



2016 Winter/Spring Session

January – June, 2016

COACH CORNER NO.1

GROUP 4 COACH:

Hello Group 4s,

Happy New Year 2016

Starting off the group 4s have been focusing on bringing up the high elbows in freestyle. Streamlines are important because it helps you go faster. Just remember to squeeze ur ears and looking down at the bottom of the pool. Group 4s are also swimming backstroke. Backstroke focus is looking up the ceiling and bringing the tummy and toes up the surface. The kick is small and fast kicks. Then they will learn how to dolphin kick. Dolphin kick is tough but it's all about keep the motion of the dolphin going. Remember to bring WATER BOTTLES. Keep up the good work.

See you at the pool deck.

Rachel Duong

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GROUP 4 COACH:

Happy New Year Swimmers,

A new year means welcome back. I hope everyone enjoyed their break and are ready to work hard again.

It's great to see everyone back and remembering their lane etiquette –if you ever need a reminder feel free to ask. We will start with a few basics in every stroke before delving into the deeper mysterious that each has to offer. Also, we'll try to spend no more than two weeks on any one swim to keep things interesting for everyone.

Cheers!

Daina

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GROUP 4 COACH:

Hello all swimmers!

I hope you all had a great winter holiday and a happy new year. Some of us might be a bit rusty after the break, but not to worry! We will review some general swimming techniques refresh your memories. It will include doing proper streamline off walls, flip turns and touch turns, breakouts, and finishes. If you have gotten your report card, it may be a wise idea to see what you need to work on the most!

See you on deck!

Jesse

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GROUP 3 COACH:

Hi Group 2's and 3's,

I hope you all had a great winter break and are excited to get back into swimming!

With group 3's these past couple weeks, we have been working backstroke, focusing on both technique and endurance. This season we will be trying out a new schedule: we will be doing two week "chunks" of each stroke rather than months. Next up will be breaststroke, followed by butterfly, freestyle and IM.

With group 2's we have covered a variety of strokes, with an emphasis on freestyle and backstroke. This will continue in the coming weeks: each practice will be a mixture of all the strokes, with a focused on one.

Some things to keep in mind: always, always at least four under water kicks (or a pull out) off each wall, proper flip turns (or touch turns), finish to the wall, and bring a water bottle!

See you at the pool,

Sarah Yeo

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GROUP 3 COACH:

Hello swimmers!

It's always harder to come back after the holidays, but I'm glad we are all back in to the routine. In past few weeks we were focusing on back stroke and body strength. As a challenging part of back stroke for most of you is high flutter kick. Some of you are still bending knees and leaving your lower legs/feet very low. Which makes your body sink, that makes your kick more frequent and that is making your body very tired and you won't last long time. I would really want you to practice flutter kick whenever you have time, dry or in the pool, make your legs straight and relaxed ankles, toes slightly pointed. Make sure you really kick from your hips and that you see or feel your own feet coming up to the surface.

It's amazing to see you working hard and challenging yourselves with a smile on your face.

Eva

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GROUP 3 COACH:

Hi everyone!

I hope you all had a great holiday! Welcome back to the pool for a New Year and a new season. This season I am coaching the Group 3s and it is amazing to see some new faces. I look forward to getting to know you all better. There is still a lot ahead to be excited about with the Time Trials and Mile Swim coming up! I hope for another wonderful season. I will see you at the pool!

Celine Hong

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GROUP 2&3 COACH:

Hi Group 2's and 3's!

I would like to welcome those who are new this season as well as those returning from last season. We have a newly built swimming schedule for you guys so practices will be more engaging and consistent. As usual, try to be on time for activation and be engaged while doing the dryland exercises. I am pleased to see more water bottles during practice, but I would like ALL of you guys to have one if possible. Practices at the beginning of the season will be more technical than usual, but this is to build a better foundation for your strokes, and we will gradually work towards more endurance and speed work. I look forward to another good season!

Cheers,

Carlton

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GROUP 1&2 COACH:

Hi Swimmers!

I'd like to welcome you back to a new session of swimming, and I hope that you come back refreshed as well. Coming into this new session, I hope to get you back in shape, then focus on your technique, then work on your speed. I intend to focus much more on spending time with each of you individually during a practice to work on your strokes this session, so hopefully, you will be able to carry out practice independently when you are not being guided. Reading the clock and leaving on the correct interval is necessary at this stage of your development, so please remember to ask a friend to start you if you can't see the clock; it'll make practices run much more smoothly.

See you on deck!

Geoffrey

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GROUP 1&2 COACH:

Happy New Year! Congratulations to all the swimmers who have moved up a group, I am very proud of all of you. This season we have decided to come up with biweekly swimming programs, so expect some focused drills and practices every 2 weeks. For the next two weeks we will start with short distance freestyle, focusing on fast turns, strong dolphin kicks and good streamlines. In February I will be timing everyone's 50 free so be ready for some fast swimming!

Tommy Ting

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