



The Hammer



Official Newsletter of the Vancouver Vikings

August 17th 2011





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Well, this is what we have all been training for. Provincials are this weekend, and all of us here are extremely excited to see the results. We wish everyone a great swim meet, and hope to see many best times. For everyone going, good luck and swim your best, you have done all the training and it's time to see what the whole summer has led up to.

Go VIKINGS Go!

Senior Group:



Hello Seniors,

This is what we have trained for this whole summer. Provincials. You have all done the training, so it's just a matter of believing in yourself, getting that hand on the wall and racing your heat. I can't wait to see the racing this weekend, it will be amazing. Let's go show everyone that we mean business. Bring you're A+ game and don't give anyone an inch. Go Vikings Go!



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Intermediate 1:



Go Vikings Go!

Intermediate 2:



Go Vikings Go!

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Junior:



Juniors,

It had been a great season so far and I am proud of the overall effort I have seen and the progress that has been made since May. As we gear up for Provincials, which are now days away, I hope everyone is keeping their bodies healthy and rested (i.e. getting enough sleep, not staying up late, and eating healthy, among others). It is important we nail our turns, attack our finishes, and use our push-offs, underwaters and breakouts to make our racing faster. Keep in mind, racing is not

just about swimming; it is key we work on little things like the above mentioned on top of having powerful starts, streamlines, etc. We are less than a week from finishing the season so stay focused and be ready to swim fast. You are all mentally and physically prepared for Provincials so I expect everyone to finish the season with great swims. This week we will touch up our starts, turns, push-offs and underwaters and get a bit of racing in to prepare for the weekend.

It has been a pleasure coaching the junior swimmers this season and I am looking forward to seeing their hard work and dedication pay off as we approach Provincials.

Tracey

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MV1 and MV2:



With the season coming to a close, we reflect on the hard work and accomplishments of our swimmers. On Wednesday, August 17th, the Mini Vikings will be having a social at Jericho beach from 6pm until 8pm. All MV swimmers and their families are invited. Swim-a-thon and regional awards will be distributed to swimmers. Although ribbons and certificates are wonderful, the real prizes are the friends and skills developed over the past four months of training and competing.

I am proud to have coached such a wonderful group of swimmers this summer and hope that you will all stay active in aquatics in the fall and spring. Good luck to Ernest (50 bk and fr relay) and Edward, Ronan, Brett and Hailey (Medley and Free Relay) who are still training this week for the Provincials this weekend. Go Vikings! Go Vancouver District! I look forward to seeing everyone on Wednesday to celebrate the summer season.

Let's go Vikings, lets show them what we've got!

