

May 12, 2008



There are no secrets to success. It is the result of preparation, hard work, learning from failure.

🛡️ The Hammer 🛡️

The Official Newsletter of the Vancouver Vikings



Streamlines are expected from all swimmers!!

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2008 Swim Meets

Please check online for the 2008 sign up sheets for swim meets. Please have these filled out and returned to your group coaches as soon as possible.

Junior Leading Program

Come work with the fantastic group of Viking coaches and experience what its like to teach competitive swimming. You must be in Div 4 and UP. Please e-mail jennifer.ck.ng@gmail.com if interested, must speak to Jen personally if interested, mandatory Junior Leader camp coming soon (TBA)

Updated Group List

Updated group lists are now posted online.

Coaches Corner

Group 1

During Week 3 (technically our second full week or Week 2.5) Group 1 will focus on backstroke technique. Backstroke won't be our sole focus but each practice will touch on an element of that stroke. Specifically we'll review the catch and finish principles that backstroke shares with freestyle and spend the majority of practices working on timing those two aspects together into a smooth, rhythmic, flowing final product. Aerobic intensity increases this week in dryland exercises and kick sets. In two weeks, you'll be so fit that you'll look back and laugh at last year's endurance workouts. Starts and breakouts will be introduced in *morning practices* – be there!

Although poor attendance persists many of you have sent me e-mails and Facebook messages to excuse yourselves. I greatly appreciate this courtesy. Keep up the good work.

Reminder: Goal Sheets are due soon. You can download them from either the Vikings' website or Floswim. The goal sheets will contain your individual goals for the season. Be as specific as you can with your goals; favour the details of the journey over the destination.

Dryland attire is mandatory for all practices! Any persons without shoes and shorts will be sent away. If you're not prepared for practice, why practice at all? For VAC practices bring extra clothes for resistance training – short, shirt, and *shoes* (a new addition for this week). Swim shoes can be any cheap \$4, Converse-like, slip-on variety. I know Payless and SuperStore usually carry inexpensive sneakers.

Bring your fins and snorkels to every practice! Once again, if you're not ready you won't be swimming.

Come to as many morning practices as possible. In May and June morning practices are always low volume, low intensity, technical workouts. You'll have a refreshing swim to wake you for school and you won't miss out on valuable technical instruction. Furthermore, May is Muffin Month!--yet another incentive for you to attend morning practices. I promise to bring muffins and juice for breakfast each weekday morning Group 1 swims. You'll be wide-awake, advancing your strokes, and well nourished for a productive day.

Meet Sheets are now available on the website. Please note the due date. I want all Group 1 swimmers attending Vikings Meet, Squamish, Regionals, and Provincials. I encourage you to attend all the meets but these are priority and the rest I leave for you to decide. Remember, the year-end High Point Award is based on number of meets attended and point standing at those meets (for example, Johnny always comes first but only swam in three meets, Richie always places second but swam in every meet, therefore Richie gets the award). Remember also that the more racing you experience the more opportunities you allow yourself to achieve your individual goals!

Study hard, get plenty of sleep, and I'll see you at the pool.

Ben

Group 2

We are now halfway into May, and as I have stated before the goal for this month is to get fit and improve our ankle flexibility hence kick abilities. I hope all of you have been diligently stretching at night because the intensity of our kick sets will be going up in the next two weeks. Dustin and I have been monitoring your progress in the past 10 practices and even though some of you may not realize it, but your endurance and ability to "pace" has definitely improved.

I have begun to introduce freestyle and flip turns in the past week and will continue to do so this week.

What we have been working on so far: the catch, entry, and body position. We will review those three elements this week and on top of that, work on recovery, timing and efficiency.

Reminder for VAC Tuesday practice: Please bring your runners. The 7-8 PM group from last week will swim 6-7 PM and dryland after, the 6-7 PM group from last week is expected to be on deck at 6:30 PM for dryland.

There will be 3 dryland practices this week: Tuesday, Saturday and Sunday. So please bring your runners on those specific days.

Keep up the great work and see you at the pool.

Tip of the week: hop out and stretch your hip flexors and ankles in between sets / when I am explaining a set.

Group 3A

It was great to see almost everyone at practice this week. Attendance overall has not been so great. I feel that swimmers in 3A can at least make 2 practices per week. Remember, the more practices you go in May the more your fitness will improve, and the opposite happens if you do not attend practices regularly. It will really pay off in June and July so that you will not be struggling to catch up with the other swimmers. I realize school and other activities beckon but do your best to attend practices.

Our main focus for the coming week is backstroke with tons of underwater dolphin kick. Things to keep in mind for backstroke are shoulder roll, deep catch, and minimal knee back when you are kicking on your back. Dryland is starting this week we will not always be doing it 30 min after practices because of some late practices. For this week:

Tues: 30 min earlier

Thurs:30 min after

Fri: No Dryland

Sat: 30 min after

Sun: no dryland (parents meeting after Sunday practice)

Desmond

Group 3B

Hey All

It was a pretty good week of training. We covered alot of specific technical aspects of backstroke. Both Whitney and I are impressed by what we saw from you guys in the pool this week. You will have to remember what we learned as we progress through the year as well as this week. Our main focus for this coming week will be breaststroke. Again just another friendly reminder that we will be having dryland after every practice except for the Friday practice (it will last roughly 30 minutes after the scheduled end of practice). Please do your best to remember the ground rules we handed out to everyone at the beginning of the year (i.e. water bottles, 15 mins early for practice, etc.). Be ready for anything...

Marc and Whitney

Group 1 parents Meeting

Location: Kerrisdale Pool

When: May 18th, 8:30am after group 1 practice

Purpose: Come meet Ben as he outlines his plan and expectations for the summer season. A chance to gain insight into your children's mental and physical training regiment as well as ask questions of their coach

Group 3A parents Meeting

Location: Kerrisdale Pool

When: May 18th, 10:00am after group 3A practice

Purpose: Come meet Dez as he outlines his plan and expectations for the summer season. A chance to gain insight into your children's mental and physical training regiment as well as ask questions of their coach

FUNDRAISING PROGRAM
BOTTLE DRIVE – SATURDAY, MAY 24th, 2008

If you haven't collected refundable cans and bottles around your house please do so as the Bottle Drive Day is getting closer and closer, by the time you receive this notice there are only less than 2 weeks.

To reach our goal of \$1,500 for this year, we would like to ask each family to collect at least two bags. Please also ask for supports from your friends, relatives and neighbors as well.

For more flyers, please ask your child's group parents.

If you won't be able to collect, we would like to ask to donate \$10.00/per family. Please pay by either cash or cheque to Vancouver Vikings Swim Club. Please give the money to your child's group parents as follows:

Group 1	Susan Lowe	susanlowe@shaw.ca	604-732-0782, 604-733-4354
Group 2	Kareen Hudson	drdhudson@yahoo.com	604-736-1430, 604-723-8588
Group 3A	Claudia Cao	claudia_cao@lmnhs.bc.ca	604-439-8853, 604-879-7104
Group 3B	Loretta Liu	ajkml0820@yahoo.ca	604-326-5896, 604-862-6869
Group MV1	Paul Thom	zackthom@telus.net	604-434-8990
Group MV2	Annie Lin	linma5@hotmail.com	604-276-9663, 604-762-6967

WHAT YOU SHOULD DO ON SATURDAY, MAY 24th

Here is what you should do on Saturday, May 24th, after the morning swim practices (Blue and White Meet):

- 1- Go with your parents to collect all cans and bottles from where you gave the flyers.
- 2- Bring them home and remove all bottle caps & straws from juice boxes (your own collection as well).
- 3- Bring them to Maple Grove Park (located at the corner Yew and 51st, close to Kerrisdale Pool) between 10:00AM – 5:00PM.
- 4- To receive surprise draws and prizes, please mark your name & group number on the bags and report to our staff when you come.
- 5- If you need any assistance on the Bottle Drive Day, please give us a call at 604-725-3024.

Together we can make our dream comes through.

We'll be at the park and wait for you even it rains!!!