the mile swim in early November. After the mile swim we will finish off our work on the four strokes add some speed to our practices and work on our starts and turns.



Please be sure to arrive to the pool on time for our activation. A lot of you have been getting cramps in practice because you are not preparing properly for the practice. Currently about 25% of you are on time for practice and I would like it to be all of you although I know some of you are coming straight from other things and struggle with this. You should also bring a water bottle with you to practice so you can stay hydrated throughout the workout.

See you at the pool  
Jim Campbell