



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

## **COACH'S CORNER NO.1**

### **GROUP 4 COACH (IRIS CHENG):**

Hello everybody and welcome to Group 4!

This year we have a team of coaches consisting of myself (Iris), Lauren, Jocelyn, Michelle, Rebecca, and Vanessa. We have a lot of swimmers in our group, so please continue to swim during your scheduled practices so that we won't be too overcrowded on any given day. This month we have a freestyle focus working especially hard on our flutter kick and streamlines. We also have 5 rules of swimming that we will emphasize throughout the year. The five rules are:



1. Bring a water bottle to practice!
2. Keep off the lane ropes and the side wall
3. Always swim on the right side of the lane
4. Finish to the wall every single time
5. Heads up and listening when the coach is talking

We hope you are as excited for this upcoming PNSC season as we are. If there are any questions or concerns, feel free to email us, or approach any of the coaches before or after practice. Cheers!

-Iris

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

Hello everyone! Welcome to group 3! (On Fridays, Saturdays and Sundays) For September and October, we are going to continue to focus on the basics of swimming; such as streamlines, proper turns and body position. Technique, however, will be our MAIN emphasis throughout the year! Keep in mind that you cannot improve without proper



technique. This means I'm going to ask for perfection in not only drills, but in our "regular" swim sets as well. We will also be putting a strong emphasis on streamline kick, as your streamline kick can always improve and become stronger. Keep in mind to use your new and improved kick constantly in swim and not just let our legs drag behind us, slowing us down. Please come to practice ready to focus on technique and work hard. Water bottles are also extremely important to have on deck as they keep us hydrated during our work outs. Keep up the great work guys!! I hope you are looking forward to this year as much as I am.

Sarah Walsh  
[sarahewalsh@gmail.com](mailto:sarahewalsh@gmail.com)

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

Hi Everyone and welcome to the 2009/2010 season!

As most of you know, my name is Tammy Nguyen and I am the Group 2 coach and the Junior Leader coordinator. I am currently attending UBC finishing up a undergraduate degree in English Literature. I have swum with PNSC since I was 9 and from there I became a coach for this superb club. I have also coached at the Vancouver Vikings and at the Vancouver Pacific Swim Club.



This year my focus lies in the technique of all my swimmers strokes. I wish to teach for all of you to become stronger and faster swimmers but before that can occur, you have to acquire a solid foundation of skills and strengths. Primarily, my goal lies in teaching you all an effective and efficient kick and a general "feel" for the water. After this, we will begin training on speed and power. For the next month, we will be continuing our work in our freestyle focus of body position, kick and breathing.

I would like to remind you to be 100% ready to work when at practice because though not always physically challenging, my practices demand much concentration and application of skills. In addition, simple pool etiquette and rules should all be second nature now that you're in Group 2. This means that all streamlines, turns and breakouts must be executed properly, that you respect the other swimmers in your lane and that you are conscious of your own swimming.

Lastly, please remember to bring a water bottle to EVERY practice and to be on time for activation (15 minutes prior to swimming)!

See you all on deck,

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

Hi All,

Welcome back to Percy Norman Swim Club. I'm happy to be back again coaching all of you. Throughout the first month our main focus has been on freestyle and trying to build our kick into our stroke. This sounds easy enough but when you trying to do everything at once things can go a little hay wire and keeping the kick consistent is key. Over the next few weeks we will be working on Backstroke. The way we will tackle Backstroke is very similar to Freestyle we will start with the kick and then try to work it into the swim and then make sure the arms are doing what they are supposed to be doing. Remember when we aren't doing a kick set it is still important to use your legs. One last thing make sure that you show up to the pool on time for activation. That is fifteen minutes before the start of pool time, this is an important part of the workout as well.

See you at the pool,  
Jim Campbell



**GROUP 1&1B COACH (JEN NG):**

Hope you are all enjoying the new school year. If you have any questions regarding the season, feel free to email me at [jennifer.ck.ng@gmail.com](mailto:jennifer.ck.ng@gmail.com). Otherwise, see you Saturday afternoons and Sunday mornings.

Jen

