Home of the
PERCY NORMAN SWIM CLUB
Together we can build a better club for our community

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

COACH CORNER NO.2

GROUP 4 COACH:

Welcome back Group 4! In this newsletter, I will be talking about how to make best use of sprints, especially in races or time trials.

The most important thing is of course the start. Let's take an example of doing a start from a wall on your front. The push-off is critical. Start by allowing your body nice and low beneath the surface. Having one hand support the wall and the other in front of you (you body will most likely be facing sideways). When you are signalled to begin, simultaneously form a streamline underwater and push away from the wall with both feet as far as you can. You do not want to push off too deep or at the surface. Once you start to slow down, perform several dolphin kicks, with each kick continually accelerating.

However, you will be using diving blocks for all your strokes except for butterfly in time trials. I will tell you how to get a strong start from a block. On the block, my preferred method of starting position is to have both feet and hands on the edge of the block. On signal, you would then jump off the blocks with both strong legs, throwing your whole body forward right into a streamline position. If you are still uncomfortable with my said starting position, that's fine! Just make sure you do get a long and nice jump. If you are doing backstroke, start off by having both hands on the block and both feet against the wall. On signal, throw your whole body away from the wall and into the water, doing underwater dolphin kicks with tight streamline.

Here are some extra important things I will cover in sprints. In freestyle, hold your breath before you come into the wall especially when you finish, breathing will slow you down. In backstroke, do not look back for the wall and know your stroke counts. If you find that you are still far from finishing to the wall, use a lot of kick and reach out with your arm. In breaststroke, make good use of the underwater pullout and the butterfly kick. Finally, make sure you touch the wall with both hands in breaststroke and butterfly. Touching with one hand can easily get you disqualified in races.

Good luck in your time trials! And remember, have fun!

Jesse

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GROUP 4 COACH:

Hello Group 4 swimmers! I hope all of you enjoyed and benefited from swimming with different swim-mates and coaches during the month of April. It's nice to have some exposure to new perspectives and styles before we go back to our regular practices at Hillcrest Aquatic Centre.

As a group, we have finished freestyle, backstroke and breaststroke. We are now working on dolphin kick (and some butterfly if time permits), and then we will sum up with a combination of what you have learned for all four strokes.

I highly encourage all swimmers (and parents) to attend the Time Trials and Mile Swim events, especially if you are intending on moving up to Group 3 because you must demonstrate that you are capable of swimming at an advanced level before you can be considered for group progression. Everyone is welcome to attend and more information about these events can be found on the PNSC website: www.pnsc.ca.

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.

There are only 2 months left before the end of yet another session at Percy Norman Swim Club. Keep swimming hard and having fun! 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:

Hi everyone! We're at the tail end of the season now and have settled back in to Hillcrest. This upcoming month we'll be working on butterfly, but also building up some endurance in other other strokes. Start looking forward to longer sets, and be ready to bring everything you've learned. A quick reminder that report cards and fall registration are around the corner, so now is the time to be showing your best swimming!

See you all at practice!

Haley
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GROUP 4 COACH:

Hi swimmers,

After a month away, I am excited to see everyone! In the month of May, we will be learning some butterfly and perfecting our technique in all the strokes. As always, remember to bring a waterbottle to practice and arrive on time to activation (that's 15 minutes before we get in the water).

See you on deck!

Catherine

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GROUP 4 COACH:

Hey group 4s, welcome back to Hillcrest Pool!

I am impressed at how fast you all picked up breaststroke these past two months. Great job! Remember to keep your ankles out when you kick, and to pause your arms only in streamline position.

This month will be learning dolphin kick and single arm butterfly. As per usual, we will also be reviewing all of freestyle, backstroke and breaststroke. As it is nearing the end of the spring session I expect to see proper streamlines off every wall, as well as freestyle and backstroke flip turns when swimming 50m or more. It is report card season again, so now is the time to show off your best skills!

If you have any questions, feel free to email me or talk to me **before** or **after** practice.

Julia

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GROUP 3&4 COACH:

Hi again everyone! I would like to welcome you the spring season of swimming at Percy Norman! Hello to all the Group 3s. It has been a great start to the season and I am so glad that a lot of you made the time to come out the the Time Trials. It is not only a great experience to race but also good measure of progress over the past months! We will continue to work on endurance and technique for all of our strokes in the weeks to come and with quite a few people getting closer to moving up to group 2, the hope is to prepare them for what is to come. I hope that while at Kerrisdale and JCC, everyone has been using the opportunity to practice their dives and skills!

I hope to see you at the pool!

Celine Hong: celine-h-@hotmail.com

GROUP 3 COACH:

Hi Group 2 and 3's,

It has been great getting to coach and meet some of you this month. Due to the change in pool schedule, I was fortunate enough to continue coaching some of my current swimmers and new ones as well.

A lot of focus this month was put on dives and turns since Kerrisdale and JCC are great pools to practice this.

Now that the regular schedule will be resuming effective May, please try to attend practices regularly as we will be doing our Progress Report evaluations.

See you on deck,

Lauren

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GROUP 3 COACH:

Hello Everyone! Hope your week is going well! I would like to congratulate everyone who completed the Time Trials and Mile Swim. Participating in these events contribute in a way to evaluate your progress and help you gain confidence. As our club continues to grow larger, don't be afraid to approach any of the Junior Leaders, Assistant Coaches, or Coaches for help! Motivation and support plays a big role in learning and achieving the standard you want to reach. Keep up the great swimming, and I hope to see more of you attend practices regularly!

Regards,

Rebecca Tchen
rebecca_t08@hotmail.com.

GROUP 2 COACH:

Hey Group 1's, 2's, and 3's,

It's been a fun month coaching all three groups- doing similar sets but with varied pace times. As you have noticed, my sets this month have not focused on techniques of strokes, but rather on fine-tuning your strokes. In preparation for time trials and mile swim coming up, focus has been placed on flip-turns/ touch-turns, transitions between strokes in IM, streamlines, underwater, and dives. Some sets have been more challenging than others, but overall I hope you have learned how influential your mind can be when you decide whether you make the sets or not.

Hope to see all of you at the upcoming Time Trials on May 3rd!

Don't hesitate to contact me if you ever have any questions,

Jocelyn

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GROUP 1&2 COACH:

Hey Group 1s!

You've just come through time trials, and the season is coming to an end in around two months. We've gone through all the strokes, and we've done some strength and conditioning. As a result, we're going to be finishing off the season with some evaluations and speed swimming.

Evaluations will be taking place within the next two weeks, and during this period of time, I will be assigning various sets to you that will allow me to assess fundamental facets of your stroke in addition to your strength and speed. Although these sets will be tiring, there will be plenty of rest for you between sets. So come on out to practice prepared and with plenty of water; you're going to have to show how you've improved this season.

After evaluations, we'll be ending off the season by putting the technique work and the strength and conditioning together. This is the point where all you've learned agglomerates, kids! Come on out to practice and finish the season strong.

Geoffrey

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GROUP 1&2 COACH:

Hello Group 1 and 2s,
Good job to everyone who's been coming to all the practices at the different pools, I am impressed by your dedication. This past month, we've had some hard workouts mixed with some fun challenges with different pool toys and swimming strokes. With the end of the school year coming up, I encourage all of you to continue coming to all your practices now that we are back at Hillcrest. See you at the pool!

Cheers,

Iris Cheng

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GROUP 2&3 COACH:

Hello group 2s! I am very excited to see you all again. In case some of you don't know, I have been away at law school in Edmonton but I am now back in Vancouver for the summer. I am very excited to be back at PNSC and to coach you all again. As Yan always says, PNSC is a big family. Years can pass and you can come back and be welcomed with open arms. So thank you everyone for the warm reception back!!!

Many of you have told me you've gotten sloppy and lazy. Don't worry we have plenty of time to fix this! I am excited to get you guys working hard. Remember to bring water and be ready to give 110% at every practice. We will be doing IM and a bit of everything for the first month so I can see what I am working with and identify improvement areas.

See you at the pool!
Sarah Walsh

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