



2010 Fall SESSION

September 7th – December 19th, 2010

COACH'S CORNER NO.3

GROUP 4 COACHES:

Hey Everyone!

The fall season is coming to an end but make sure we don't forget what we worked on!! By now, your coaches shouldn't have to remind you to do streamlines past the flags, or two strokes before one breath after your streamline in freestyle. All of you have a lot of potential to be great swimmers so come to practices regularly because each practice focuses on something important in the stroke we're working on. Remember that the more effort you put in practice the faster you will improve!! :)



December focuses on backstroke. Backstroke is not possible without correct body position (hips at the surface, head looking at the ceiling) and small fast kicks with JUST TOES at the surface of the water. This season, the coaches will teach you all the correct way for backstroke pull so make sure you're focused in practice. We will also be preparing for the MILE SWIM and TIME TRIALS which means BRING YOUR WATER BOTTLES to practice!!! The coaches hope you will enjoy the winter break and to see you all next season when we'll be working on breaststroke and a little bit of fly!

Like Jocelyn said in the last newsletter, "the coaches don't bite", so don't be afraid to come up to any of us! See you all at the pool!

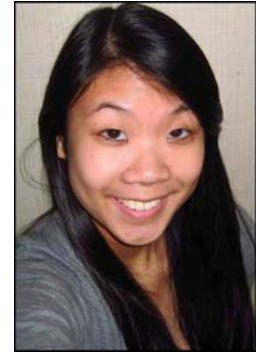
Rebecca

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GROUP 3 COACHES:

Hey Group 3's!

Time sure flies by fast! Now that November is ending, we will be finishing up our breaststroke practices. In the last week, we will be re-enforcing all the breaststroke technique we learned this past month such as proper kick (already having your feet flexed as soon as you start your kick), strong pull (lifting your upper body out of the water but not dropping your elbows), head position (keeping head relatively still and looking towards bottom of the pool), and timing.



As we go into December, we will begin butterfly. We will start by doing lots of dolphin kick as this is the foundation of the stroke. Once we master the dolphin kick, we will slowly incorporate the arms and timing. If it is a bit confusing for you at first, don't be discouraged! Butterfly is a tough stroke but all it takes is tons of practice and repetition, which we will do!

Lastly, please remember to come 15 minutes early for stretching and to bring a water bottle to practice. These two things are important in order to prevent cramps during the practice and to keep you energized! Also, don't forget that the Mile Swim and Time Trials are coming up. If you are free those two days, we'd like to encourage you to all come to both these events. Keep up the hard work!
=D

See you at the pool,

Lauren

GROUP 2 COACHES:

Hi Everyone!

Can you believe that it's now December?! Only a few short weeks until you are all off school and until 2010 comes to a close. That being said, it means our Fall 2010 season is winding down as well. To end this session, our focus will be moving on from breaststroke into butterfly and IM. Yay!



With regard to fly, we'll be working lots on your rhythm and kick. I can't stress the importance of a proper kick enough because it is really the key to great fly at times. Not only does it set the rhythm and rate of your strokes but it also maintains your body position as you are swimming through the water. What I'll be looking for with regard to kick is activating from your lower back and hips and then following through all the way to

your ankles. The knees should move very little in this kick for too much bend in the knees is detrimental to your propulsion.

With IM, we'll be addressing all of your strokes with particular focus on IM turns and your endurance. IM is also an opportunity for you to put together everything you've learned in the past few months. Obviously, we'll be doing lots of build, 85% and all out sprint 25s and 50s; so get ready to work hard!

Lastly, I want to leave you all with a few reminders:

1. Always bring your water bottle to practice. We'll be doing tougher sets and it is important to stay hydrated throughout the entirety of practice.
2. Make sure you arrive 15 minutes prior to the start of swim practice. Being at the pool doesn't count as being on deck and ready for activation.
3. During activation, make sure you are doing dynamic movements. Warming up your muscles and joints by moving around is much more important than stretching them.

Thanks for reading and see you all on deck!

Tammy (nguyen.tammy@hotmail.com)

GROUP 1 COACHES:

I'll start with a quick 'thank you' to Iris and Tammy for coaching Group 1 while I was away. Plus, thanks to all the swimmers for working hard for both coaches.

December brings two big events for the club: The Mile Swim and The Time Trials. Both are excellent ways to test your technique and fitness levels and to enjoy some fun club time. As the senior members of the club, keep in mind how you truly inspire the younger members by your performance and your attitude. I'm looking forward to seeing you excel at both events!



This month, we will spend time on butterfly and mix in "re-fresher" sets/drills from previous workouts on the other strokes. One general note: swimmers benefit from great shoulder and ankle flexibility (this is particularly noticeable in butterfly). In terms of improving your flexibility, the ideal time to stretch is actually after practice, when your muscles are warm. Take a few minutes on the deck, or in the showers, to stretch your shoulders and ankles – careful not to push too hard or "bounce" in the stretch – just a gentle stretch, held for about 60 seconds, will do. This is especially important for the older guys in the group, who may be

doing some weight training or other conditioning that is building muscles – always include stretching in your workouts.

A final note on the mile swim: to help you recover faster, make sure to drink lots of water, stretch afterwards, and consider going for an easy swim the next day, which will help your muscles flush out the lactic acid build up.

Good luck and I'll be cheering you on.

Belinda