

2012 Winter Session

November 1st, 2012 – November 30th, 2012

COACH CORNER NO.3

GROUP 4 COACHES:

Season's Greetings Group 4! First off, I would like to address the attendance issue that is growing (especially on Monday). Coming to practice regularly and coming ON TIME is VERY IMPORTANT! There are swimmers who have not shown up in two months! Because practice is only once/twice a week, I expect all my swimmers to show up ready to swim. On that note, I would like to commend Priscilla and Andrew Kuan, as well as Winnie Guo for their dedication and efforts in practice. Great Job ! We are currently working on breaststroke, and will do so until the end of the fall season. Some key concepts I would like everyone to keep in mind:



- 1) feet stay flexed throughout whole kick
- 2) knees stay on the inside
- 3) pull does not go past your hips

Keep up the good work everyone and see you at the pool! :)

If you have any questions or concerns, please contact me after practice or by email (rebecca_t08@hotmail.com)

Regards,

Rebecca Tchen
(rebecca_t08@hotmail.com)

Hey Group 4's,

It's awesome seeing so many of you consistently coming to practice each week! I've also been seeing a HUGE improvement in those streamline push-offs, way to go! We are going to be focusing mostly on breaststroke this month. I will be aiming to perfect your whip kicks so

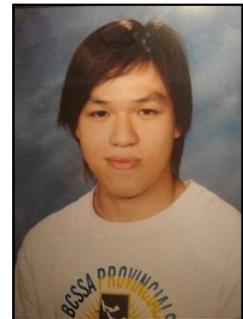


that we can move onto the arms and then combine the whole stroke together. Some of you guys are still having some trouble flexing your feet but don't worry, we will be practicing a lot of kick. Just make sure you keep coming to practice, because that is the first and most important way to improve! If you have any questions, feel free to come talk to me. If you're confused about anything during practice, don't be afraid to speak up and ask me or one of the junior leaders or assistant coaches.

See you guys on deck,

Jocelyn
(jocelyntycheung@gmail.com)

Welcome back Group 4! As you already know, we are mastering the third key stroke, the breaststroke. What are the most important things we need to remember? Well, for the kick part, our legs need to be together first, then bringing both feet up with them flexed, followed by a powerful circular kick. For the arms, the hands move in a small, rectangular motion. The timing may be the hardest part: the arms extend and pierce the water as you kick, as you let your whole body guide through (almost like doing a streamline). About halfway through the arm pull, your head pops out of the water as you breathe.



When your hands are back together, your feet should be up and ready to kick. The most common mistake is that swimmers tend to do the arm pull as they kick (instead of arm extending and gliding), and the arms pull way too wide, thus slowing down their timing. All of this sounds very complex, but with some discipline and patience, all of these difficulties can be overcome with.

Believe in your strength and stick to it!

Jesse
(jesse_kwan@hotmail.com)

Hey Group 4 Swimmers! We are well into the fall session and you all know the routine by now. If you're not doing so, show up ON TIME for dryland activation; you need a full 15 minutes to adequately warm up for water exercises. Bring H2O bottles and have them within reach during water practice; it is extremely important to replenish the water your body loses from swimming to prevent muscle injury and fatigue.



In November and December we are learning breaststroke and, if time permits, dolphin kick. We are finished with evaluations and you will each receive progress reports by the end of the fall session. Please do not be surprised if you see "N/A"s indicated on your reports, it is either because the skill is not one that is evaluated in Group 4, or because you were absent when the skill was evaluated.

Let's work hard for a couple more weeks and finish this Fall Session strong! I know we are all looking forward to Winter Break and the arrival of 2013! (No, I don't believe in 12-21-2012 ☺)

Cheers,

Ricky Lee
(riklee_007@hotmail.com)

Hey there group 4s! As this season wraps up, get ready for your report cards to arrive. If you're wondering what you can improve on, read the comments your coach left you carefully. They're there to help you improve! We'll be wrapping up the season with reviews of your strokes, so it's a good time to practice the weaker parts of your strokes. I hope to see you all at the year end party, and happy holidays!



Haley
(teiteika@gmail.com)

Hey guys! All of you have worked so hard and have progressed so much over the last 3 months! Not only are you swimming with better technique, but you have also significantly improved your backstroke and freestyle times, which is excellent! Some things to keep in mind:

1. Kicking with straight legs and floppy feet (for flutter kick).
2. Breathing to the side in freestyle! We have worked a lot on keeping our head down and keeping one goggle in the water when we breathe.
3. Making sure you are always doing a straight arm recovery in backstroke.
4. Turning out your ankles in breaststroke so that your toes are pointing to the side, as well as keeping your knees together.

This upcoming month we shall be working on full breaststroke and beginning to work on dolphin kick. Keep in mind that breaststroke is a difficult stroke, so be sure focus on your technique instead of speed!

Keep up the good work, and see you at the pool!

Julia and Catherine

(juliachung@shaw.ca)
(cat.lim95@gmail.com)

GROUP 3 COACHES:

Hey Group 3's!

Despite it being a busy time of the year, I am very pleased with attendance at practices. I have just completed all your progress reports and compared them to last year. I am impressed with how much improvement you all have shown in technique and speed! Well done 😊



For November, we focused on breaststroke so that means December is going to be butterfly month. We'll be starting off with lots of dolphin kick as this is the foundation of the stroke. Please try your best to attend every practice so you don't fall behind in this tricky stroke.

Hope to see you all at Mile Swim, Time Trials, and the Christmas Potluck! Happy Holidays!

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

Hello Group 3! Glad to see that turnout has increased on Sunday mornings! For the Sunday afternoon swimmers, try to be early and ready to start doing activation :) Now that we've finished freestyle, backstroke, and breaststroke, we have begun doing assessments. In December we will start doing butterfly. Keep coming to practices with smiles on your faces!



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

GROUP 2 COACHES:

Hi, group 2! As we are now into our last month of the fall session, I would like to congratulate you on your improvements so far! You have all worked very hard and it is starting to show in your times and technique. We have been working on butterfly for the last few weeks and I am pleased with what we have been able to cover. We are going to continue working on fly into next week, particularly focusing on our breathing and head position. Try not to miss any of these



practices. We will then work on some freestyle and IM to round off the season.

We have devoted a lot of attention to turns and breakouts recently. It is very important that you are continually practicing fast, perfect turns and breakouts at every single wall. It won't do you much good if we spend half a practice on turns and you go back to slow, sloppy turns at your next practice. You want these perfect, fast turns to become the regular!

Also, please make sure to bring your water bottles to every practice. In the water you don't realize how much you sweat so it is extremely important to stay hydrated. It will help you perform better.

Have a great December!

Sarah

sarahewalsh@gmail.com

GROUP 1 COACHES:

Hey Everyone

I'll keep it short and sweet – thank you for your efforts thus far. It's been a major plus and pleasure to work with all of you. I hope you all continue forth on your journeys in swimming and in the game called life with the driven determination and laughter I've seen the last few months. I hope to work with all of you again very soon Until then – stay fit, have fun, and most importantly – don't forget to laugh 😊



Tiffaney

tiffaney_k@hotmail.com

Hey everybody!

So far I am impressed with all the swimmers with regular attendance, and the ones that consistently have a strong work ethic and continue to try and improve their strokes. Most of this month has been an assessment month so we have been doing lots of timing and sprint work. Remember that if you have any questions about your strokes, ask me to help right away so that you don't have to wait for a report card at the end of the year to find out what you could be doing differently. We'll be doing more sprint endurance work next month so don't forget your water bottle! Please show up to the mile swim and time trials to support the club! Cheers."



Cheers,

Iris
(siir@shaw.ca)

Hello everyone,

We are now two months into the Fall/Winter Session and I can't believe time has flown so quickly! The first few months we spent learning about practice structure, intervals and pace times, and the basics of body position and core in freestyle and backstroke. Now that everyone has gotten into the swing of things, we'll be moving on to longer free and back sets as well as our breaststroke and butterfly units. As always, we'll be working on body position and kick when we first get into breaststroke and butterfly. Get ready to use those legs and core muscles!



Additionally, we will also be spending more time on fundamentals skills such as push-offs, breakouts, streamlines and underwater kick. These elements are key to every stroke and so it's very important that you try your best to master them.

Lastly, we want to do our best to avoid injuries and cramps and so it's very important to attend dryland activation, to stretch after practice, and to stay hydrated throughout practice (even if you aren't thirsty).

See you all on deck!

Cheers,

Tammy
(nguyen.tammy@hotmail.com)