

2013 Fall Session
September – December, 2013

COACH CORNER NO.2

GROUP 4 COACH:

Hello all swimmers!

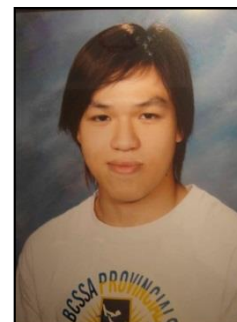
I would like to remind everyone that evaluations will be happening this month. When I start the assessments there are two main components. I will first judge your technique for all your strokes, so your attention should be directed on performing your strokes properly instead of speed. The second thing I will evaluate will be your swimming speed, so I want you aim for a fast time (that's not to say technique shouldn't be disregarded in sprinting, it's still important).

So is there another way that can help you improve your abilities other than just coming to practices? Of course there is! If you like to improve on your endurance, try out the Mile Swim. You will be timed as you swim 64 lengths(!). There are different rewards to get, depending on how fast you finish. Freestyle is an ideal stroke for this event. Next to Mile Swim, we also have Time Trials. You will be tested on how fast you can swim each stroke. It is like a mini version of the Olympics. It is a lot of fun and you can compete with your friends or rivals. We may have other events coming up, so keep your eyes peeled!

You may notice we are doing breaststroke this month. Contrary to popular belief, is it a difficult stroke to learn. A very common mistake in breaststroke is the timing with the arms and legs. Let's do our best to extinguish this error.

Jesse

(jesse_kwan@hotmail.com)



GROUP 4 COACH:

Hey Group 4 swimmers! Once again I would like 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 H₂O (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.

As a group, we have moved on to working on backstroke, breaststroke and dolphin kick, in the interest of conducting sessional assessments. By the end of this session, 21 December 2013, we will have summed up with a combination 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.

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

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



GROUP 4 COACH:

Hello swimmers!

We've had a pretty good season so far, having already worked on freestyle and backstroke and now focusing our attention on breaststroke. Coming into the end of November, expect us to be aiming to incorporate all we practiced about whip kick (knees close, feet flexed, turned out; you know the checklist we I through each time) and pull (small, heart shaped, and no pause when you're breathing). Especially be

ready to work in timing these two together. It can be a challenge for some swimmers to get it initially, but don't be discouraged!

On another note, I would like to remind you all that I expect everyone to be at the pool 15 minutes before we actually hop in the water. Not 5. Not 10. Fifteen. And that includes going to the washroom. As of late there are far too many swimmers showing up in the last few minutes of warm up, then asking for "strategic washroom breaks" during the beginning of practice. I understand when it's once in a while, but when it becomes a regular pattern it starts taking away from your learning time

Haley
(teiteika@gmail.com)



GROUP 4 COACH:

Hello everyone! Hope you all are enjoying the first term of PNSC swimming as it is almost over! We have just finished backstroke and will be moving onto breaststroke and butterfly in the upcoming weeks. There are some important rules I would like to remind everyone of:

- 1) Follow the pool and club's rules and respect your coaches. This means giving your full attention to the coaches, so of course, no talking when the coach is talking, following instructions, being polite to the assistant coaches and junior leaders, and staying above the water when the coaches explain the set. If you do have questions, you may raise your hand after I have finished explaining the set.
- 2) Respect other swimmers. Be friendly to other swimmers and try your best to avoid collisions. Leave at least 10 seconds after the person in front of you have left and make room for others to finish and hold onto the wall.

From now until winter break, we will be learning breaststroke and butterfly and improving speed. For some of you, breaststroke and butterfly is completely new! But don't worry, we will be mainly focusing on the kick. For whip kick, remember to turn out your ankles and keep your knees together. For dolphin kick, remember to keep your ankles together and kick from your hips. I hope to see all your smiling faces at practice.

Cheers,

Catherine

(cat.lim95@gmail.com)



GROUP 4 COACH:

Hey Group 4s!

I am happy to say that despite the busy season, everyone has been very consistent in making it out to practice! You have also made excellent progress in your freestyle and backstroke! Since it is report card month, make sure that you keep up your technique in these strokes when we do them in warm up and at the end of practice.

This month we will be focusing on breaststroke, as well as introducing some butterfly kick. As breaststroke is the hardest stroke to learn it is very important that you keep up your attendance. Don't worry if you can't get the stroke right away. Just stick with it and it will eventually come! Remember, if you don't practice you can't get better.

Here are some tips to remember when at practice this month:

1. Keep your FEET FLEXED throughout the whole kick
2. Knees stay INSIDE (try pointing your knees together)
3. Your pull does NOT go past your hips
4. Streamlines! (These are looking much better, but make sure you are doing them off of EVERY WALL)

As we have a large number of swimmers in our lanes, expect to have some circuit practices where you will be split up into smaller groups. This will hopefully give you more space to swim. Also, in preparation for the Mile Swim, we will increase the distances of each set to build up your endurance. Keep practicing your flip turns as well, as they will become very useful for the upcoming time trials next month!

Keep up the good work, and feel free to ask the junior leaders, assistant coaches, or myself if you have any questions. See you on deck!

Julia

juliachung@shaw.ca



GROUP 3&4 COACH:

Hi everyone!

I would like to start by thanking everyone for a great start to the year. I had a remarkable fall season coaching many of you, and I look forward to seeing you all again for the winter and spring seasons. There has been a lot of improvement in all of my swimmers and I would love to continue to build on the success in the coming weeks. We will be focusing on breaststroke and butterfly as the winter season arrives, but we will also keep touching up on our other skills: freestyle, backstroke and especially our turns. There is always room to improve! A reminder to everyone to show up on time for activation and to keep bringing the enthusiasm that we know you all have! Notices: The time trial and mile swim are coming up soon. I encourage you all to give them a try, they're amazing experiences and a good way to track your improvement! I'll see you at the pool,



Celine Hong: celine-h-@hotmail.com

GROUP 3 COACH:

Hi Group 3's!

Hope everyone had a great Thanksgiving and Halloween! For the month of November, we will be starting breaststroke and will continue to work on our dolphin kicks in preparation for butterfly next month. Attendance has been great at practices which are awesome to see!

For November, we will be also be doing evaluations for report cards so it is important that you come to practice so you can receive a report card. In addition, we have Mile Swim and Tim Trials coming up which are two great events. The Mile Swim is a great event to test our endurance and the Time Trials is a great event to test our sprints. It would be great to have as many Group 3's show up as possible!! I'm so impressed by everyone's work ethic and improvements so far this season and everyone is to be commended for their hard work.

See you on deck,

Lauren

(laurennipp@gmail.com)



GROUP 3 COACH:

First off, I would like to thank everyone who has come to practice consistently and stayed focused! Second, I would like to thank the parents who make such a big contribution for your kids and the club! The winter session is about to end, we will be working more on fly, breaststroke, and IM. On that note, I'm going to encourage everyone to bring water bottles, or drink water 2-3 hours before practice. See you all during Mile swim and Time Trials! Lets make this season the biggest turn out. :)

Questions and concerns should be directed to my email or welcomed before and after practice.

rebecca_t08@hotmail.com.



GROUP 3 COACH:

Hey everyone! Great job so far this season! As we head into November, make sure you try to bring water bottles and be ready to start breaststroke and butterfly. We have report card evaluations coming up so come to practice ready to swim fast! I hope I can see all of you attending practices regularly, Time Trials, and Mile Swim. Keep up the great work!



Tamara
(tamaranipp@gmail.com)

GROUP 2&3 COACH:

Hello Everyone!

As you all might now, I tend to do the 100m Flutter Kick test set at the beginning of each month and I am happy to report that all of you have shown excellent improvement from September! Many swimmers have taken anywhere from 5 to 12 seconds off their times and I'm excited to see how fast you all can go by the end of the year!

From our focus of freestyle and backstroke, we have now moved on to butterfly. My primary goal for butterfly is to get each and every one of you to execute a steady and strong dolphin kick. Dolphin kick is key in all four strokes (yes, even in breaststroke) and so it's extremely important for all of you to do it well.

Thus far, we have worked on three main fly drills: modified surf, one arm fly, and cannonball. From here, we will work on more complicated drills as well as transition to longer fly swim sets.

Interspersed among the fly practices will be practices that focus solely on breakouts and turns. Proper execution of your touch turns are super important because of Hillcrest's high bulkheads. More often than not, I see awkward transitions or pausing as opposed to turns. We will definitely work on that.

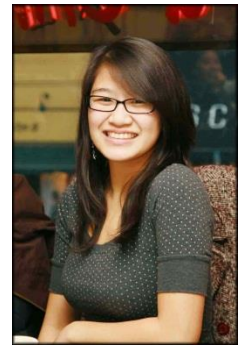
Finally, a few reminders for you all:

1. Bring a water bottle to practice! Stay hydrated between sets or even during the set.
2. Make sure to come to activation. It's important to warm-up your body before you hop into the water to prevent injury and cramping. Additionally, I've been bringing skipping ropes and I'd like all my swimmers to be skipping pros by the end of the year.

If you have any questions or comments, please don't hesitate to speak to me after practice or to reach me by email.

See you all on deck

Tammy
(nguyen.tammy@hotmail.com)



GROUP 2 COACH:

Hey Group 2's,

Two months down, two more until the winter holidays! Last month we touched on some technical work with backstroke. I have seen an incredible improvement from most of you. This month, we will be focusing more on breaststroke, but as always we will not forget about the other strokes.

Again, I cannot stress this enough- you need to BE ON TIME to practice. This is for your own good, and you all need to be good role models for the younger swimmers.

Anyways, hope to see you all at both the Mile Swim and Time Trials. Keep working hard!

See you on deck,

Jocelyn

(jocelynkycheung@gmail.com)



GROUP 1&2 COACH:

Hi Group 1s!

Now that we've gone through a review of all strokes, we will be going through some IM and best stroke weeks. Get to practice early and don't loiter around on the deck when practice starts! When practice starts, it's time to get in!

In other news, streamline and underwater need a LOT of work. Expect consequences if those aren't carried out, so make sure that you keep disciplined and do a good streamline and 5 underwater kicks of each wall. Nevertheless, I'm still impressed that attendance has been this good so far. Keep it up for the next few evaluation weeks, and you're golden!



Geoffrey Ching' <g.ching@live.com>

GROUP 1&2 COACH:

Hello Group 1s and 2s!

It's now midway through the season and I am still very impressed with the attendance level as well as the caliber of swimming that is happening during my practices. Great effort in doing all the sets and drills! However, many of you are swimming with a lazy stroke. I am seeing a lot of sloppy technique in all the strokes and it is difficult for me to be giving you feedback to improve when I am just reminding swimmers to fix their bad habits. Sloppy technique includes poor streamlines off the wall, splashy hand entries, breathing only on one side, and lazy body positions. All of these things (& more) are things that both Group 1 and 2 swimmers should have mastered so it is crucial for you to be disciplined about holding good form and controlling your strokes instead of swimming with your brains turned off. Group 2s, in order to move up to Group 1, you need to demonstrate that you are technically strong, not afraid to lead or be in the front of the lane, and show that you can correct your stroke according to the feedback I give. My sets usually have lots of rest, so don't be afraid to ask question, ask for feedback or reminding yourself to swim with 100% technique as well as a strong effort. As report card season is coming around, I want to be able to provide all of you really constructive feedback on your swimming so make sure you show me what you can do! Keep up the strong effort everybody.

Iris Cheng
(siir@shaw.ca)

