



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

## COACH CORNER NO.3

### GROUP 4 COACH:

Hello Group 4's

These past weeks we have been working on freestyle and backstroke. Swimming freestyle, always remember to put your head down and look at the bottom on the pool. The kick in the freestyle is improving. Now on to backstroke, look up at the ceiling and always remember to keep on moving the arms and keep kicking. Later on we will be working on breaststroke and a little bit of butterfly.

See you guys at the pool  
Rachel Duong

([rachelmugmug@gmail.com](mailto:rachelmugmug@gmail.com))



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### GROUP 4 COACH:

Hi Group 4s

We will be focusing on butterfly this coming month. As usual, we will introduce the stroke by starting off with basic dolphin kick with a board and streamline dolphin kick. We will then progress into the body position and the arms. Try your best to avoid "survival fly." It is important to train your core for this stroke as butterfly is very core intensive. Again, water bottles are highly recommended, as most butterfly practices are

quite strenuous. Please be on time for activation and give your best effort while activating.

Cheers,

Carlton Duong  
[duongcarlton@gmail.com](mailto:duongcarlton@gmail.com)



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**GROUP 4 COACH:**

Hey Group 4's!

I was very happy to see many of you at the Time Trials, and hope you all had as good of a time as I did! It was great to see so much improvement, as many of you were able to apply the skills we have been working on in practice to your races. This coming month, we will continue to work on breaststroke, focusing on keeping our knees narrow as well as perfecting the timing of our pull, before moving on dolphin kick and butterfly. As the weather gets warmer, it is important to stay hydrated, so remember to bring your water bottles to practice!

Keep up the good work, and stay awesome!

Sarah

Sarah Yeo <[sarahyeo8@gmail.com](mailto:sarahyeo8@gmail.com)>



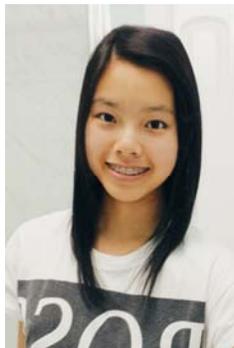
## GROUP 4 COACH:

Hello Group 4's

We are going to FLY in May! Yes, we will be working on butterfly and lots of dolphin kick (I'm sure we are all thinking about that). Butterfly may be the most challenging stroke of all because of the intrinsic technique and coordination the stroke demands so it is absolutely normal if we struggle a bit! As long as we work hard, apply the corrective feedback to our swimming, our butterfly will become easier and look a lot better. Sometimes, if you don't understand feedback, please don't hesitate to ask me, the Assistant Coach, or Junior Leader to clarify. We will be more than happy to help you succeed faster! Also, May is assessment month. We will be finishing report cards shortly so it will be wonderful if we can see everyone's best swimming and hard work!

Vanessa

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## GROUP 4 COACH:

Hello Swimmers of Groups 3 & 4,

The time trials were a smashing success and the pizza was quite delicious.

Formalities aside, I really want to hammer in a point: Listen to your coach (es) when he/she/they are speaking. Lately I've been having a lot of jumpy swimmer fooling around during practice and during activation, and this has to stop. For the record, I'm not saying you can't at all play around in the water or on land, just know when you can and can't. By the way, activation and when the coach is speaking/explain something are times you can't.

On another note, back to what I was saying about the time trials. Great work everyone, I saw a lot of improvement from when we first started many moons ago, and I expect to see that quality of turns and breakouts during practice from now on. If you were wondering about what I want to work on for the next little while, I was thinking butterfly and breaststroke since I know how much everyone love the two strokes.

Cheers!

Daina

([Daina15396@yahoo.ca](mailto:Daina15396@yahoo.ca))



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#### **GROUP 4 COACH:**

Hey group 4s,

It's good to be coaching you again after the schedule changes in April. Over the next two months we will continue to review all the strokes. As we're in the last two months of the season I expect to see proper streamlines, underwater kicks and turns. These are extremely important since they can take seconds off of your best swim times. Also, Mile Swim is coming up at the end of the month, which means we will be doing more endurance sets – so look forward to swimming lots of 75m and 100m! This may be a bit challenging for some of you, so please bring your water bottles so you can stay hydrated and remain ready to work hard.

See you at the pool!

Julia

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### **GROUP 3&4 COACH:**

Hello Everyone!

As our Spring Season winds down, I hope everyone had a good experience training at JCC and Kerrisdale. Welcome back to Hillcrest, just in time for our Mile Swim and Time Trials! As these events come up, I would highly encourage everyone to come and participate. It is a very good marker of improvement for the swimmers and a lot of fun as well. Another reminder is for swimmers to make sure they are attending practices. Report cards are coming soon and attendance is mandatory if they would like a report card by the end of season. For that reason, the month of May will include a mix of all the strokes and various skills during practice. It allows me to reassess their skill level and include accurate information on their evaluations.

I hope to see everyone on deck and at the Time Trials and Mile Swim!

Celine

Celine Hong: [celine-h@hotmail.com](mailto:celine-h@hotmail.com)



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### **GROUP 3 COACH:**

Hi Group 3's!

I hope you all were able to continue swimming in April at Kerrisdale and JCC. These pools are great for turns and dives so we worked on a lot of those skills that we are unable to work on at Hillcrest. It was great getting to coach familiar and new faces for the month of April and I am looking forward to returning to our regular practices at Hillcrest for May. May will have lots of IM focus as it will be our last month of the spring session. We will be incorporating everything we have learned throughout the season.

Time Trials is coming up in the first two weeks of May so I encourage everyone to attend as this is a great chance to see the improvements you have made since the start of the season!

See you on deck!

Lauren

Lauren ([laurennipp@gmail.com](mailto:laurennipp@gmail.com))



## **GROUP 2 COACH:**

Hi everyone,

Now that we are back at Hillcrest, we only have two months left until the end of this season. Time sure flies, doesn't it? I hope that you continue to think about what you have learned since January, and apply it to your swimming every time you show up for practice. Skills and techniques are meant to be built on, so don't practice them once and forget about the hard work you put into them! In these next couple months, we will be tying in 4 strokes, practicing and polishing your flip turns and touch turns, as well as incorporating more intensive workouts as a means to challenge you! The more you challenge yourself, the more you will improve. Come prepared to work hard but to also have fun as there will be fun relays incorporated into practices from time to time :).

I see a potential in many of you for moving up groups by the end of this season. If you are interested in doing so or want to know if you are one of those people, come chat with me!

Looking forward to see you all on deck again,

Jocelyn

[jocelyntycheung@gmail.com](mailto:jocelyntycheung@gmail.com)



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## **GROUP 1&2 COACH:**

Hi Group 1s and 2s!

As we near the end of this PNSC session, we will be moving on to combining skills that we have gone through throughout the course of the year. In short, we'll be doing a variety of sets that incorporate all the sets, so make sure you come to practice ready for everything!

Assessments are coming up, and I'm glad that most of you were at Time Trials! I will be at the Group 2/3 session to note any improvements that you have made throughout the session; I really look forward to seeing you all demonstrate all your new skills! Your Time Trials results and your performance in test sets in practice will be used as material demonstrative of your progress throughout the year, so it is especially important for you to come out to practice with your best efforts at this point of the year!

See you around the pool,

Geoffrey

[g.ching@live.com](mailto:g.ching@live.com).



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### **GROUP 1&2 COACH:**

Hello swimmers!

It is getting close to the end of this session so I would like to congratulate everyone on their improvement and attendance. We have been working on a lot of breaststroke and butterfly technique over these last 2 months and we will be moving into using that technique for power and explosive speed these next months. Get ready for some fast swimming because we'll be focusing on sprints.

Cheers,  
Iris Cheng

([siir@shaw.ca](mailto:siir@shaw.ca))



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### **COACH GROUP 1&3**

Group 3, the last few practices I have been reinforcing the importance of small, fast underwater dolphin kicks along with tight streamlines. Try and get into the habit of fitting in 5-6 dolphin kicks off every wall and then work that number up as you get more comfortable. We will be doing work to reinforce the motions of dolphin kick and there will be more of an emphasis on butterfly technique in the next couple of weeks.

This will be my last few weeks coaching with PNSC, as I have a job commitment this summer. I would like to take this opportunity to thank Yan and all the coaches who I have worked alongside with for the past few years. Thank you also to the parents for dedicating your time and effort in having your children involved with swimming. To the swimmers that I have coached during my time with the club, I hope you continue on with the sport and wish you all the success in your future endeavours.

AJ

AJ Ang [ajcruzang@gmail.com](mailto:ajcruzang@gmail.com).



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### **ALL GROUPS COACH:**

Hello everyone! I am SO excited to be back at PNSC for the summer. It has been nice to see so many familiar faces and to see how they have improved! Over the summer, I will be working with all groups so I am very excited to coach all swimmers and offer lots and lots of feedback. The summer at PNSC is a great time to focus on technical improvement. Attendance is lower but we still have the same pool time. This means great things for swimmers: more one on one correction and more space. If you haven't registered yet, I would recommend doing so.

I would also like to stress the importance of dryland training. It is essential to get us warmed up for the in water portion of our session. This also means that dryland should be treated as you do your swim practice. You should have focused on technique and not on fooling around.

I look forward to seeing everyone around! And bring your water bottles, please!!

Sarah

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## ALL GROUPS COACH:

Hi everyone! I'm very excited to be working with PNSC again for the next few months! For those of you who don't know me, I grew up swimming with the club and worked as a coach until I moved away for university. It makes me so happy to see you all training hard and having fun in the pool like I did when I was younger! I will be working with all the groups by helping out the coaches and junior leaders, and of course giving you feedback so you can improve your speed and technique! Remember to listen carefully to both your coaches and junior leaders. If you don't understand something, don't be afraid to ask them to repeat it or explain further. It's better to get it right the first time than to make the same mistakes over and over again. With mile swim coming up, we'll be working on improving your endurance during practice. Try to set a goal for your mile swim – e.g. "I'm going to beat my time by one minute" or "I'm going to do a flip turn at every wall"! That way, you have something to focus on during the mile swim, which will keep you motivated!

Aimee

Aimee Huynh: [aimeelehuynh@gmail.com](mailto:aimeelehuynh@gmail.com).

