



July 31, 2007

Swimming: From the outside looking in, you can't understand it. From the inside looking out, you can't explain it.

Now Exclusively Online!

# The Hammer

The Official Newsletter of the Vancouver Vikings



The Dynamic Duo

**In This Week's Edition...**

**Regional Relay Reminders**

**From the President**

**Coaches Corner**

## **Important – Regarding Relays at Regionals!**

Relays at Regionals are made with the intent of qualifying as many relays for provincials as possible. This means that some swimmers may be moved to different divisions or fast swimmers may be split up within divisions. Please be aware it is the relay that qualifies for provincials NOT the swimmers on it. Relays for provincials will be made after Regionals and will be based on the fastest possible combinations to ensure the highest placing at provincials.



our little guys..

### *From the President*

It appears that some Vikings parents are unaware that there is a requirement for all Vikings parents attending the Regional meet and the Provincial championship to take part in volunteering. Please refer to the handbook posted on our website, page 13: Parents or guardians are required to volunteer a minimum of 20 hours prior to the Regional meet. In addition, 2 shifts at each of the Vikings, Regional, and Provincial meets are required if your child is swimming in these meets. . . . .

If you do not fully complete your volunteer requirements as stated above, your volunteer cheque will be cashed in its entirety .

The Regional meet is organized by a concerted effort, by all the clubs in the region. Each club has to share a proportion of the jobs by their club size. Vikings being the second largest club in the Region will require to fill many volunteer positions. However, in the past, many Vikings parents have fulfilled their volunteering requirement by Regional.

After Regionals, only the qualified few have the privilege to advance to Provincials. The Vancouver & District again need to share one-eighth of all the volunteer requirements to run the Championship. The more Vikings swimmers qualifying, the more volunteer jobs we need to fill.

Therefore, this year, we have requested all families attending Regionals & Provincials to volunteer. If we don't have the Vikings parents' support to get those volunteer requirement filled, quite frequently the Vikings executives will find themselves filling those spots. The Vikings executives are already overworked throughout the year. They also love to watch their children race at these two important meets. Therefore, we pledge that if you are attending Regionals and Provincials, and you are approached by our Volunteer Co-ordinators, Joni Kwan and Kwai Hing Cheng to fill volunteer jobs, please offer your support.

Good luck at Regionals!  
Thanks  
Gilbert Lam

## **COACHES CORNER**

### **GROUP ONE**

We've entered the final week of training before Regional Championships and I don't have to tell you that missing practices is no longer an option. After the trials of Challenge Week, most Group 1 swimmers will be tapering this week. Everyone will be rested for Saturday. Throughout the week, we'll turn our focus back to the holy trinity of racing - starts, turns, and breakouts - as well as revisit relay takeovers. Obviously each swimmers' stroke foci will now be narrowed to only that of their best events.

Though we near the end of the summer season, it's important for all your hard work and commitment to blaze most brilliantly now - as coaches say of racing, "finish hard!" Realize that you've done the necessary training, the underwater kicking, the crunches, the sprinting. You've finished the sets. You've made the pace times. You're confident in your strokes. All that remains is finishing in the glorious fashion that your efforts deserve. For some, this means personal bests or winning events. For others, this means top-three placing or achieving Provincial qualifying times. Just remember that you're part of the

Vancouver Vikings Swim Club, Group 1, and you are ready to swim fast. Come to practice ready to swim smart and, succeeding this, swim fast. Let's take Regionals by storm!

Ben (benjamin.keast@gmail.com)

## **GROUP TWO**

I hope all of you had fun in the past two weeks (I sure did!), for some of you this may be your first time having two challenge weeks in a row, so give yourself a good pat on the back! To conclude our challenge weeks and really put your mental toughness to the test we had the Surrey meet to end our training season, and a lot of you really surprised me and probably yourselves as well. Well done!

As I mentioned in practice last week, this week is going to be rest week for most of you. Some people may get a full taper but some may only get a mini one because of provincials. In the pool, we will mostly be refining our strokes (all the endurance and speed work is done!) and keeping our feel for the water, and emphasizing more on the starts and bridges of your race (aka your turns and breakouts and finishes). Perhaps a couple of dive 25 walkbacks and broken 100s and we'll call it a day.

However, in order to have a successful meet this weekend, I would like each and every one of you to stay HEALTHY (don't have a play date with your best friend if she/he has a cold!) and drink lots of water, also REST your legs (don't do the grouse grind in the next couple of days!) and have plenty of SLEEP!

I'm excited for this weekend, hope you are too!

Jen

## **GROUP THREE A**



\*Yawn\*

-Desmond

## **GROUP THREE B**

Welcome to the last week of practice before Regionals. Work on best strokes, dives and turns are crucial this week. Please make sure you're coming out for every practice, or as many as you can, with water bottles, and ready to work. We are rounding the bend. The end of the season is in sight. Whitney and I are both very proud of you guys. Goal sheets will be handed out this week for you to take a peek at. This is the time to reflect on what you've each accomplished this year and think about the incredibly near future of Regionals this weekend. Take time to actually think about this past season and what you want to achieve this weekend.

THREE B SOCIAL!! Ask your parents for money!! Just kidding! But not really. It has been unanimously voted that our 3b social will be LAZER TAG!! It will be set up the following week after regionals. We shall keep you posted!!

You've all done wonderfully thus far, 3b. You guys have been great.

Tiffany & Whitney (tiffany\_k@hotmail.com)

## **MINI VIKINGS ONE**

Hey guys,

Good job at the meet this weekend! Everyone did a great job at Surrey even though it was kind of rainy and cold on Sunday. I am really happy with the times everyone has been swimming and I want to congratulate each and every one of you for your efforts.

So now that Challenge Weeks are over, I want to say how awesome everyone did! Practices were hard and dryland was equally as hard and everyone managed to pull through. I want to congratulate George Lin and Catherine Lim as our male and female Challenge week winners!

This week, as Regionals are LOOMING, we are mostly going to be doing lots of basic drills and skills we practiced at the beginning of the year. Also, lots of our sets will be based around everyone's best stroke to work on your races this weekend. It'll be a nice review week and really focused on our technique.

Make sure to check the website for schedule updates and I look forward to seeing you all on deck!

- Tammy (nguyen.tammy@hotmail.com)

## **MINI VIKINGS TWO**



“newwwwwwwwwwsletter?”

Aimee & Sarah