

**2011/2012 Winter Session**  
May 1<sup>st</sup>, 2012 – May 31<sup>st</sup>, 2012

## **COACH'S CORNER NO.4**

### **GROUP 4 COACHES:**

Group 4! Remember that body position is crucial for any stroke which means hips at the surface! There will be a focus on a specific skill every week so I hope everyone can work hard, improve fast and have fun! Since I know many of you have birthdays in the summer, don't be afraid to try the birthday swim! Let your coach know it's your birthday!

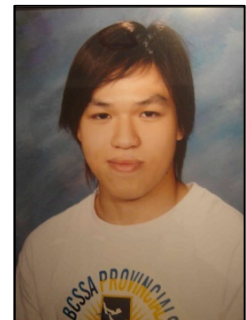
Swimmers who have shown exceptional effort and optimism during practices for May that I would like to commend are: Alison Meikle, Andrian Schaefer, and Jasper Wun. Keep up the great work!



Once again please feel free to shoot me an email or find me after practice if you have any questions or concerns.

Thanks,  
Rebecca Tchen  
([rebecca\\_t08@hotmail.com](mailto:rebecca_t08@hotmail.com))

Hello swimmers! We are near the end of the swimming schedule and I bet everyone is excited for summer break! But we still have one last swim stroke to try out – that's right, butterfly! That also means we'll be using flippers (huzzah!). Most of our focus on butterfly will go on dolphin kick, the very same kick used in push-off streamlines. The most common mistake in dolphin kick is the tendency to initiate the kick from knees. Instead, we should undulate our hips followed by whipping our legs, with the knees slightly bent. Swimmers need to also keep their legs together and have both legs move in time to have a more effective dolphin kick. After we have mastered the kick, we can try adding in single arm stroke for butterfly. For the timing, we do one stroke every two kicks – the first kick being the top of the stroke and the second kick about midway



through the pull. In addition, both kicks should be equally strong, as swimmers tend to miss their second kick or have a weaker second kick.

Get ready swimmers! We're about to learn my favorite stroke!

Jesse

([jesse\\_kwan@hotmail.com](mailto:jesse_kwan@hotmail.com))

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Hey Group 4 Swimmers! I am delighted to have met my Friday afternoon swimmers, in addition to my Monday group. Seeing new faces and making new friends is great! I will be coaching you for the remainder of this month. Your physical fitness and swimming technique continue to improve, so keep your efforts up!



We are currently conducting evaluations, incorporating what we learned in all 4 strokes, and also looking for things like streamlines off every wall, flip/touch turns, push-offs, finishes, best times, and listening skills. So make sure your focus is all-round and that you try your best!

Coming to every practice is the best way to get better at swimming! Listen carefully to feedback from me, my Assistant Coaches, and my Junior Leaders. To improve, actually think about what we are telling you to keep doing and to change, and imagine yourself swimming differently. Good Luck!

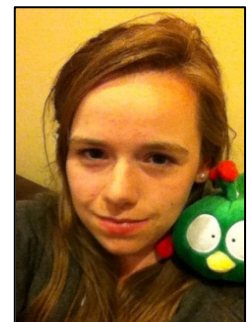
Cheers,

Ricky Lee

([riklee\\_007@hotmail.com](mailto:riklee_007@hotmail.com))

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Well Group 4s, it's the last month of the season and we've come a long way this year! This final month we'll be finishing our stroke review with emphasis on breaststroke and dolphin kick. It's especially important to have strong whip kick (remember up and out, then snap together) for breaststroke. Keep working hard and improving!



Haley

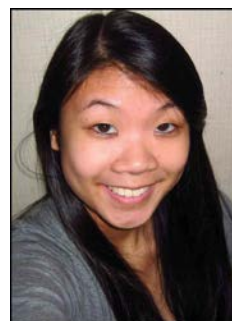
([teiteika@gmail.com](mailto:teiteika@gmail.com))

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### GROUP 3 COACHES:

Hi Group 3's! I was very impressed by everyone's effort this past month during swim practices. As you may know, a portion of May was dedicated to evaluations for your progress reports. I was very pleased with how everyone did and those who even wanted to do it more than once to try and improve their times/strokes. After analyzing the progress reports, I think the most work we need to work on is in breaststroke and butterfly so the month of June will be devoted to those two strokes. With these two strokes, it is really crucial that everyone is attending practices consistently since breaststroke and butterfly require the most technical attention.



Great job to Jessie, Andrew, Joy, Isaac, and Angela who participated in the Mile Swim, despite short notice! Other than that, please remember to come 15 minutes before practice for stretching (I'm seeing more and more people come late and cramping up during practice due to a lack of activation). If you have any questions, don't hesitate to talk to me before or after practice or send me an e-mail.

See you on deck,  
Lauren Nipp  
([laurennipp@gmail.com](mailto:laurennipp@gmail.com))

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### GROUP 2 COACHES:

Hi group 2! We have finished our butterfly weeks and have now moved on to freestyle, IM and some choice to finish up our season. Our butterfly was looking incredible so it is important that you are continually thinking about what you have learned and that you implement it into practice. A major focus of ours was the catch. It is critical that you don't drop your elbows when you breathe and you pull straight back. We also worked on low breathing and breathing forward-NOT up. Your times also dramatically improved as a result of these technical corrections, so it is important to keep it up. One area that we need to remain focused on is our pushoffs, however. Our streamlines have been sloppy as have our underwaters. These are two extremely important elements of swimming and it is important to not underestimate their importance!



I also wanted to say how much of a pleasure it has been to work with you all this season. Each of you brought something unique and valuable to the group. You have all overcome challenges and have progressed immensely. For those of you not continuing on through July and August, I look forward to seeing you in September.

Thanks! Sarah ☺  
([sarahewalsh@gmail.com](mailto:sarahewalsh@gmail.com))

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**GROUP 1 COACHES:**

Hellooo group 1s!

Hope everyone is enjoying this lovely spring weather we are clearly not having! Nonetheless, the spirit at practice has been far from stormy weather. Thank you for your efforts and thank you for your laughter.

May has been weekend by weekend focused on strokes and small technique. You guys made it through willingly and without (too much ;) ) complaint.

As we continue forwards into June, I understand year end of school is coming up, exams are heating up and homework is a dime a dozen. Please try your best to attend practice – it'll help relieve some stress after that crazy study sesh.

Keep cool and keep calm, and you'll all have a great June ☺

“He who has never learned to obey  
cannot be a good commander.”  
Aristotle

See you on deck

Tiffaney  
([tiffaney\\_k@hotmail.com](mailto:tiffaney_k@hotmail.com))