

2011 Summer Session

July 2nd – August 31st, 2011

COACH'S CORNER NO.1

GROUP 4 COACHES:

Hey everyone,

We're so glad many of you guys were able to continue into the summer session, as well as welcoming those who are new to group 4! This first month of July we worked more on the basics and technical side of freestyle, as well as mixing in some of the other strokes. In the next month, we will get a chance to practice backstroke, breaststroke, as well as dolphin kick. Please come to practice with your water-bottles as it is very easy to get dehydrated in this weather. Also, please remember to come on time to practices- that mean 15 minutes earlier for activation to ensure that your body is completely warmed up before you hop into the pool. We would love to see everyone come out to at least 2 practices each week so that you're not missing out on any stroke progression work. Keep up the good work so far ☺

See you guys on deck,

Jocelyn (chocolataulait707@hotmail.com)

Rebecca (artgrl4u@hotmail.com)

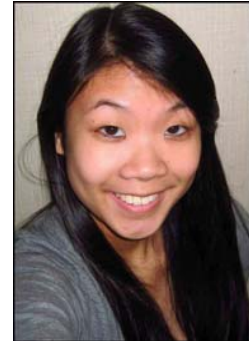
Vanessa (vanessalam11010@hotmail.com)



GROUP 3 COACHES:

Hey Group 3's!

It has been very nice seeing a lot of returning swimmers for the summer session as well as a lot of new faces! For the month of July, we did a review of freestyle, backstroke and breaststroke. For each stroke, we focused mostly on body position and kick. Now that we have covered the fundamentals of each stroke, we will re-visit each individual stroke for the month of August. We will be spending more time incorporating pull into our strokes and focusing on specific drills. If there is time, we will also be learning butterfly and focusing on the dolphin kick and timing of the stroke.



I'd like to remind all group 3's to remember to do their flip turns and underwater off each wall! Please also try to come 15 minutes before practice for activation. Activation is very important so that you can warm-up your bodies and prevent cramps while you swim. Especially when we get into harder sets for the month of August, activation will be extremely beneficial. Another thing is to bring water bottles so you don't get dehydrated during practice and you can stay energized.

If you have any questions, please don't hesitate to approach me before or after practice or send me an e-mail. It's been great being able to coach returning swimmers for the summer as well as getting to know all the new ones! I've also been very impressed by the swimmers who have recently moved up to group 3. Keep up the great work everybody and see you at the pool! ☺

Lauren

(laurennipp@gmail.com)

GROUP 2 COACHES:

Hello group 2! Congratulations on a very successful first month of the summer session. The past month we have been focusing on freestyle and backstroke. In particular, we have focused on our body position for both strokes as well as our kick. We have a bit more work to do with our catch and pull, but don't worry; it will all come together in good time. For freestyle, it is crucial to remember to keep your eyes looking down. The water should never be hitting our goggles or our foreheads. Breathing has also been an important focus over the last month. When you breathe, half the face should stay in the water. It is only a little roll to the side! I don't want to see any looking up or looking behind. It is also critical to remember to keep the kick continuous and constant, particularly throughout the breath! In general, our body position is much improved. We have also spent a significant amount of time addressing our recovery (think: the numerous lengths of elbow exit). After you have finished your



pull, your elbow lifts your arm out of the water and leads the pull. It is not advantageous to lead with your hand! In addition to it being slow, it can cause some shoulder problems if it persists. While your elbow leads your recovery, it is important to keep your shoulder relaxed! (jello arms!) Keep the above mentioned technical elements forever in your minds! You will need them to progress!

And now onto some backstroke reminders.... Our principle focus has been our kick. When we first started backstroke, we all suffered from sinking toes and sinking hips. In turn, this affects our body position, our head position and our pull! The kick is a cornerstone of backstroke. Try and keep your legs straight, kicking from the hips. Kicks are small and fast! (6x as fast as kick on your front!) While the legs are straight with minimal knee bend, the feet are floppy and ankles are loose! Every single kick needs to break the surface of the water. (aka bubbles with the toes) We still need to tackle our catch and pull so keep the now amazing kick in mind. Our pull will not be successful if we don't have the kick to keep our body in the correct position.

And I am sure no one has forgotten the underwater we have been practicing! Underwater are very difficult, but most definitely not impossible. They take a little practice, but the more we do, the easier they become. It is important that our dolphin kicks are very small and very fast! Dolphin kicks under water and dolphin kicks on the surface (ie part of butterfly) are very different. Below is a clip of an underwater that I would highly encourage you to watch. <http://www.youtube.com/watch?v=4xzjEyc7Kz4> This clip shows Michael Phelps and Lenny Krayzelburg. Pay close attention to how fast their kicks are, in addition to how tight their upper bodies are.

Keep up the great work guys! Especially if you are new to group 2, I am very proud of your efforts so far!

Sarah
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GROUP 1 COACHES:

So far there has been a lot of improvement but there are still many things to work on. I started the swimmers with a variety of different strokes to find their strengths and now will focus more on building a strong tempo. The practices will get a lot tougher as we go along in the season. So far coaching for Percy Norman has been great, thanks for having me and swim swim swim.

Vlad
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