



2010 Fall SESSION

September 7th – December 19th, 2010

COACH'S CORNER NO.1

GROUP 4 COACHES:

Hey everyone, welcome to Group 4! New members, welcome to the club! Returning members, we hope you're eager for another exciting year of swimming! This year, we have a team of three coaches, consisting of myself (Michelle), Jocelyn and Rebecca. We also have six awesome assistant coaches: Jacky, Haley, Alex, Jason, Nathan, and Marissa.



This month, we will be focusing on freestyle, especially the freestyle catch and body position. Don't forget our seven rules of swimming! Use "FLOWERS" if you need help remembering :)

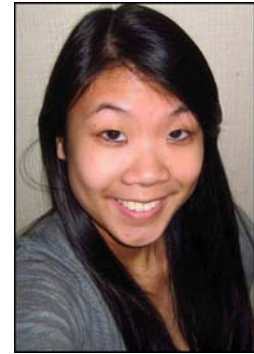
1. If someone **faster** than you is behind you, let them go ahead.
2. Heads up and **listening** when a coach/assistant coach is speaking.
3. Stay **off** lane ropes and walls.
4. Bring **water** bottles to practice.
5. Come 15 minutes **early** for stretching.
6. Stay on the **right** side when swimming.
7. **Start** and end at walls.

We hope you're as excited for this upcoming season as we are. If you have any questions, don't hesitate to talk to any of us – we would love to hear what you have to say. Keep up the good work and see you at the pool!

- Michelle michellelee92@hotmail.com

GROUP 3 COACHES:

Hey Group 3 swimmers! Firstly, welcome back to another season of Percy Norman Swim Club! For those of you who don't know me, my name is Lauren Nipp and I'll be coaching you on Thursdays and Sundays for this winter session. I'm currently in 2nd year at UBC in the Sauder School of Business. I have been swimming with Percy Norman Swim Club for eight years and was one of the Group 4 coaches last year.



During this first month back, I will be emphasizing proper streamlines, dolphin kicks off the walls, and lots of technique. We will be spending lots of time on freestyle focusing especially on body position and small but fast flutter kick. Throughout this year, my main goal is to have you doing sets that improve your technique. Swimming fast is one thing, but swimming fast with good technique is another. Having said that, do expect some challenge sets here and there that will test you physically and mentally.

Please remember to bring a water bottle to every practice and come 15 minutes early for stretching in order to activate your bodies before practice. Due to limited pool space this year, please also make sure you are coming to the practice days you signed up for or else the lanes will be too crowded. I hope all of you are looking forward to this upcoming year as much as I am! Don't hesitate to email or talk to me if you have any questions. See you all at the pool!

Lauren, laurennipp@gmail.com

GROUP 2 COACHES:

Hello Group 2 Swimmers!!

In case some of you don't know me, I am Tammy Nguyen and I am co-coaching Group 2 this year with Sarah. I've been swimming for quite some time now (approximately 15 years) and I've been coaching for the last 7 years with PNSC, Vikings, Vikings Winter Maintenance and VPSC.



I focus a lot on technical skill and details and if you have been to the first few practices with me, you'll remember that I am very peculiar about how you push off and break out off of each wall (5 Underwater Dolphin Kicks for Fly, Back, Free; 1 Underwater Pull-out for Breast; No Breathing until the 4th stroke in Free and the 2nd Stroke in Fly). These are skills that I would like you all to make into habits because they are so significant to a strong foundation in swimming. Additionally,

I am also very prone to kick sets and working on body position kick. For example, I have recently been asking Group 2 to do lots of Extension Kick where your body is extended and your kick solely supports your body and propels you forward the entire length.

As we move on through my progression, I will be working a lot on your “feel” and “catch” for the water. What I mean by that is that I’ll be working on the efficiency of your pulls. I’ll be incorporating sculling and some other resistance training to teach you to pull correctly. For example with freestyle, in addition to sculling, we have been doing dog paddle and one arm free. Dog Paddle is similar to Extension Kick as well in that it does not solely isolate the pull aspect of your free but also incorporates holding your core and body position as you swim.

We have the unfortunately situation of swimming in the middle of the pool and having the pace clocks at the ends of the pool and so I promise to try my best to help start you and keep you on your pace times. However, given that I am keeping time and watching your technique, I ask that you be really on top of what we are working on and the goals of the practice. Hillcrest is an extremely loud pool and what I’ll be doing is printing out my practices and placing them in Ziploc bags to place at the end of the lane for your reference. Questions about the set or what we are doing can all be answered by referring to this sheet.

With regard to activation prior to getting into the pool, I would like all of you to be doing dynamic activation. This means that instead of stretching to warm up your muscles, I would much rather you be doing something like jumping jacks, squats, arm swings, etc. to warm yourselves up. Basically, I want you to actively move around. If someone is not already leading activation, please make sure to be dynamically activating on your own.

Lastly, please make sure to bring water bottles to every single practice! Hydration is very important and as the mileage and the intensity of practice increase, it is important that you are actively drinking to stay hydrated.

If you have any questions or concerns, please do not hesitate to speak to me after practice or via email. Thanks for reading my entry and I look forward to see you all during the week!

Tammy, nguyen.tammy@hotmail.com

Hi Group 2s! First of all, great work so far. Since September, we have been working on our body position. Body position is an integral part of swimming and it is difficult to improve without first correcting our position in the water. Remember: look down!!! We have been doing lots of hands at our side kick with a focus on breathing. Our breath needs to be small



and quick- a helpful reminder is to always keep one goggle in the water when we take our breath. We have also been doing a lot of layout drill which focuses on keeping our arm in line with the rest of our body when we are breathing. We have also been introduced to dog paddle- a tricky drill but now all of us have had a chance to get used to it and I am pleased with what I see. We will be transitioning into backstroke this week, however, it is important to keep in mind everything we have worked on! I don't want to return to Freestyle and find we have forgotten all of our basics! All of you are working very hard and I'd like to remind you all that we need a 100% focus on technique. Without technique, we will not improve. Another reminder- PLEASE BRING WATER BOTTLES ON DECK. Many of you have been complaining about cramps and headaches. If you have a water bottle and keep yourself hydrated, I guarantee you will feel great and will be ready to work hard. Keep up the great work!

Sarah
sarahewalsh@gmail.com

GROUP 1 COACHES:

First off, thank you to all the coaches, the swimmers, and the parents for the warm welcome you've given me and, to all my Group 1A and 1B swimmers, thanks for your patience as I learn your names. If I haven't met you yet, my name is Belinda and I've joined on to coach Group 1 this fall session.

Overall, September has been a solid start and I've been impressed with the attendance, especially for the early weekend practices. Keep it up! This past month, we've mainly worked on free and back to help build our fitness base and assess technique. For all those who completed it, good work on our first timed swim - the 400m freestyle swim. In the coming months, we will do more test swims to gauge our fitness levels and to set personal goals. Remember, these test swims are a great way for you to see your own improvements and to challenge yourself to do your best. For the Saturday morning swimmers, great work adapting to swimming at the 50m length. Practicing at this distance is a fantastic way to build your endurance and to refine your stroke technique without the interruption of so many turns.

I look forward to working with each of you to improve your swimming and to keep building a love of swimming that will last a lifetime.

See you at the pool!

Belinda

