



2011 Winter/Spring Session
January 4th – June 30th, 2011

COACH CORNER NO.2

GROUP 4 COACHES:

Hey Everyone!

We hope you are enjoying the season so far! The coaches have seen an immense improvement in all their swimmers, and we would like to say how proud we are of all of you. As the spring season is coming to a close, we welcome the new and returning swimmers for the summer session. For the next few weeks we will be working on butterfly, focusing on your kick starting from your hips and not your knees. But don't forget what we worked on for breaststroke!!! (ex. knees in ankles out, and a fast whip to go anywhere) We will also be doing a bit of IM (fly, back, breast, free) as we move into the next few months. As we hope to see even greater development in all our swimmers, we would like our swimmers to attend practices regularly! See you all at the pool!

Remember if you have any questions or concerns, come talk to us and we will do our best to help you! :)

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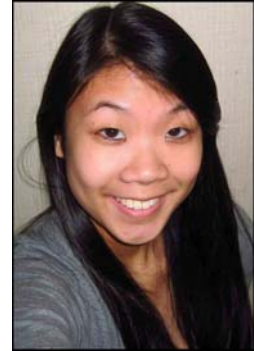
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GROUP 3 COACHES:

Hey Group 3's!

I'd like to start off first by saying a huge congratulations to those who participated in the Mile Swim and Time Trials. I saw a lot of best times and I was very impressed by the improvements in everyone's swimming. Now that April has ended, we will be wrapping up our breaststroke month and moving onto butterfly. This is probably the toughest stroke but nevertheless I know you all are very capable of learning it! We will first begin by learning the dolphin kick and then the placement of the two dolphin kicks within the stroke. Timing is one of the trickiest parts of butterfly so don't feel discouraged if it is a little confusing at first. After that we will incorporate the arms by doing lots of scull and drills like surfer drill and 3/3/3 to get you ready for the full stroke. Since butterfly requires a lot of repetition and practice, please try to make every practice so you don't miss an important aspect of the stroke.



In addition to butterfly, we will also be preparing for the upcoming Mile Swim by spending the last few minutes or first few minutes of practice doing sets that test endurance. We had a great group 3 turnout for the Mile Swim last month so it'd be great to see the same amount or even more this month!

Another note is that progress reports will be handed out shortly so please attend practice so you can pick these up from your coaches ☺ And one last reminder to arrive 15 minutes before practice for activation and to bring water bottles to every practice. One thing I'd like to see is less people having to go to the bathroom or having to sit out because of cramps during practice time. If you have any questions, please feel free to approach me after practice or send me an email!

See you on deck,
Lauren
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GROUP 2 COACHES:

Hello, group 2! First of all, the past few weeks have been difficult but you have all worked hard and have been very focused. In May, we spent the majority of the month working on butterfly. Butterfly is not an easy stroke and requires a lot of focus on technique. We really stressed proper timing, catch and body/head position. By the end of the month, our fly looked great! So please do not forget what we have learned. We have now begun breaststroke and so far, so good. We



spent last week working on our kick and our focus this week was on catch. Our kick is looking great! (after lots and lots of one leg kick and heel kick) We stressed flexing our feet and finishing every kick. Our pull is also coming along nicely, but we still need to work on not pausing during our breath. You have the most water during that part of the pull, so if you pause, you lose it all! We are now going to focus on our timing and our rhythm. We are also going to spend a lot of time practicing our turns! (I have seen TOO many one hand touches!!!)

Now onto some housekeeping items! Water bottles are a necessity at practice. Out of 16 swimmers, only 2 are regularly bringing them. Many of you get cramps during hard sets because you are dehydrated. Drinking water would eliminate those cramps! From now on, if you don't have a water bottle, you will be putting all of the equipment (fins, boards) away! Those who do have them will also be rewarded.

Keep up the good work!
Sarah
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GROUP 1 COACHES:

Hi Everyone,

Spring has sprung and summer is just around the corner! Since February we have been working on a lot of IM, increasing aerobic base and intensity, focusing on backstroke and breaststroke, and individualizing practices and drills. When I talk about individualizing, I'm referring to focusing the practice for each individual swimmer's needs. In these situations practices will have two major components: one which focuses on improving an aspect of swimming that the whole group will benefit from and the other, giving each swimmer their own stroke and their own drills for that stroke so that they can work on improving their own weaknesses. I have been happy with the progress swimmers have made and this will be evident in the progress reports coming out this week. If you have any questions about your reports please don't hesitate to approach me or your coach.



As the weather starts to warm up, remember to bring water bottles and arrive **on time** for activation in order to avoid dehydration, cramps, and risk of injury. Keep swimming hard and having fun! Thank you Parents, Coaches, Assistant Coaches, and Jr. Leaders! Your hard work, enthusiasm, and dedication make coaching for Percy Norman a joy!

See you on deck,
Chris