

2014 Fall Session
September - December, 2014

COACH CORNER NO.2

GROUP 4 COACH:

. Hello everyone, welcome back to PNSC! For this coach corner, I will talk about making the right decisions.

Whenever we do something, planning is the most important step. We always want to think ahead before carrying out a task, making the best of the situation and minimizing mistakes. I will give out some examples which swimmers can decide on what to do:

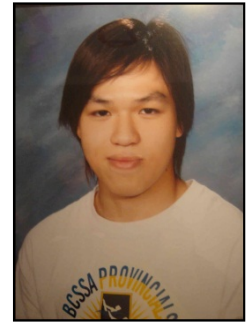
- You are trying to pass a swimmer in front of you. You find it rather difficult to do so, because the speed difference is rather small, and there are many other swimmers blocking your path for passing through. Your best choice is to continue swimming behind the person in front of you. When the set is over, you ask nicely if you can go in front of the swimmer.
- You are doing dry-land exercise on the deck. As everyone is preparing to enter the water, you are not quite ready yet since you need to use the washroom. Thinking that you will be missing key practice sets, and upsetting the coach, you decided that it's best to go right away before warm-up starts, or even before dry-land.
- During swimming, you realize you are thirsty. Some moment later, your leg suddenly cramps. In this situation, you hop out of the water and stretch the leg out. As you enter the water, you decide it's best to not kick as hard, and use more arm strength. You also think that you should bring a water bottle (and/or eat a banana before practice).
- You are tired and hungry, and swimming will be starting soon. You eat two hamburgers and later realized that was a bad idea, due to getting stomach ache during swimming.

In any case, we want to prepare ourselves ahead of time so that we don't have to deal with unintended inconveniences. We always help the swimmers strive for their success to building up more fluent swimming skills.

See you next time!

Jesse

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GROUP 4 COACH:

Hi Group 4's!

Welcome to another season of swimming with PNSC. I hope you've all had a great year so far. In the next few months we will continue to work on our freestyle and backstroke, focusing on keeping our kicks fast and small, and our legs straight. Just a couple quick things I'd like to mention: Firstly, I've noticed that many of you are consistently coming late to practice, and would like to remind everyone that the 15 minutes of activation before getting into the water is very important, as it warms up our muscles to prevent injury and cramps as well as builds strength. Secondly, many of you have started to bring water bottles to practice and I'd like to encourage those who haven't to consider doing so as well, as staying hydrated will also help to minimize injury, cramps and keep you energized through practice.

See you at the pool!

Sarah

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GROUP 4 COACH:

Hello Group 4's,

It's been a pleasure catching up with returning swimmers and getting to know new swimmers! In November, we'll work on breast stroke. Here, we'll focus on whip kick, body position, timing, and pull through several drills. I want to emphasize that we need to retain all the freestyle and backstroke skills we have learned so far: fast & small flutter kicks, high elbow recovery, shoulder roll, streamline push-offs, finishes, flip turns, etc. As a reminder, do remember to incorporate the feedback you receive from coaches, assistant coaches, and junior leaders as it will help your swimming immensely since practicing old habits will not be beneficial. We need to try our best in order to improve. Later on, we will dive into dolphin kick and the beginnings of butterfly (I can already sense many of you are excited to explore more here). Way to go!

See you all at the pool!

PS. Remember to bring your water bottles.

Vanessa

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GROUP 4 COACH:

Hi Once more,

The holidays are fast approaching; this however does not mean it is time to be slacking. Everyone so far has been working hard and improving a lot: keep up the good work everyone.

The session so far has started out quite nicely, to a first time coach everyone has been really awesome and more-or-less cooperative (there are the occasional days though.) Overall, it has been excellent.

Here are a few reminders, for keeping safe in the water.

- 1) Always swim on the right side of the lane, this is to ensure that head on collisions will not occur. This is not a suggestion.
 - a. Also, make sure that your fellow swimmers are doing this too.
- 2) Kickboards are not for sitting on, and no one should ever put their kickboard under the water. Always make sure you are in control of it, otherwise someone will get hurt. This too is not a suggestion.
- 3) Look before you jump into the water. There have been too many close collisions over the weeks, and no one wants injuries.
- 4) Make sure to drink water throughout the day, and if you can bring a water bottle to practice if you can. Drinking water helps prevent those nasty cramps that can take by surprise.

P.S. Bringing a water bottle is always a good habit, no matter the exercise. Just make sure it is full when you get there, or fill it when you get there –wherever there may be and swim safe.

Daina
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GROUP 4 COACH:

Hello Group 4!

This month, we will be focusing on perfect TECHNIQUE rather than fast, sloppy strokes! The coaches want to see everyone putting in 100% effort at every practice. We will be practicing our flip turns/ touch turns, streamlines, and underwater kicks and we want to see these at every wall. We will also be learning whip kick and breast stroke. This stroke can be very difficult so don't be discouraged if you don't get it at first! Remember to bring water bottles and arrive 15 minutes early for activation.

See you at the pool!

Catherine

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GROUP 4 COACH:

Hey group 4s!

I can't believe we are already halfway through the season! This month we will focus on breaststroke while continuing to practice freestyle and backstroke during warm ups. If breaststroke is new to you I highly recommend making it out to every practice, as it can be a very difficult stroke to learn. We will begin by working on the whip kick. We will spend a lot of time working on flexing our feet and getting our ankles turned out so that we are pushing the water with the insides of our feet.

As it is November evaluations will be coming up very soon, thus it will be important for you to think about your technique when we are doing both main sets and warm up. For those that are looking to move up to group 3, consistently pushing of the wall in **streamline** is imperative. Also, maintaining a good body position and kicking from your hips during flutter kick is vital. (In fact, all swimmers can work on these three things!)

All of you have made lots of improvement so far, so keep up the great work! If you have any questions, please feel free to ask me.

See you at the pool!

Julia

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GROUP 3&4 COACH:

Hi Everyone!

Thank you for a great season so far! It has been great seeing everyone on deck. This season I have been coaching Group 2s and 3s and have been enjoying working with all the different groups. Just as a reminder for everyone is to come to activation on time! I like the enthusiasm of the swimmers and hope that you guys keep it up through the rest of the season. Even with the enthusiasm, don't forget to work hard and challenge yourselves at practice. We will continue to build on technique, working through the strokes one at a time. Lets make the end of the season as good as the start!

Thanks,

Celine

Celine Hong: celine-h-@hotmail.com



GROUP 1&2 COACH:

Hey Group 1s,

We've gotten through all the technique practices, so we're going to move on to some more challenging sets! Test sets will continue through the beginning of November, so come prepared! As we move on through December, you'll be faced with some practices that may take more time than usual, so it would be awesome if you could make sure that you come to practice ready to get in ASAP! There's little time to be dawdling on deck.

Cheers to a great season so far,

Geoff

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COACH GROUP 1&3

Group 3, we've been focusing kick and body position in the last few weeks in particular with backstroke and freestyle. For freestyle kick, make sure you're doing small, fast kicks, and push your feet up to the top (I'm looking for "white water"). For dolphin kick, make sure the kicks start off with the hips as opposed to the knees (more of a "wave motion"). We've also been doing a little bit of work on starts, making sure that you're really exploding off of your legs and entering the water with a tight body position and streamline.

Group 1, we'll continue to ramp up the intensity through December, doing a little bit more butterfly work. Walls, so turns and under waters, are something that I'll continue to emphasize. Let me know if there are particular skills that you want to spend more time on.

Also a reminder to both of my groups to bring water bottles in order to stay properly hydrated.

AJ Ang ajcruzang@gmail.com.



GROUP 1&2 COACH:

Hello swimmers,

We are nearing the end of our Fall session and so far I think everybody is swimming well. Good job to everybody who has been coming regularly to the practices. A gentle reminder to some of the assistant coaches that they still need to be swimming in their own practices as well. This month has been mainly working on IM, trying out different sets, and using our brains while we're swimming. I've focused on tricky sets to remember, sets that require some mental discipline, and learning of some new skills. I want all of my swimmers to be invested in their own swimming, so continue to ask me questions, ask for feedback, and make it to both your practices each week. We're especially working on a lot of IM, so please keep working on getting better at all 4 strokes as well as the transitions between each one. Keep up the good work everybody!

Cheers,

Iris Cheng
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GROUP 2 COACH:

Hi Group 2's, 3's, and 4's,

As you have noticed, we have focused on backstroke for most of this month (October) and have begun working on some breaststroke. We will be doing some technical work as well as working towards improving your endurance as well. All I ask is that you come to practice mentally and physically prepared!

Make sure you bring your water bottles to practice. Did you know your body sweats when you swim? It's always hard to tell because you are already in the water, so don't be fooled thinking you don't need to rehydrate!

Take care of yourselves as many people are getting sick from the change in weather.

See you all on deck,

Jocelyn

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GROUP 3 COACH:

Group 3's!

We are more than halfway done this season - time goes by fast! I have been so impressed by the improvement I've seen and it is such a pleasure to coach all of you. You may have noticed that I only coach Sundays now instead of Sundays and Mondays. I wish I could continue coaching both days but it just doesn't work out with my full time job.

For the month of November, we will be doing lots of breaststroke and butterfly. In addition, we will be doing sets to get us ready for the Time Trials and Mile Swim.

If you have any questions or just want to talk to me, feel free to approach me before or after practices. I love getting to know everyone and meeting you all.

See you at the pool,

Lauren (laurennipp@gmail.com)



