



2011 Fall Session
September 6th – October 18th, 2011

COACH CORNER NO.1

GROUP 4 COACHES:

Hello Group 4 swimmers! For returning members – great to see you again; for new members – welcome to the Percy Norman Swim Club! There are seven coaches for Group 4 this year: Jocelyn Cheung, Rebecca Tchen, Michelle Lee, Haley Patrick, Ricky Lee, Lauren Nipp, and Jesse Kwan. Just a few reminders: practice starts **15 minutes** before we jump in the pool! When we're doing activation, make sure you're following the Junior Leaders and Coaches and not standing on the benches. During practices: heads up and listening when a coach or Junior Leader is speaking; bring goggles and a water bottle to practice; stay on the right side while swimming and don't swim in the middle of the lane; **NO STOPPING** until you reach the other wall! The coaches have a "3-strikes rule" – we will give three warnings about disruptive behavior until the swimmer is asked to leave practice. We've never had to speak to a swimmer more than twice and hope we never have to! Now, for more fun stuff – when you come to practice, have a few ideas in mind for a game at the end of practice! Some of the games we've played so far are: Sharks and Minnows/Octopus, What Time Is It, Mr. Wolf?, Marco Polo and waterpolo. If you have an idea for a game, tells a coach – we may have time for it at the end of practice. If you have any questions, don't hesitate to ask a Coach or Junior Leader!

To contact us through email:

Michelle Lee: michellelee92@hotmail.com
Jocelyn Cheung: chocolataulait707@hotmail.com
Rebecca Tchen: artgrl4u@hotmail.com
Haley Patrick: teiteika@gmail.com
Jesse Kwan: jesse_kwan@hotmail.com
Lauren Nipp: laurennipp@gmail.com
Ricky Lee: riclee_007@hotmail.com

See you at the pool,
Michelle



GROUP 3 COACHES:

Hey Group 3's! Firstly, welcome back to those who didn't swim in the summer and to returning swimmers, great seeing you again! For the winter session this year, I will be your coach for every practice so this means I'll be getting to know all of you ☺. For the month of September, we spent a lot of time working on body position, kick, and pull for freestyle. For October, we worked on body position, kick, and pull for backstroke. For the remainder of the winter session until the break, we will be starting breaststroke with a big emphasis on kick. Hopefully if we have time, we will also start learning the fundamentals of butterfly. At the end of every practice, I have also been trying to incorporate some flip turns, streamlines, and underwater practice because it is crucial everyone is doing these three things off every wall!



Now for a few reminders: please come on time for practice (this means coming 15 minutes before we get in the water so you can activate your bodies during activation and prevent cramps or muscle fatigue) and bring water bottles with you so you stay hydrated. Please try to attend practices with the next two weeks of November as I will be doing evaluations for the progress reports.

I hope everyone is enjoying the winter session so far! Some exciting upcoming events coming up include the Mile Swim, Time Trials, Dive/Turn Clinic, and Luncheonso stay tuned on the website for more details! It'd be great to see all the group 3's attending these events if you can make it.

See you on deck,
Lauren (laurennipp@gmail.com)

GROUP 2 COACHES:

Hello group 2! Great work so far. Since September, we have worked on freestyle, breaststroke and most recently, we have begun butterfly. With freestyle, I have stressed body position and head position, since these are the foundation of the stroke. Even if you have great kick or great pull, you will not see any big improvements if your body and head position are off. Besides these, we have worked a lot on scull to help our catch and to not drop our elbows throughout the pull. Even though we are not doing a "freestyle week" right now, it is still very important to remember and actively practice everything we have learned. We will always do a bit of freestyle at every workout.



With our breaststroke, we first focused on our kick. We did a lot of one leg kick (which you all love) and a lot of heel kick. Both help you to be aware of and really use your flexed feet to push you forward. We also worked on timing and head position. One of my biggest pet peeves, as you are all aware, is the bobbing head in breaststroke. Keep your head in one position, whether you are breathing or in streamline position lunging forward.

In the last week, we have also begun working on our butterfly. With our kick, we focused on using the lower abs, right at the top of your thighs to start the kick. If you do this properly, your abs should be burning even after a length! Our goal has also been to keep the tempo of our kick even if we get tired. We just started working on our pull, but we have worked a lot on scull! Particularly, not dropping our elbows during the catch, and finishing off with a strong push. We

are going to continue to work on butterfly for the next week or so and then we will transition to some backstroke and then some IM before the term is finished!

In addition to technical work, I will also be incorporating some short sprints into every practice. So PLEASE bring your water bottles. Water keeps you hydrated and keeps you swimming fast, so this is really a must!

Keep up the good work!

Sarah

(sarahewalsh@gmail.com)

GROUP 1 COACHES:

Hello Group 1!

We are 2 months into our fall season and that means the practices are going to get harder! I've been impressed with the attendance so keep it up, and also don't forget to bring your water bottles to practice. This month, (November), we are going to be working on more endurance sets as well as short sprints focusing on backstroke and freestyle. But don't worry! We'll still do butterfly and breaststroke. Something VERY important to remember; just because you are in group 1 doesn't mean you are exempt from doing the dryland stretches and activation activities! (ie. More moving around, less arm swings) In fact, you guys should be setting an example for the younger swimmers by doing everything with proper form and skill. Other than that, keep up all the hard work and swimming everybody!



Happy Autumn,

Iris

(siir@shaw.ca)

Hello Everyone!

I hope all your Novembers are going well and that you've properly adapted to the cold weather! Since September, I have been working on Freestyle, Backstroke and Butterfly spending 3 weeks on each stroke. We will now be transitioning into Breaststroke working on your kick and timing. Be prepared to work your legs and your lats!

Make sure to arrive 15 minutes early for dryland and to bring water bottles to practices. Intensity is going up and you will need to stay hydrated so drink up!



Have a good one!

Tammy

(nguyen.tammy@hotmail.com)