

2013/2014 Winter/Spring Session
January–June, 2014

COACH CORNER NO.1

GROUP 4 COACH:

Hello everyone, and welcome back to Percy Norman Club! I would like to remind everyone that there will still be practices during Spring Break so don't miss out! Also the Hillcrest pool will close from March 31 to April 27, so we will be moving to a different one. Now, there are some important things I should restate that all swimmers should follow:

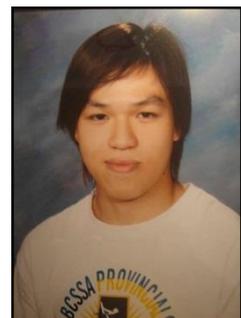
1. Passing by people - if you ever feel someone in front of you is going at a pace not to your liking, you can try to pass them by going through the middle of the lane. Refrain from using the walls, lanes ropes, or touching other swimmers. Of course, this may not always work since there would be many swimmers taking up a lot of spaces on both sides, or that it is difficult to out-swim them. Don't be afraid to ask others to swap positions.

2. Memorization - a lot of swimmers seem to forget what they are supposed to do or how many lengths they need to finish (mainly during the middle of sets). This can be overlooked if you are a newcomer or the sets I give are bafflingly unique, but by now everyone should be experienced enough to know and remember what kind of sets they are given. If you are unsure about the instructions I give you, please do not hesitate to ask.

3. Washroom breaks - I prefer if they happened not during lessons...

In any case we will continue our focus on breaststroke, where we will get used to having proper timing, arms and kick. It is a rather rigid stroke to learn, but it will all come together eventually. With that said, I wish everyone a great spring break. See you all!

Jesse



GROUP 4 COACH:

Hey Group 4 swimmers! It has been a great couple of months working with swimmers I have coached in the past, getting to know new faces, and even meeting some of your parents as well! 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. Thank you very much to those of you who have been doing so!

3) On a more serious note – all of my swimmers and some parents should already know this – I would like to make it very clear to all swimmers, parents and guardians that I will not tolerate any unacceptable behaviour from or between any swimmers during my practices. This includes but is not limited to inappropriate physical contact and disrespectful language. There have already been several incidences of said behaviour reported and witnessed, and as such I have decided to issue one general and final warning; further offences will result in the swimmer being asked to leave practice and sent home. As the group coach, I have the final authority to determine whether behaviour is appropriate and when a swimmer has crossed the line.

As a group, we have finished freestyle and backstroke (for now) and we have moved on to breaststroke, followed by dolphin kick (some butterfly if time permits), and then we will sum 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

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GROUP 4 COACH:

Hello everyone! March is almost over, and as you start easing out of breaststroke and spring break there's a few things to start looking towards in April. First and foremost: we will not be swimming at Hillcrest this month. You should have all signed up for alternate practices, or if you haven't, I HIGHLY recommend stopping by the pool once or twice over the month just to stay in shape and remember your strokes. Secondly, report cards are just around the corner, and for swimmers looking to move up, all coaches request that swimmers attend time trials if they wish to advance to the next group. If you have never been to them, you should try them at least once in your life. You might just surprise yourself with how much you enjoy them!

Lastly, I'd like to give you all a quick recap of what we've worked on this past month in case spring break has faded your memory a little. For the first few weeks we worked in whip kick, making sure we had the three key pieces: feet flexed, turned out, knees close; as well as remembering how many steps to do out kick in (hint: the answer is not 3). In addition, I also gave some more specific pointers to each of you, which are just as important as the general ones (common recommendations included strong finishes on your kick, making sure both legs are timed together, and being careful to keep your hips at the same level). Pull-wise I hope everyone remembers the SIZE your pull should be. Small and in front of the chest are what we're aiming for. And last but not least, timing. Enjoy your glides! Hold them! Let yourself coast through the water instead of taking another stroke right away. When you do take a stroke, remember to move legs and arms together either in or out, and take special care that there is no. Big. Pause. At. Your. Breath! This is a really common habit of group 4s that you need to be aware of in order to fix it.

See you all at the pool!

Haley
(teiteika@gmail.com)



GROUP 4 COACH:

Hello Group 4s!

Thank you all for the great attendance and spirit this term. Up until now, we have been focusing on freestyle and breaststroke kick and your hard work has been showing in your 50m sprint times. In March and May, we will be working on backstroke and ending with dolphin kick. Unfortunately, I will not be coaching in April.

Some tips to keep in mind:

1. In freestyle, keep your body position flat, straight, and on the surface of the water at all times. Many swimmers are swaying your hips or dropping your hips when breathing
2. For whip kick, flex/ turn out both ankles equally for a stronger kick

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!

There has been a lot of improvement over the last two month. Keep up the great work! For the month of March we will be finishing up backstroke and then transitioning into breaststroke. We will be starting with the kick, and then moving onto the arms and timing. Since breaststroke is generally a hard stroke to learn, I highly recommend that you attend all practices this month so that you do not fall behind.

We will also be continuing to work on the skills we've learned throughout the year. This includes freestyle and backstroke, flipturns, and streamlines. Always remember to practice what you have learned so far in your warm-up! I also expect everyone to show up to the practice, which is **3:45pm**! This is especially important if we are going to be using equipment during warm-up or doing lots of speed sets.

Great job so far, and I'll see you on Monday or Tuesday

Julia

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GROUP 3&4 COACH:

Hi everyone,

I would like to welcome you to the new spring season of swimming with Percy Norman! In the coming months I will be working with my swimmers on the various strokes, building on the skills they learned in group 4 and working to improve further. I will be placing emphasis on good technique but also begin training strength and speed as the swimmers get closer and closer to moving up to group 2!

With the Mile Swim and Time Trials coming up in the next couple months, I strongly encourage all of my swimmers to come out! It not only is a lot of fun, but is a good bench mark on the swimmers' improvement over the season.

Hope to see you all at the pool,



Celine Hong: celine-h-@hotmail.com

GROUP 3 COACH:

Hi Group 3's,

It has been so great to see the attendance is still high at practices and I am seeing swimmers come regularly. For the month of March, we will be focusing lots on butterfly as this is the most difficult stroke to learn. My goal is to have all of you develop a strong kick and correct body position first and then we can add in the arms and timing. For

those who have swam with me, you have probably noticed that my teaching philosophy has a strong technical focus as I believe this skill is more important to learn first than speed. Having said that, I will be incorporating harder and more challenging sets to my practices now as I think you all are ready for that.

For April, we will be practicing at different pools since Hillcrest will be closed for the month. For those of you who aren't going to be swimming in April, please try to come to as many practices as you can for March.

I am so impressed by the improvements I have seen from everyone this season. Choosing to continue working at Percy Norman Swim Club on my days off from my full time job has been tough and keeps my schedule busy but it is one of the best decisions I have made. I always look forward to the days I am coaching at Percy Norman Swim Club as all of you come with such positive attitudes and willingness to learn which make my job so much fun. I think I have either gotten to know almost or most of you now and I always enjoy talking to swimmers/swimmers' parents after practice, so please don't hesitate to come talk to me as I always like getting updates and keeping in touch with everyone.

Thank-you to all the swimmers and swimmers' parents for making this season so great!
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Lauren

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GROUP 3 COACH:

I would like to congratulate and give thanks to groups 3s who have been coming to practice consistently. I wish that you all remember to maintain good body position and kick throughout warm up and the practice for the remainder of this season. Since we have spent one whole practice working on turns, I do expect them to be done from this point forward. Keep up the efforts you have put in drills and make sure to add those techniques into your stroke. See you all at Mile Swim and Time Trials!

Any questions and concerns should be directed to my email:

Rebecca
rebecca_t08@hotmail.com



GROUP 2 COACH:

Hey Group 2's,

As I have mentioned at practice, March will be a month of Butterfly and IM. We are now working towards putting all the strokes together. Learning how to maintain good technique even when you're tired is something essential in swimming. With that said, we will be doing more endurance sets to build strength, but also never forgetting the technical aspect of each stroke. We will also review turns, streamlines, breakouts, and IM transitions.

I've been very impressed with your performance so far- huge improvements in some of your strokes. More of you are also bringing your water bottles to practice, as well as coming on time- good job!

Keep up the good work. See you at the pool.

Jocelyn

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GROUP 1&2 COACH:

Hey Group 1s and 2s! We've finished going through all four strokes recently, so now we'll be picking up the pace on strength and endurance. Although your technique may be improving, you still need to make sure that you have the fitness to maintain your technique even when you are tired. Nevertheless, this is not a reason to forget proper technique like streamlines, underwater kicks, and proper stroke mechanics. Make sure you come to practice ready, with a water bottle, a positive attitude, and plenty of energy!

Geoffrey

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GROUP 1&2 COACH:

Good job to all my swimmers who have been coming every weekend and also those who are coming through spring break. We've been working on a bit of everything and trying to put together everything we've learned this season so far. A reminder to make sure that you're still consistently doing all the basic things that I shouldn't have to remind swimmers about such as tight streamlines off the wall and breathing on opposite sides for freestyle. Keep up all the good work and remember that all you group 1s and 2s are role models for the younger kids during activation, so listen to the leader and do everything with proper form. See you all at the pool!

Iris Cheng
(siir@shaw.ca)

