



2010 Winter SESSION

January 3rd – April 24th, 2010

COACH'S CORNER NO.2

GROUP 4 COACHES:

Hey everybody!

So we're well into our spring season and we've been seeing lots of improvement from all the swimmers. Our focus this month and leading into the Mile Swim is breaststroke, but we are still working on the skills we learned last year like streamlines, flipturns, freestyle and backstroke. Make sure you keep bringing your happy smiles to practice.

:)

Joce



GROUP 3 COACH (SARAH WALSH):

Hello group 3!!

I can't believe the season is going by so quickly! We have improved so much already but we still have a lot to tackle. Last week we started working on our dolphin kick and single arm butterfly. Our focus was on our timing and keeping our tempo even when we are breathing. For the next couple of weeks we are going to continue to focus on our kick and our timing and begin working on full stroke butterfly. Butterfly isn't impossible but it is challenging and therefore requires a lot of focus and attention to details and our technique. We are also going to continue to practice our endurance with longer, more challenging sets while also putting a focus on sprint work in preparation for the last time trials of the year. Keep up the great work, group 3!



Sarah

GROUP 2 COACH (TAMMY NGUYEN):

Hey Everyone!

So we've been focusing lots on Freestyle lately and now we're going to shift our focus to Butterfly! We'll be working mostly on our kick and timing. Specifically, I want a consistent and rhythmic kick throughout the entire practice. It should be the same size and speed regardless of body position (head down or breathing). We'll also be working on that lunge forward in your fly. A lot of you don't finish your strokes when you swim and so I'll be emphasizing that lunge forward. After Butterfly, I'll be incorporating everything we've done into longer, faster sets. We'll be doing more 75s and 100s and IM sets.



The Mile Swim is soon so please make sure to plan to come with your parents on one of the available dates. Also, remember my rules apply to all Group 2 swimmers when you're swimming the Mile Swim. Do the entire thing with JUST freestyle and I expect flipturns at EVERY wall.

Lastly, I hope you have a great Spring Break! Please make sure that you do something similar to exercise while you're on break cause it'll hurt when you come back if you don't otherwise. Trust me. I know this from personal experience.

See you on the deck!

- Tammy

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

Hi All

It has been a great start to the new winter session and I would like to welcome everyone back. Immediately after spring break the club will be hosting our mile swim. Make sure that you all are ready to go and bring someone along to count your laps for you.



In the next month the group 3's in my group will be focusing on breaststroke and freestyle. This session we are focusing our stroke work for the first two months on pull and then bringing everything together in April. Group 1's will be shifting their stroke focus this month to one of their best two strokes and we will also be adding in some sprint work, that will include long high intensity training as well as short bursts of speed in as little as 5 meter sections of the pool.

See you at the pool

Jim Campbell