



2010 Fall SESSION
September 7th – December 19th, 2010

COACH'S CORNER NO.2

GROUP 4 COACHES:

Hope you guys all had an amazing Halloween, and are all ready to work hard again after all those candies and chocolates. For the month of October we focused on freestyle, mainly on body position and on fine tuning your strokes. We stressed the importance of pushing off in streamlines, so don't stop doing those whenever you're swimming! In November, we will be practicing freestyle flip turns, as well as moving onto backstroke during the middle of the month.



If any of you have questions, feel free to approach any of the group 4 coaches, we don't bite☺. Don't forget to keep bringing your water bottles to practice!

-Jocelyn

chocolataulait707@hotmail.com

GROUP 3 COACHES:

Hi everyone!

I hope everyone had a wonderful Halloween and didn't eat too much candy! As November begins, we will start working on breaststroke. However, it is important to remember all we worked on in the month of October- BACKSTROKE! Our backstrokes have improved tremendously but we all need to think about our kick and the arms. For the kick, we worked on straight legs with loose ankles. Backstroke kicks need to be 6 times (!!!) faster than freestyle kicks! Kicks have to be small



and fast, with no knee bend! For our arms, we need to remember that they have to be always opposite and even. Arms are always moving in backstroke- never one stroke at a time! So when our thumb of our left hand is exiting the water, our right pinkie is entering at the top!

You guys are improving technically and endurance-wise, however, many people are getting headaches and cramps during swim practice. That is because you don't have your water bottles! Water bottles keep you hydrated and ready and able to work hard and perform. Starting from November 1st, 2010, if you have your water bottle, I will make a note and at the end of the month, the group 3 swimmer that has brought their water bottles to every practice will get a prize! If you don't have your water bottles, your prize will be push ups!!

Keep up the good work!

Sarah Walsh

GROUP 2 COACHES:

Hello Everyone,

I hope everyone had a fun and candy-filled Halloween! Now that we are moving into November, I'll be working on some breaststroke and butterfly. I need you all to be ON TIME for practice so that we can go to the backroom to dig for fins as fins are fundamental to my method of training breast and fly. Additionally, I'm going to try to alternate between using the sheet and using the whiteboard for practices. Both methods have their advantages and disadvantages and we'll work on it as we go.



With regard to breaststroke, we'll be working lots of kick and body position. I no longer want to teach a "whip" kick but rather a kick that angles the knees in, the feet turned out and the snap and kicking motion deriving from the inside of the foot. If you don't understand, you'll see what I mean at practice. Regarding the body position, I want the body to be relatively flat with focus on the head position. Most of you do breaststroke with a 'head bob' and I want to eliminate that because the 'head bob' takes away from the lunging motion in your breaststroke. Please remember that breaststroke requires two-hand touches and turns as well as underwater pull-outs.

For butterfly, like breaststroke, we'll be working on kick, body position AND timing. Rhythm is important in butterfly because if you don't get it, it's not really butterfly. I want focus placed on a low breathing position with your chin remaining in place but lowering itself in the water as you follow through with your

pull. Once again, you'll see what I mean at practice. Furthermore, butterfly requires two-hand touches, turns and 6 underwater dolphin kicks plus one stroke without breathing for the breakout!

Lastly with regard to activation and warm-up, I'd like to remind Group 2s to avoid stretching prior to practice. What is ideal is active and dynamic movement such as running on the spot, jumps, arm swings, etc. I am contemplating putting out a set activation for Group 2s on a sheet that you are supposed to do 15 minutes prior to practice. I'll let you know if I can produce a sheet that I am pleased with.

Thanks for your time and I'll see you all on the pool deck!

Tammy (nguyen.tammy@hotmail.com)

GROUP 1 COACHES:

At the morning practice on October 31st, one Group 1 swimmer met the dare to wear a Halloween costume/prop to practice: Daina! Thanks for playing along and I hope you all enjoyed your special treats.

In October, we focused mainly on back technique including some extra challenging back kick sets. We also introduced/re-introduced some training aids such as Distance Per Stroke (DPS) and heart rate monitoring to increase our awareness around stroke efficiency and exertion levels. You learned that if we use fins, I usually expect a FAST practice. Some of the morning swimmers also experienced their first cross-training workout. I encourage you to do these types of exercises on your own to build your overall fitness.



Going into November, themes include breast stroke technique and endurance building. With the 50 meter pool, Saturday mornings are especially great workouts – I'd love to see 100% attendance at these. Please note – I will be away for the middle two weeks of November, during which time you will enjoy the talents of various coaches while I enjoy a family reunion on the beaches of the Dominican! I promise to think of you all and hope it's not raining in Vancouver. 😊

Work hard for the substitute coaches. Be great role models for the younger swimmers: lead activation, bring water bottles, and apply yourself in every practice.

Cheers,
Belinda