



2014/2015 Winter/Spring Session
January - June, 2015

COACH CORNER NO.2

GROUP 4 COACH:

Hello Group 4's

I am excited to see some amazing swimmers in recent practices and I want to share some basic tips of swimming backstroke.

Starting with body position; your goal is to keep your body as flat as you can to be streamlined with the water. Don't let your hips drop as this will slow you down. Try and keep your body close to the surface of the water.

Now arm action; enter your pinky into the water and while pulling make a 90 degrees angle and push pass the hips.

Kicking time; kick is always continuously up the surface and flex the feet. Make SPLASH SPLASH SPLASH.

I hope this could help you swim better in the upcoming practices

Chat again until next time.

Rachel Duong

(rachelmugmug@gmail.com)



GROUP 4 COACH:

Hi group 4s!

As the February comes to an end we'll be wrapping up our backstroke technique. Endurance and speed will be focused on for the last few days and I will introduce breaststroke starting with kick and moving up to the arms.

Activation has been looking better, but I would still like to see swimmers give more effort in the short 15 minutes. Also bring a water bottle and stay hydrated! Let's have another great month

Carlton Duong

duongcarlton@gmail.com



GROUP 4 COACH:

Hello Group 4's,

March is the month for all breaststroke lovers. It's finally here! This month, we will focus on lots of whip kick, keeping our feet nicely flexed and remembering to squeeze our legs together as we finish each kick with a glide. Later, we will work on "lunging forward" in our quick breaststroke pulls and of course, touch turns. In between sets, we will incorporate small sets of freestyle and backstroke just to prevent our skills from rusting in those strokes. During practices, please remember to do fast flip turns (for freestyle and backstroke) and tight streamline push-offs (for every stroke!) even if the Junior Leader, Assistant Coach, or myself does not remind you. These are key things that help improve your overall swimming.

That's all for now, see you all on deck (with your water bottles)!

Vanessa

vanessatang38@gmail.com



GROUP 4 COACH:

Hello Swimmers of Groups 3 & 4,

I hope everyone is enjoying the lengthening days. It's finally not (that) dark in the morning.

But most of you guys aren't morning people, so you probably haven't noticed, or you have anyway. To the group 4s I want you guys to start using the dolphin kick we've been practice off each wall. Streamline underwater breakouts are very useful, especially when sprinting. To the group 3s, you should already be doing your breakouts and if you are not, I'm going to start cracking down –gently at first of course.

As to what our focus will be, group 3s I think you already know what we will be practicing in the coming month. Group 4s, I want to keep it as a surprise. Surprises are good I find, keeps thing entertaining.

Cheers!

Daina

(Daina15396@yahoo.ca)



GROUP 4 COACH:

Hey group 4s!

Great work on your underwater pushoffs. Most of you are consistently doing your five underwater kicks and proper streamlines. Make sure you are always squeezing your head as tight as you can when in streamline position. Also, keep up the good work on your flip turns. We will continue to practice those whenever we swim freestyle and backstroke.

This month we will be moving into breaststroke. We will be spending a lot of time on getting the ankles turned out during breaststroke kick, so please try to make it to all the practices as you don't want to fall behind. There will also be some butterfly practices thrown in there as well, so make sure to come out for those!

Julia

juliachung@shaw.ca

**GROUP 3 & 4 COACH:**

Hello all swimmers!

In this Spring Session, we are about halfway through our current plans and swim goals. I figured that it is imperative that we still continue to work on our previous work plans while moving on to new ones, so the technique does not get lost in time and instead gets embedded within the mind and muscle memory. I will also focus on working with sets dealing with sprints and pace time, so be prepared for that.

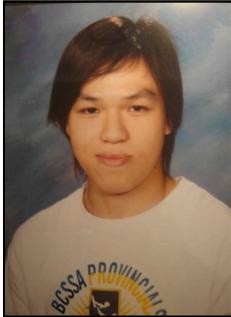
By the end of March the Hillcrest Pool will be closed for maintenance and we are shifting to the Jewish Community Centre and Kerrisdale in April. The practice times will

be somewhat different than usual so make sure you plan on what days you would come. Who knows, you might get a different coach for a change!

I will be meeting you all at the new pools,

Jesse

. jesse_kwan@hotmail.com



GROUP 3&4 COACH:

Hello Everyone!!

I hope the first half of the season has been going well for you all! My Group 3s will continue to work through the rest of breaststroke and start some butterfly before we head to Kerrisdale and JCC in April. They have been working hard and their efforts have been paying off. Breaststroke is possibly the hardest stroke to do well technically, and their improvements are encouraging! I hope they keep up their enthusiasm as we transition into butterfly. Similarly, the Group 2s have been working on breaststroke recently. As a higher level group, the focus is still on maintaining good technique with the added challenge of completing a higher intensity work out. They have been progressing well and after solidifying a few corrections, we will move onto butterfly and IM!

If you have any questions, feel free to email me or meet me on deck before or after practice! Its a pleasure to be working with such a wonderful group of swimmers.

Cheers!

Celine Hong: celine-h@hotmail.com



GROUP 3 COACH:

Hi Group 3's!

For those of you who were at the "Meet the Coaches Night," it was great getting to meet all of you. I always looking forward to getting to know swimmers and parents outside of swimming, so feel free to come and approach me anytime!

For the month of February, we focused a lot on backstroke and reviewed what we learned for freestyle in January. I hope everyone can keep up the attendance in March as we will be doing lots of breaststroke and butterfly. April is a tricky month since we will be practicing at JCC so please try to come regularly in March.

Lastly, please remember to come 15 minutes before practice to stretch before you get in the water. I'm seeing a lot of swimmers having to stop during sets due to cramps. With proper activation and hydration of fluids by bringing a water bottle, your body won't cramp up.

See you on deck,

Lauren (laurennipp@gmail.com)



GROUP 2 COACH:

Hi Groups 2, 3, 4,

As many of you have noticed, we have moved on from butterfly into a focus on backstroke. As always, I still like to keep the other strokes practiced, so don't be surprised if we do some IM sets every now and then.

Please make it a habit to bring your water bottles to practice! You probably aren't aware of this, but you are actually sweating (A LOT) when you are swimming! Only way to keep your body hydrated is by drinking water.

As we are nearing Spring Break for the majority of you, I hope you enjoy your time well rested from school. Don't forget to still make it out to practice though if you are in town!

Cheers,

Jocelyn

jocelyntycheung@gmail.com



GROUP 1&2 COACH:

Hi Group 1s and 2s!

We're moving into backstroke now, as the second half of the session comes rolling in. Expect plenty of work on technique, as I see lots of sloppy breakouts, underwaters, and core control day in and day out. Practices will also start ramping up in intensity, with more dryland, so make sure that you come prepared: bring lots of water and stay hydrated!

As well, it is important that you realize that most of the sets that I give you require you to push yourself. Make sure that you come to practice ready to achieve! Remember to make the lap counts; don't just count the laps.

Cheers,

Geoffrey

g.ching@live.com.

