

**2013 Fall Session**  
September – December, 2013  
**COACH CORNER NO.3**

**GROUP 4 COACH:**

Just a quick reminder that the Time Trials event will be coming up on Saturday of December 7th. This will be the very first time trials event to be held at Hillcrest. Your speed will be tested on all your strokes in a couple of lengths. Remember to bring someone like a parent or a friend to time you.

We have covered the essentials of the three main strokes, but we have yet to integrate them with the dolphin kick or butterfly kick (breaststroke excluded). Other than the butterfly stroke, the main use of butterfly kick is to help you get a better start for your freestyle and backstroke. You might remember when you watch the Olympians swim on TV, after they dive, they went out with a bang with multiple underwater dolphin kicks. They also use their hips a lot and move in an undulating motion. Take note that they keep their body in a tight streamlined position.

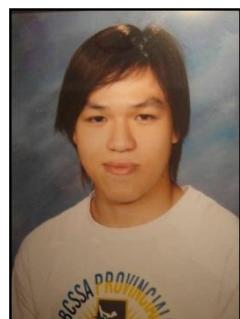
Dolphin kick is quite essential in breakouts. To get a good start off the wall, our goal is to perform at least 4 dolphin kicks underwater while maintaining tight streamline. At this point, you should be able to go past the flags. Immediately begin flutter kick towards the surface and start strokes. If you're doing freestyle, try not to breathe right away when you reach the surface, as it will slow you down. Instead, do several strokes to sustain the swimming momentum.

Our winter session is coming to a close. If you have any questions, feel free to talk to me before or after class. You can also drop an email at [jesse\\_kwan@hotmail.com](mailto:jesse_kwan@hotmail.com)

Happy Holidays,

Jesse

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



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## GROUP 4 COACH:

Hey Group 4 swimmers! We are nearing the end of our Fall Session. The last day of practice for this session is 21 December 2013, and the start of our next session is in January 2014! I would like to continue to remind you about a couple of things:

- 1) Please show up ON TIME for dryland activation; you need a full 15 minutes to adequately warm up for water exercises.
- 2) Please bring H<sub>2</sub>O (water) bottles and have them within reach during water practice; it is extremely important to replenish the water your body loses from swimming, in order to prevent muscle cramps and injuries. I led this initiative by example by bringing my water bottle to practice, so all of you should too!

The sessional assessments are now complete; thank you to those of you who consistently showed up to practice. We will wrap up with breaststroke, dolphin kick, and a combination review of what you have learned for all four strokes.

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 what to change, and visualize yourself swimming differently. Practices are not competitions; just because you are leading the lane doesn't necessarily mean you are a good swimmer. Unless it is a timed set, take it steady and FOCUS on technique.

It has been my absolute pleasure coaching you this session. To those of you advancing to Group 3: best of luck, don't be afraid to keep in touch, and may the force be with you! To those of you returning to Group 4: hope to see you soon!

If you or your parents/guardians have any questions, comments, or concerns, please do not hesitate to get in touch with me.

Cheers,

Ricky Lee

E-mail: [riklee\\_007@hotmail.com](mailto:riklee_007@hotmail.com) Phone Number: (604)-760-1133



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#### **GROUP 4 COACH:**

Well, the winter season has just wrapped up and we've got winter break to take a bit of rest before we return for spring. The past few months you've all made progress and it always makes me happy when I get to see it in practice. Entering the new year, if there are some things you still need to work on, don't worry! We'll have plenty of time to revisit all your strokes and improve even more. Reminder that the first and most important aspect of each stroke is your kick. Whether it's flutter, whip or dolphin, knowing how to kick properly and making sure you regularly practice it (there's a difference between doing it when reminded and always doing it after all!). If you didn't manage to pick up your report card from me before the season ended, I'll have them on hand for the first few weeks of January for you to pick up.

Happy Holidays!

Haley  
(teiteika@gmail.com)



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#### **GROUP 4 COACH:**

Hello swimmers!

It has been a great season so far. It was awesome seeing some of the group 4s at the Mile Swim and Time Trials! We have worked hard on learning all four strokes. Now, we will be focusing on increasing speed and reviewing some of the basics. There will be lots of sprints, so remember to bring a water bottle!

See you on deck,

Catherine

[\(cat.lim95@gmail.com\)](mailto:(cat.lim95@gmail.com))



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### **GROUP 4 COACH:**

Hey Group 4s!

Great job on all your hard work and effort over the last three months of practice! You have all improved so much since the beginning of September, and I am proud of every single one of you! This month we have begun working on dolphin kick, but don't forget about your technique in your other three strokes. We will continue to review breaststroke since this is the hardest stroke, and we will practice freestyle and backstroke during our warm-up. Remember to do your flip-turns whenever we do 50 metres of freestyle or backstroke. I know that these may still be hard for some of you, but as I always say, the only way to get better and make things easier is to practice!

On another note, time trials is coming up soon, and I hope to see you some of you there! This is a great time to get to the other swimmers in the club, and is also a fun way to keep track of your progress.

Julia

juliachung@shaw.ca



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### **GROUP 3&4 COACH:**

Hi Everyone!

First off, I would like to say:

*Happy Holidays!*

I wish you all the best as December rolls around. So far my swimmers have been doing incredible! I would like to congratulate all those who have participated in the Mile Swim and the Time Trials. They rose to the challenge and did very well, so thank you for coming out!

We have begun to work on butterfly in the past few weeks, and though it is one of the more difficult strokes, everyone has started out really well. We will continue to refine all

of the technique and skills as the season ends, and I hope to have a great start for next season. There has already been enormous progress by everyone since the September!

Keep up the good work, and I'll see you all at the pool!



Celine Hong: [celine-h-@hotmail.com](mailto:celine-h-@hotmail.com)

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**GROUP 3 COACH:**

Hi Group 3's!

Welcome to the last term of the Winter session! I am so impressed by everyone's improvements in their strokes. Congratulations to all the swimmers moving to Group 2 as I know you will do an amazing job.

For the last month, we will be focusing on butterfly. This is the hardest stroke so it is important you are coming to practices regularly. We will be doing lots of dolphin kick and slowly introducing the arms and timing.

We have an upcoming event, Time Trials, on Saturday December 7<sup>th</sup>, so hopefully as many of you can make it as possible. This event is a fun/no-pressure event where you get a chance to practice some racing and you will be timed. Personally, I enjoyed this event when I was a swimmer as I could see my times and see the amount of time I had improved from the previous event.

Hope you all had a great time at the Christmas Party! It was lots of fun and great to see so many of you there ☺

See you on deck,

Lauren

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



**GROUP 3 COACH:**

Group 3! Thank you for being such awesome participants and so hardworking in practice! Have a great winter break and see you all in January!

Regards,

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



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### GROUP 3 COACH:

Hi Group 3's!

Great job so far. Everyone did a great job this past month! Thank you for those who have been attending practices regular, especially as we begin to work on butterfly for the month of December.

Here are some tips to remember:

- kick from your hips, not your knees
- make sure you have two kicks per stroke, one at the top and one at the bottom
- super straight arm recovery,
- keyhole pull
- after your breath, make sure your head enters back into the water before your arms

Keep bringing water bottles to practice!

Tamara

[\(tamaranipp@gmail.com\)](mailto:tamaranipp@gmail.com)



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### GROUP 2&3 COACH:

Hello everyone,

I can't believe it's already the end of the season! These past 4 months have flown by so quickly.

For the past little while, we have been focusing on breaststroke kick and breaststroke pull. Breaststroke kick is always a little strange because instead of an up and down motion as you would do for flutter kick or dolphin kick, breaststroke kick is more of a push motion.

Remember that the most important things for a strong breaststroke kick are:

1. Your knees must be narrower than your ankles. Depending on your flexibility, you could have a wider or narrow kick than others;
2. The push comes from the inside of your foot so it's very important to turn your feet out in a flexed position;
3. The circular motion in your whip kick is not so important as the push straight out. It's the action of bringing your legs together at the end of your kick that creates that circular motion.

With regard to your pull, we have been executing drills such as In-and-Out, Levels, and Coupling. Remember to think about bringing your elbows in together along with your hands and to breathe right at the beginning of your pull.

I would like to congratulate everyone who has improved their 100m Flutter Kick time since we did our first one in September. We will continue with this test set as well as doing another one called the Clock Set. More on that later.

Have a happy holiday and see you all in the new year!

Tammy  
([nguyen.tammy@hotmail.com](mailto:nguyen.tammy@hotmail.com))



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#### **GROUP 2 COACH:**

Hey Group 2's,

Doesn't time really fly by fast? We're nearing the end of our term, and my hope is that you all will not forget the wonderful technique of your strokes during the winter holidays!

This month will be a focus of the most common areas as I have noticed, that need work: dolphin kick, butterfly arms, streamlines, flieturns, breakouts, and finishes. These weeks will also be dedicated to some fast swimming, stroke building, and just tying in everything we have learned so far.

It's been awesome coaching those of you in my groups! Some of you have come a very far way in your strokes, so congrats on improving so much.

Look forward to seeing you all in January ☺

Jocelyn

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



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#### **GROUP 1&2 COACH:**

Hi Group 1!

In anticipation of the holidays, I'm going to spice things up a bit with some work on strokes other than IM. Your times and abilities have been improving, but we need to move back to focus on some strokes before the end of the season. Especially those strokes which you tend to forget how to do. Yes, I mean fly and breaststroke. Brace yourselves for a hard December in preparation for all that turkey! It'll be worth it!

Geoffrey

[g.ching@live.com](mailto:g.ching@live.com)



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#### **GROUP 1&2 COACH:**

Hello Group 1s and 2s,

Great job this term for everybody who showed up regularly to my practices, it's been a solid 4 months of swimming and I'm impressed with everybody's improving fitness level. A special congratulations for all the swimmers who made it to both mile swim and time trials, it's very important to test your abilities every so often to make sure that you are staying on top of your training. Keep up all the good work and don't eat too much food over the winter break! Hope to see all of you in the new year.

Iris Cheng  
[\(sir@shaw.ca\)](mailto:sir@shaw.ca)

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