

2010 Winter SESSION

January 3rd – April 24th, 2010

COACH'S CORNER NO.1

GROUP 4 COACHES:

Welcome to all the new swimmers who are joining us for this season and congrats to all the returning swimmers still with us from last year. Last season we worked a lot on our freestyle and backstroke, so this time we're going to be focusing on breaststroke! Most of the swimmers know whip kick, so we want to emphasize the correct timing and body position. All the Group 4 coaches are also going to start watching for swimmers to do streamlines and flip turns off each wall. In preparation for the Mile Swim and Time trials, we are also adding dolphin kick, and structuring the practices so the kids swim longer without stopping. If any of the parents have any questions about their child or any other aspect of our practices, feel free to approach us after practice!

Group 4 Coaches

GROUP 3 COACH (SARAH WALSH):

Hello group 3! I am so impressed with your progress so far! You guys have improved so much already and we still have plenty more time in the season! To improve even more, we are going to be putting a strong focus on our body position and that requires a lot of effort and control. We are also going to continue working on our endurance which means longer and harder sets, but don't be scared- you guys are all up to the challenge. Also, I have been noticing that we are getting a little sloppy with our streamlines and turns in particular. Remember for flip turns that we don't want to breathe INTO our OUT of the wall as that will stop all of our momentum from carrying through!!



A few housekeeping reminders:

- Arrive at practice 15 minutes before we are scheduled to get into the pool- activation is CRUCIAL!
- Water bottles should be on the deck at every practice! They keep you hydrated and focused.

Keep up the great work!

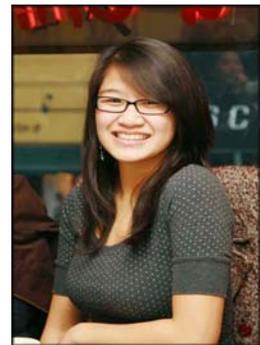
Sarah Walsh

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GROUP 2 COACH (TAMMY NGUYEN):

Hi Everyone!

Happy New Year! As we have wrapped up our breaststroke cycle in early June, we'll now be moving back to freestyle. I really want to refocus on technical consistency. All of you have wonderful strokes when you apply the feedback you're given however, the real challenge lies in making those new technical changes into habit. As you may have already noticed, we've been doing lots on kicking and breathing. I want to revisit the idea of core stability as well. There's be lots of work on your body position in the water in addition to everything else.



By this point, all of you should already be applying those things that I should not have to remind you of such as streamlines, breakouts and turns. These should be second nature and hopefully, I will see more of consistent execution from all of you.

I am reminding all of you to remember to water bottles to practice as the distance per practice will increase as well as intensity. You'll need the water to stay hydrated as your work harder.

See everyone at the pool!

- Tammy

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

Hi All

For all the swimmers who have moved into my groups I would likely to welcome you to the group and wish all those who have left with a fond farewell.

Group 3's this session we have done a quick review of the kick basics that we went over last year and will soon be working back through the strokes focusing a little bit more on have to pull efficiently and with power while still keeping a strong kick base. Group 1B will have a similar system in place however we will be trying to up the distance as we continue through the session ramping up for the competitive season that some of you belong to. Finally Group 1A will have a different approach this session and depending on who you are you will either be focused on your best strokes for the remainder of this session or you will have a sort time working on your off strokes followed by a couple months of your stronger ones. Hopefully this will prepare you well for your future swimming endeavors.



To wrap it up a couple of quick reminders, please make sure to bring a water bottle to practice and show up for activation for those practices. I would also like you t all make sure that you leave the deck, at the very least, in as good of condition as you found it. Respect the gear that the club has so that it can be used more in the future.

See you at the pool,

Jim Campbell