



2011/2012 Winter/Session Session
January 8th –June 30th, 2012

COACH'S CORNER NO.1

GROUP 4 COACHES:

Welcome to the Spring Session! For those who don't know me, I'm Rebecca and coach group 4 on Tuesday and Friday. As we move into backstroke, dolphin kick and breaststroke, I hope everyone will be consistent on even the basic techniques of body position and kick! In other words: hips stay at the surface, legs stay straight (for flutter kick), and your head stays still while looking down. Remember that speed doesn't matter when doing drills. Drills are meant to work on your technique so that you will naturally go faster. :) I also expect everyone to show some effort in practice, as well as coming ON TIME which is 3:45 pm!!! Let's all work hard and have fun!



Also as requested, some games that we play at the end of practice are: marco polo, go go stop, racing (on a specific drill), and octopus.

On another note, I highly recommend swimmers to attend the turns & dives clinic that is coming up soon! Especially for swimmers who want to move up to group 3.

If there any questions or concerns, please feel free to come talk to me after practice or email me.

Thanks,
Rebecca Tchen
(rebecca_t08@hotmail.com)

Hello Group 4's! Great to see so many of you turn out for Saturday practices! Just a quick notice that there is also a 2nd hour practice, from 5:45 - 7 PM, but *please* let me know if you plan to switch times AND speak with Yan. Otherwise, great work all of you. We have reviewed freestyle and are finishing up backstroke before moving onto breaststroke. A couple of reminders: bring your water bottles and goggles, and always have an extra pair of goggles in case it breaks in



the middle of practice; and don't be late for practice! Keep working hard and stay enthusiastic!

Michelle
(Michelle.mh.lee92@gmail.com)

Hey group 4's,

Awesome swimming to those of you who have been coming consistently to practice! For those of you who haven't, please try to come every week as we are progressing through our strokes every week, introducing new skills and drills and defining those techniques established previously. As the end of February has concluded our focus on backstroke, we will be moving onto breaststroke in March.

We will be starting with the kick and moving onto coordinating the arms with the kick by the end of the month. As well, as many of you have noticed, every practice will include a short challenge set. This does not mean they are impossibly hard in any way, but they are for you to push yourself just a little harder. Come prepared to work hard but also to work smart (which means using your brain while you swim too!!)



See you guys at the pool,
Jocelyn
(chocolataulait707@hotmail.com)

Hello again Group 4 Swimmers! Thank you to those of you who consistently show up on time for deck activation every practice; your physical fitness and swimming technique continue to improve a great deal! We had a few new swimmers join us this session, so a warm welcome to the newest members of our Percy Norman Swim Club community!



Since the New Year, we did a quick review of freestyle, backstroke, and breaststroke. Then we introduced and developed a solid grasp of the dolphin kick component of butterfly. Often, we practiced with flippers/fins on and that was a lot of fun! Remember: swimmers who have a strong dolphin kick start the kick from their hip movement and allow their legs to follow in a wave-like motion. After dolphin kick, our training plan has refocused on backstroke body position, kick, shoulder roll, and arm pull. I always try to incorporate freestyle and backstroke into our warm up sets in order to keep our skills fresh, even when we are working on breaststroke or butterfly that practice.

A few reminders: please come on time to practice if you are having trouble doing so currently. The coaches cannot stress enough the importance of activation on the deck

before water practice and bringing water bottles to drink during water practice. This significantly prevents muscle cramps and fatigue. Also, try to come to every practice so you don't miss important days such as evaluations (details TBA - to be announced). Coming to every practice is the best way to get better at swimming!

Please take note of the swim practice schedule change in April due to the temporary closure of Hillcrest Pool. Don't forget to register for your desired times and locations ASAP (as soon as possible)! We also have exciting events coming up that all are encouraged to attend, such as the Mile Swim and Time Trials! Swim and enjoy delicious refreshments afterwards!

Cheers,
Ricky Lee
(riklee_007@hotmail.com)

Hello Group 4! We're already halfway through the season, and the rest is certain to fly by. We've spent the past few months reviewing our freestyle and backstroke, and I've seen lots of improvement in all of you! As we move on breaststroke in the coming weeks be prepared to focus on whip kick. In particular, remembering to keep our feet flexed and pointed out as we kick. We also want to trace circles in the water, not just move them up and down.

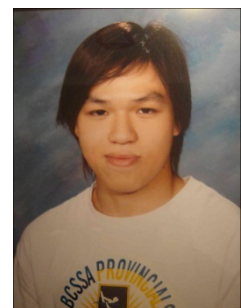


I would also like to remind you all to show up on time to practice. This means 15 minutes before we get in the pool. I know that this seems rather early to some of you, but moving your muscles before swimming prevents you from cramping or pulling a muscle, so missing activation is not a good thing.

I look forward to the rest of the season with you guys, and remember, bring those water bottles!

Haley
(teiteika@gmail.com)

Welcome back swimmers! I am proud to say that the attendance is solid and everyone is progressing along nicely, but there is still room for some improvements! We will continue to work on streamline push-offs dolphin kick on both front and back without the use of fins. Keep in mind for every freestyle length, remember to push off the wall in a tight streamline position, and perform three underwater dolphin kicks and two strokes at the surface before breathing. When doing dolphin kick, try to use more hips rather than just kicking from the knees. Starting this March, we will mainly focus on breaststroke, more specifically the whip kick, arms, and timing. There are many aspects about breaststroke that requires great attention to, for example, having the knees close



together, feet flexed outward, and pointy toes. Lastly, I would suggest all swimmers to come to deck on time for activation, bring their water bottles, and head to the washroom before and not during practices ☺

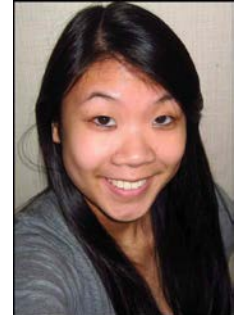
Jesse

(jesse_kwan@hotmail.com)

GROUP 3 COACHES:

Hey Group 3's!

Welcome to the Spring Session for all returning and new swimmers! For the month of January, we did a review of all four strokes to ease back into practices. Now that it is February, we will be focusing on butterfly and picking up where we left off in December. This means lots of dolphin kick and drills. For butterfly, it is important we master the kick first before we can start working on timing and incorporating the arms so I encourage all of you to try and come regularly, especially for this month.



We have an upcoming Dive and Turn Clinic coming up at JCC pool which I would highly recommend you all attend. Due to limited space at Hillcrest, it is hard to work on dives and turns so this event will be a great chance for you to practice these two aspects of swimming. Sarah and I will be coaching this event and we hope to see you all there!

It is important you are coming to practice 15 minutes early for activation and bringing water bottles with you. Since butterfly is the hardest stroke, a lot of you have been getting cramps. Bringing water and properly activating before practice can prevent this.

If you have any questions, please don't hesitate to talk to me after practice or send me an e-mail. I've had a great time coaching and meeting you all this season!

See you on deck,

Lauren Nipp

(laurennipp@gmail.com)

Hello Group 3s!

It's great to see the 6 or 7 swimmers who *consistently* show up for 7:15 AM practices (Catherine, Isaac, Maya, Chaya, Dag, and Emily come to mind...) - I'm very impressed with your determination and perseverance! We've finished with butterfly and are going back to review the other strokes, starting with breaststroke, before moving onto the nitty gritty. There will be a dive and turn clinic sometime in April, so watch out for the newsletter for that! Otherwise, a few extra reminders:



don't be late for practice - it starts at 7:15 AM, not 7:30 AM; don't forget to bring goggles, enthusiasm and a sense of humour. I'll see you at the deck!

Michelle
(Michelle.mh.lee92@gmail.com)

GROUP 2 COACHES:

Hello group 2! You guys have been doing a great job this term, so please, keep it up! Before I begin to recap what we have worked on, I want to remind everyone about the importance of bringing water bottles to practice. During the middle of any challenging set, many of you are always getting really bad cramps and have to hop out of the pool and stretch for 15 minutes. You can help avoid this by drinking water. Staying hydrated is one of the most important factors to cramp prevention. So you have all been warned. If you get a cramp and you don't have your water bottle, I will lose some sympathy for you.



Over the last month we have worked on our backstroke. I have particularly tried to emphasize our body position, which we still need some work on. Our kick is central to a proper body position and it is very important that you are kicking consistently. Your abs and core SHOULD be sore if you are kicking properly! Make sure I am seeing straight legs with loose, floppy ankles. It is also critical that you are kicking fast. Slow, big kicks are not only inefficient but they are pretty pointless. Think small and fast!

We have also worked on our catch. Some of us tend to drop our elbow during our pull. It is very, very important that we are dropping our shoulder when our pinky enters so that we can catch right at the top of our stroke and then keep that catch as we push through to our feet.

We are going to continue to work on backstroke and the other strokes, but the next week or so will be primarily focused on breaststroke. Particular items of importance include narrow kicks, keeping the feet flexed the whole time and really rolling our shoulders and lunging forward.

Keep coming to practice and giving 110% at each one and you will see improvements!

Keep it up!

Sarah
(sarahewalsh@gmail.com)

GROUP 1 COACHES:

Hey everybody!

We are well into the 2012 year and it's great to see everybody practicing hard. For those of you who don't come regularly, come more often! And for those that I see regularly, good on you! Don't



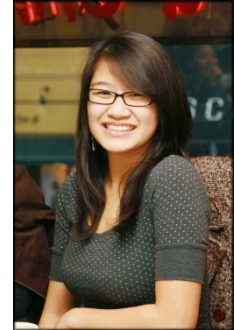
forget that coming 15 minutes early is very important for activation, as I've shortened my warm-ups so we can all get to the main sets sooner. We've been working on all the strokes, so look forward to doing more IM-type sets in the next month. I hope you guys are enjoying your practices and having fun while you swim. Cheers!

Iris
(siir@shaw.ca)

Hello Swimmers and Parents!

We are well on our way into 2012 and I hope everyone is doing well and enjoying the snow and the sunshine!

The past couple weeks we have been working on the breaststroke with special focus on your kick and your pull. Breaststroke is a technical stroke to swim because speed is equal to strength, power and execution rather than simply stroke rate. Here are a few helpful reminders:



Kick - I really want to remember that your knees are no wider than your hips while your ankles can move further out. When executing your kick, remember to pivot around your knee thinking about drawing the big toe and the inside of your feet around in a circle. Finish your kick by touching your toes together and pointing your toes to achieve the perfect streamlined position.

Pull - Make sure when you pull to propel your body forward, you avoid letting your elbows slide back and then during the in-sweep, think about lifting and stretching your arms forward while bringing your arms together. Your head should remain in one position, it is allowed to move up and down, so long as your chin doesn't move.

Timing - A glide or pause is meant to be to hit a perfect streamline because this streamline signifies the end of the stroke cycle and the start of the next. A good rule of thumb is to start your pull again after your toes have touched at the end of your kick.

We have one more week of breaststroke and then we will be moving onto fly and freestyle. Expect lots of cardio work as well as lots of kick!

Thanks and see you all on deck!

Tammy
(nguyen.tammy@hotmail.com)

Hey everyone! For those who don't know me, I'm the weekend evening Group 1 Coach these days. I coached for PNSC years ago, and am back at it again!

Weekend crew – You guys have been a blast to work with thus far. You guys show that you can adapt and think creatively when given unconventional drills and exercises. Practice isn't just about coming out and swimming anymore. Learning to take on a leadership role is just one of the key aspects we are learning through this session and process. Initiatives to take, opportunities arise and BOOM! you're leading a group all on your own. We're working hard on our 25m sets, and I hope you've enjoyed getting to know each other a little better in our cozy lanes... ☺ Remember, be patient when lanes are crowded, seek to listen and understand instructions first, and enjoy being amongst your peers in the pool! See you on the deck!

Tiffany
(tiffany_k@hotmail.com)