

2013 Fall Session
September – December, 2013

COACH CORNER NO.1

GROUP 4 COACH:

I would like to welcome all returning and new swimmers to the Percy Norman Swim Club! I am Jesse and I'm your Group 4 coach! There are some important rules I would like to go over in practices:

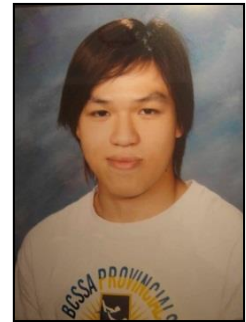
- 1) Obey the pool rules! These include not running on deck, not pulling down the lane ropes and going under the "wall". Stay in only the lanes I have assigned you in, and always swim to the right side of the lane.
- 2) Respect your coach(es). This means you should give me your utmost attention when I'm talking. Please keep your heads above the water and eyes on me. If you have any questions during swim lessons, ask me after I finish speaking.
- 3) Respect other swimmers. Do your best to share the lane. When you see other swimmers approaching to finish, move over so they can have space. Refrain from bickering with other swimmers - be friendly!
- 4) Come on time. I understand it may be difficult for some, but please try to attend on time for the full proper warm-up session. If you happen to come late to swim practice, you may be required to do dry-land exercises before entering.
- 5) Bring water bottles. I would also like to note that all swimmers should bring water bottles to practices. The pool is an illusion that makes us blasé about sweating and staying hydrated.

In this month, we have been focusing on a lot of freestyle techniques. These include getting a good body position, proper arm strokes, and proper breathing. There is only one direction in swimming you want to efficiently maximize going to and that is **forward**.

Streamline push-off from every wall is obligatory. We will eventually get to work on some flip-turns and touch-turns.

With that said, good luck and have fun!

Jesse
(jesse_kwan@hotmail.com)



GROUP 4 COACH:

Hey Group 4 swimmers, welcome back! I hope all of you had an awesome and refreshing summer – whether you were swimming or not. I am delighted to work with my new team this season on Monday afternoons. I will be coaching you for the remainder of this session. The key to a productive and successful season for all of us is a good start, and I will start by reminding you about some ground rules:

- 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.

We will continue to learn/review freestyle for the next few weeks, and then move on to backstroke. Following that, we will introduce breaststroke and dolphin kick, and finally, sum up the session 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 imagine yourself swimming differently. Practices are not competitions; just because you are leading the lane doesn't necessarily mean you are a good swimmer. Take it steady, 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.

Good Luck!

Cheers,

(riklee_007@hotmail.com)

Ricky Lee

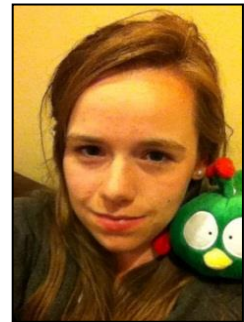


GROUP 4 COACH:

Hello group 4s!

We've just finished up our first month of practices and we're now well into the season. This month our main focus will be backstroke. It's extremely important to carry over all your good kicking technique we've built up in September and bring it to your backstroke, without it you'll find it difficult to reach the right body position. I would like to remind you all to remind your parents to be sure you are at practice 15 minutes before we're scheduled to get in the pool. Let's make October a great month for swimming and timeliness!

Haley
(teiteika@gmail.com)



GROUP 4 COACH:

Welcome back Group 4!

It's awesome seeing so many new and old faces at practice. I've seen a lot of improvement in technique as well as sprint times already since the beginning of September. In the upcoming months, we will be focusing on improving freestyle technique and speed as well as learning butterfly.

Some tips to keep in mind:

1. Breathe to the side in freestyle. We will be constantly working on keeping heads down with one goggle in the water when we breathe.

2. Turn out your ankles but keep your knees together in breaststroke. Many of you are kicking very wide or with scissor kick. We will work lots to correct that!

Keep coming to practices with smiles and water bottles!

See you all on deck!

Catherine

(cat.lim95@gmail.com)



GROUP 4 COACH:

Hi Group 4s!

Welcome to another season of PNSC! This month, we have been focusing on freestyle, particularly on our kick and body position. These two things will continue to be important as we move onto Backstroke in October. Please note that even though we will not be focusing on freestyle this month, it is still required that you swim with good technique during warm-up! A few other things to keep in mind:

- 1) STREAMLINES off every wall. The Assistant Coaches, Junior Leaders and I will become much more strict about this now that we have practiced these for many weeks.
- 2) When swimming Freestyle, make sure you are LOOKING DOWN. You should never be looking at the wall in front of you since this will cause your hips and feet to sink – we want to make sure we are swimming as horizontal to the water as possible!
- 3) Keep to the RIGHT SIDE of the lane (unless you are passing someone). This is very important, as we have many swimmers in our lanes. If you find that you are consistently passing someone, kindly ask if you can go ahead of them.
- 4) LISTEN when I am speaking. This means looking at me and keeping your head above the water. We should always respect each other, so, just as I listen to you when you have a question or comment, you should listen to me when I am explaining sets or giving you feedback.

If you have any questions or concerns, please feel free to speak to me after practice or send me an email.

See you all at the pool!

Julia

juliachung@shaw.ca



GROUP 3&4 COACH:

Hi everyone,

I would like to welcome you back to a new season of swimming with Percy Norman! In the coming months I will be working with my swimmers on freestyle and backstroke then progressing onto breaststroke and butterfly. We will train good technique by practicing drills and building on the skills we have learned before, never forgetting to do good turns and streamlines. I hope everyone remembers to come in on time and with a smile on their face! Hop to see you all at the pool.



Celine Hong: celine-h-@hotmail.com

GROUP 3 COACH:

Hi Group 3's!

Welcome to the 2013 season of PNSC! It's so great to see a lot of you returning from last year and continue swimming. I'll be coaching Sundays 445-6pm and Mondays 345-5pm so if you re swimming those days, I will be your regular Group 3 Coach. For the month of September we will be doing lots of freestyle review and sets that will work on building up our endurance again. Please remember to bring your water bottles to every practice as I have been having lots of swimmers ask to get water during practice. Also, as the sets get harder, it's crucial you come 15 minutes before practice for activation to warm up your bodies so you don't get cramps.

A few key takeaways from the first few weeks of practice:

- Streamlines off every wall

- Freestyle flip turns off every wall
- High elbows, straight legs, constant flutter kicks, and quick breaths for freestyle

If you have any questions or just want to talk, don't hesitate to come speak to me at the end of practice! I always enjoy talking to those I know and getting to meet new people. See you on deck,

(laurennipp@gmail.com)



GROUP 3 COACH:

Welcome back all returning and new swimmers! Everyone has been coming consistently to practice which I am extremely grateful for. Keep up the great work guys! So far we have been working on breathing, long and strong pulls, and kicking through our breaths in freestyle. As we move into new stuff like butterfly in October and November, I want to be sure that everyone brings water bottles. Practices won't get any easier! Not only will we be working on speed and technique, I also want to build everyone's endurance. Mile swims, time trials, and turn practices are highly recommended as this event build you into a stronger and better swimmer. Good luck, and see you all at the pool!

Any questions or concerns should be directed to my email:

rebecca_t08@hotmail.com.



GROUP 3 COACH:

Tamara is in her second year at Simon Fraser University, majoring in Business Administration. At SFU, Tamara is on the varsity volleyball team and was previously on the varsity swim team. She has been a member of PNSC since 2002 and started swimming competitively with the Vancouver Vikings in 2003. Previously, Tamara was a

junior leader and an assistant coach with PNSC. She is excited to get to know all her swimmers and hopes to see them improve and have fun at practice!



Tamara
(tamaranipp@gmail.com)

GROUP 2&3 COACH:

Hello Everyone!

I am so happy to be back coaching at PNSC for another year. For those of you who do not know me, my name is Tammy Nguyen and I have been both a swimmer and a coach for PNSC since I was 9 years old. In addition to PNSC, I have also coached for VPSC, the Vancouver Vikings, and the NSWC Marlins.

I am a big believer in a strong technical foundation and so you will find that the majority of my practices revolve around drills and skills with a major focus on kick and body position. Another part of my season plan involves practices where you are strictly swimming and focusing on speed and sprinting. Additionally, I also like to do various test sets to keep track of your progression and improvement.

A few of the rules that I'd like the swimmers I coach in both Group 3 and 2 to remember are the follow:

1. Always swim on the right (unless you are passing someone) and once you reach the flags, swim to the left to do your turn on the left-hand side. This way you can execute a straight push-off versus a crooked one off the wall.
2. Always finish your assigned meters. Touch the wall when you complete the set and either move to the right to get ready for your next repetition or move off the wall and to the right for anyone else coming in. Remember that if you "accidentally" hit someone who hasn't moved to let you finish, that's okay.

3. Always put your gear away at the end of every practice. Whatever equipment you have used, put it away. If someone has generously offered to take all the equipment, help him or her out or make sure to thank them. Also, try to avoid letting the same person put the equipment away each time. It's only fair.
4. Always bring a water bottle to practice. You are going to be working hard and hydration is important!

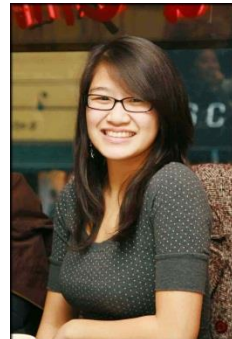
Right now, we are working on basic body position in freestyle and backstroke. The main focus is that when swimming either of these strokes, you are generally fully rotating from side to side as opposed to staying on your front or back. Additionally while you are rotating, you want to maintain a steady and aligned body position so that you move straight and efficiently through the water.

From here, we are moving on to the pull phase of both of these strokes as well as the technical components such as turns and breakouts.

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

It's been a great start to the first month so far. I would love to get to know you all more! Come to practices with a motivated mind to work hard, and ask questions whenever you don't understand something or want to know more.

This September we did a variety of practice sets- long sets, short set, sprints, builds, as well as under waters. The focus was on freestyle but I also wanted to observe your best strokes. For October, our focus will be geared towards backstroke, but we will still touch on some IM and best stroke sets.

Please be on time to practices, dryland is so important to get your body warmed up for the practice.



Jocelyn
(jocelynkyccheung@gmail.com)

GROUP 1&2 COACH:

Group 1s!

I am glad to see you coming back from what I hope was an awesome summer! So far, we have worked on getting back into shape with some freestyle work, but as October and November arrive, we will be working more on breaststroke, backstroke, and finally, butterfly. You have all been great about showing up to practices and putting effort in, so please make sure you keep your tremendous work up! I expect nothing but the best from the amazing swimmers you are.

I'd also like to leave you with a reminder that water bottles are a must for practice, especially with all the hard work that you will be doing. I know that there are water fountains near the pool, but it is at best inconvenient and disrupting to practice to hop out to get water in the middle of practice. So bring your own water bottles, stay hydrated, and last, but not least, stay amazing!

P.S. This week's swimming fun fact: Abdominal muscles (abs) not only look good, they also help you swim faster and more efficiently by keeping your body straighter and more streamlined in the water!



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

GROUP 1&2 COACH:

Hey Group 1&2s!

Welcome to all my new swimmers that have moved up, and also all the swimmers from the Saturday evening that I am now coaching! We're going right back to the basics with some hardcore freestyle and also hopefully increasing the mileage that you guys swim so be ready for some non-stop sets and interval pacing. I'm very encouraged by the attendance so far so keep it up as school gets busy. There's nothing like a good exercise break between all the homework, studying, and other extracurricular activities. Hope to see all your faces at the pool soon!

Cheers,
Iris

(siir@shaw.ca)



GROUP 1 COACH:

Hey everyone! High spirits and high energy is what you need to come with to Friday afternoon practices! Mixing it up, as per usual, we want to keep you on your toes and using all parts of your body in a constructive manner. Incorporating different sets, dryland and a sense of humour will take you to the end of each Friday afternoon practice ☺ Keep it up everyone!

(tiffaney_k@hotmail.com)

