



# The Hammer



The Official Newsletter of the Vancouver Vikings

August 6<sup>th</sup>

## Getting Ready For Regionals



\*\* Feel free to send in your best Viking picture. You never know it could be put on the front page of the newsletter \*\*

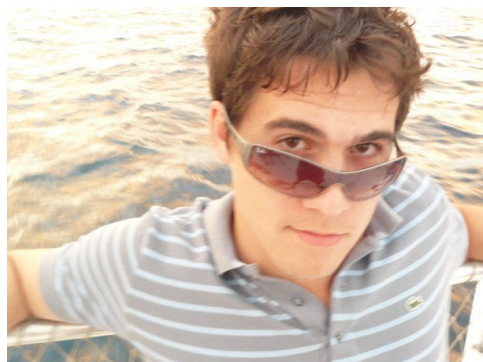
SWIMMING • WATER POLO

2005, 2006, 2007, & 2008 BCSSA Provincial Swimming Champions

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## Senior Group:



Week 15 – We're at Regionals in Squamish this weekend. The Senior squad will be out in full force. Be certain you make your presence felt within Vikings, with your outstanding team spirit, and against other V&D clubs, with your fierce racing.

Recall that Regionals represents the second-last step towards your seasonal goals, the final step being taken at Provincial in Abbotsford. You must be mentally prepared to race in morning heats to guarantee yourself a spot in finals. Once qualified for finals, simply be the best and race to win. You've done the training necessary to be the best, now get your hand(s) on the wall first.

The Monday after Squamish we'll take a recovery practice and jump back into hard workouts, picking up where Challenge Month left off. Whether performances at Regionals are excellent or merely enough to qualify you for Provincials, it is important to move forward from those races and get better. Post-Regionals you have ten days to continue improving your technique, working harder than your rivals, and hungering after your long-term goals! Use that time to the fullest.

Eat right. Sleep well. Stretch thoroughly. See you on deck,

- Ben Keast  
(benjamin.keast@vancouvervikings.com)

## Intermediate Group 1:



Hello Swimmers and Parents

Last week we had a bunch of fun at our social event. You all got to throw some water balloons and some pies, had some great food and got to relax before the home stretch of our season.

This weekend we are heading back up to Squamish for our Regional Championships which I am sure we will do great at. While we are up at Squamish and in the next couple of days leading up to the meet make sure that you stay well rested are eating healthy and drinking LOTS!!! of water. You should all be well rested going into regionals and I think we should see some great swims this weekend.

After Regionals our practices switch to qualifier practices and non qualifier practices. In those weeks we will try to up our volume again for a few days before we get ready for provincials. Good luck this weekend and I hope to see you all there and over the next couple of weeks as we gear up for provincials in Abbotsford.

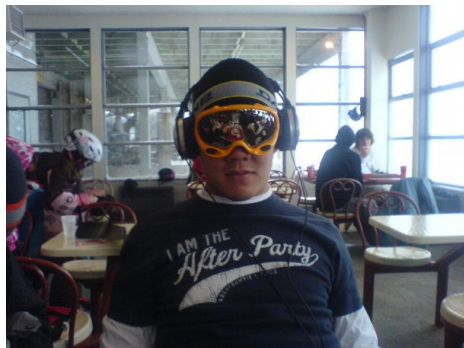
See you at the pool

- Jim Campbell

## Intermediate Group 2:

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Only a few days left of preparation for the big meet coming up this weekend, I hope that everyone is excited to display the hard work they have put in through the month of July.

If you haven't already been doing this, please go to sleep early and get your rest for these last couple of nights. Your body language in the morning for this weekend will really show me how ready you are to get up and swim fast.

These last few days before regionals will be doing a lot more relays and takeovers. Remember that relays are a team effort and it takes everyone to do their part to make it fun and successful, so stayed focus on the at the end of the long days at regionals.

- Desmond Lam (swims.fast@hotmail.com)

## Junior Group:



**"LET'S MAKE A NAME FOR OURSELVES!  
TAKE RISKS AND FIGHT FOR EVERY  
INCH..."**

All the points have been tallied from Challenge week as well as from the Tour de la Natation. The following are the final results:

Last week's Tour de la Natation jersey winners were:

Yellow Jersey: Lucy Wicken

Pink Jersey: Micah Gay

Green Jersey: Lucy Wicken

Black Jersey: Lauren Caswell, Maddie Deis, Micah Gay, Jonathan Gilberg, Rachel Jang, Jamie Leopard, James Lin, Jason Liu, Kenny Liu, Hannah Madden-Krasnick, Lucy Wicken, & Vienne Yung

White Jersey: Vienne Yung

The overall jersey winners for the season were:

Yellow Jersey: Micah Gay

Pink Jersey: Jonathan Gilberg

Green Jersey: Lucy Wicken

Black Jersey: Lucy Wicken

White Jersey: Jason Liu

A big congratulation should go out to all of them for their accomplishment. Finally, a final congratulation should go out to the total jersey winner: Lucy Wicken. She amassed a 20 jersey total over the course of the three months this competition was running.

The challenge week awards are as follows:

Highest Point Male: George Lin

Highest Point Female: Lauren Caswell & Vienne Yung

Winning Team: SASS (Super Awesome Swimmers Swimming)

Everyone should give themselves a large pat on the back for a great three weeks of training. Now it's time to swim fast and leave everything in the pool. I look forward to seeing all of you race at regionals this week. Have fun; enjoy the moment, and most of all swim fast with perfect execution. Let's go and make some waves!!!

- Marc Sze (marcsze@hotmail.com)

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## MV Group 1:



SOOOOOooOoOoOO .... there was no meet this weekend but there WAS the Wet 'n' Wild Social! It was a hot day (but not as hot as it has been) and there were super fun water fights and good food. The games that we played were awesome; from the sponge relay to my personal favourite, the water balloon toss! The highlight of the picnic was probably all the whip cream pies thrown at the coaches! I bet you that all the swimmers and most of the parents too enjoyed that part the best and hoped to see more of it. I'm glad I only got pied once! Thanks for coming out to the social, MV1s!

Now that we are in the final stretch towards Regionals, I won't be working all of you hard as I did during Challenge Week. I will be VERY picky about technique because my goal these last few days is to hammer out the tiniest technical details in your strokes and races. These details are important because they usually are what can make or break your race. Things like breakouts, breathing patterns, pulls and body position are SUPER IMPORTANT. Below are a few general reminders and fundamentals that I hope you'll remember for this weekend.

1. Body Position is Key – always make sure that you are perfectly stretched and streamlined on the surface of the water when you are swimming; this helps you swim fast by making you more efficient!
2. KICK KICK KICK – your legs are so much stronger than your arms so make sure your
3. actively kicking throughout the whole race even when you're tired!
4. Catch and Feel – always make sure that you can feel yourself pulling your body forward
5. Streamlines, Push-offs and Breakouts – always utilize your walls by pushing off strong and hard off each wall in a perfect streamline with a great breakout; walls should never be wasted on sloppy push-offs and turns.
6. Apply what you learn with drills and in practice to your swimming – even when Allan and I do not ask it of you, practice the skills in your stroke that you think need work; for example, rolling into your catch; high elbow recovery in free; overfly!

Lastly, I want all of you to enjoy your last or second last meet of the year! I'm looking forward to seeing all of you race this weekend and I hope that by the end of the season, you all accomplish the goals that you set out for yourself in May! Get ready to race this weekend, kids!

- Tammy Nguyen (nguyen.tammy@hotmail.com)

## MV Group 2:



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Hello MV2s! The season is almost over and I just wanted to take this opportunity to tell you all how proud I am of you! You guys have worked SO hard and have overcome numerous challenges! We have already worked our way through "Challenge Weeks" and this week, prior to Regionals will be called "Hollywood Week!" For those of you that don't know, "Hollywood" swimming means PERFECT swimming. While you are swimming, you want to pretend you are being photographed by hundreds of paparazzi; so you always want to be doing your best swimming.

We will also be heavily emphasizing perfect technique and fast starts and fast turns. If you are attending regionals, attendance this week is crucial; so please try and make it to every practice!

Discipline is also crucial this week. (i.e. no breathing into/out of the walls and giving 100% in everything we do.) You guys have improved immensely and come this far; so let's give 150% going into Regionals! I want you all to get excited because I want to see some BEST TIMES! Let's try our best to make finals..... and then let's try to make Provincials! Let's show everyone how hard we have worked, MV2S!

- Sarah Walsh (sarahewalsh@gmail.com)

### MV Group 3:



We had a great season and it was a pleasure getting to know each and every one of you. I am proud of the efforts I have seen since May and as a group, I have seen improvements unimaginable. Please do not forget our swimming technique during the school year (for most, you will be continuing to swim so it will be a good refresher for next summer!). I had a fantastic summer of Vikings coaching with all you monkeys! Great job this summer season MV3's, I

expect nothing but great things the next! Keep up the superb job I know is in there and remember the small things matter as much as everything else! Congrats on an awesome summer!

Let's show them what we're made of at Regionals this coming weekend! Get excited!

- Tracey Nguyen (nguyent@hotmail.com)



### Waterpolo



Today is regionals! I am really looking forward to the competition and watching everyone's improvement. This will be the most important game of the season and I am really excited for the team.

After regionals there will still be practices so please check the schedule and come out to as many as possible. The turn out on Tuesday was incredible and I hope to see it like that at every practice before provincials.

This year water polo provincials will be Aug 17<sup>th</sup> - 19<sup>th</sup>.

Please feel free to contact me with any questions.

- Maeghan, Roland and Nick

Swim caps will be available for sale during Regionals. Please come and find me if you need one.

Thanks  
Katherine



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On behalf of the entire coaching staff I would like to thank you for reading the newsletter.

If you have any comments or questions regarding the newsletter please feel free to e-mail Marc at [marcsze@hotmail.com](mailto:marcsze@hotmail.com).

