

July 8, 2008



*"I can't control what everyone else swims but if all goes well I know there are no limits."
-Lesiel Jones*

🏴‍☠️ The Hammer 🏴‍☠️

The Official Newsletter of the Vancouver Vikings



Chin forward, Arms straight and low on the water = perfect position

Coaches Corner

Group 1

Challenge Week has arrived! Although we will continue to focus on best stroke, and breaststroke as our secondary focus, we will have the added excitement of Challenge Week, with its team-oriented racing and endurance building main sets, this week. The 2008 Group 1 Challenge Week will proceed as follows:

-The Group 1s will be divided into two teams, drafted secretly and lead by four captains, in order to compete over the period of Challenge Week I and II for eternal glory and fabulous prizes.

-Swimmers will earn points for their team by 1) achieving Challenge Set goals 2) attending 100% of practices during Challenge Week 3) pushing themselves during dryland exercises and 4) demonstrating exceptional team-spirit.

-Each team must create one original cheer to be performed at the conclusion of Challenge Week. Team-mates are encouraged to cheer for one another during Challenge Sets and Relay Battles.

-Each team must choose a Team Name as well as funny/intimidating nicknames for each team-member.

-Swimmers must be prepared to arrive 30min before practices (on evenings only) and stay an additional 45min late after practices (morning and evening practices). This is incredibly important for the dryland aspect of Challenge Week. Furthermore, it's important for strengthening our athletes especially with this year's limited pool time.

-Late comers will receive -20 points for their team.

-All swimmers must bring all equipment, including dryland exercising attire (shoes, shorts, and a t-shirt). Also, please pack healthy snacks (juice, fruit or granola bar) to be eaten immediately after practices; these snacks will replenish energy after hard workouts, which is crucial on days where Group 1 practices twice! Water bottles with Gatorade or some other energy/protein mixture are suggested.

-Group Socials: Group 1 @ The Movies ('The Dark Knight'), 10k Days at Kits Pool, and Pitch & Putt Golf... details TBA

See you on deck.

Ben

Group 2

I'm happy to tell you that everyone who attended the meet scored points for their team.

The meet was quite a rollercoaster ride for me, there were up moments and down moments, there were great swims across the board, and some not so much. The group atmosphere though is amazing and I'm really glad to see all of you bonding together. I don't know if you noticed, but we've been training a lot of endurance freestyle in the past week and at one point I had a 100% best time streak going for the 100 free event. I'm also witnessing improvement in turns and breakouts as well.

However, it seemed like most of you are still missing the point of finals, hopefully things will get better this weekend at NVC.

I'm also really pleased to see that all of you who attended the meet took on leadership roles and made friends with our mini Vikings. Keep up the great work!

This upcoming week, we will be focusing on your best stroke/assigned stroke. Underwater kicking and breathholding will also be emphasized in our training, so please come prepared, don't forget to bring your fins, you will need them!

Tip of the week: mental manipulation is key!

Jen

Group 3A

Great job over the weekend. There were many good swims, but now is not the time to be satisfied. Swimming technique is where I want for the majority of you. Flip turns and breakouts were not so hot though. We still have a lot of work to do.

This week is prep for challenge week. We will have some tough sets to give you a taste of what you will be facing for 2 weeks straight. Challenge week this year will be similar to last year with two teams competing for the most points. My main goal for these two weeks will be improving the group chemistry. Practice is

where the team concept applies. Every swimmer in the group should be using their teammates to push themselves. In the coming weeks you will learn to encourage your teammates through tough sets and help them get over the top when they feel like failing.

We will be focusing on your best stroke this week. There will be a lot of opportunities to tune up your strokes and figuring out what you want to concentrate the most on for the 4 coming weeks heading into regionals. Remember to bring skipping ropes to every practice and Monday mornings this month will be resistance training in the pool with your clothes.

Desmond

Group 3B

North Delta was a Blast!

As one can tell from above NOD was a very good meet for 3B's. We had many best times as well as second swims from almost every swimmer. This is the first week of challenge week. Be prepared to have fun and to push yourself further than you have in the past. All swimmers will be assigned to one of two teams. The team names have been chosen by the swimmers (during Monday practice). Currently, we have the Swimming Terminators and the Tsunami Swimmers. Points will be awarded for swimming, technical aspects, dryland, cheers, promptness, consistency, etc. These points will be tallied with the winning and losing team being awarded separate yet undecided prizes. Parents I must remind everyone that it is very difficult to coach effectively if parents interfere or talk to kids during the practice. Let us coaches handle things on deck. Finally, another administrative detail, parents are not allowed to drive into St. George's parking lot or campus to pick up or drop off their kids. If we are caught the Vikings Swim Club will lose their pool privileges. So please park on the street and enjoy the great weather that we are having. Thank you for your cooperation in advance. See you at the pool!

Marc and Whitney

Mv1

This past weekend at the North Delta Meet was fantastic! So many of you are consistently shaving off time and getting best times every weekend! Keep up all the hard work, everyone! I want to congratulate Sebastien, Roselyn, Jamie, Curtis, Sarah, Laura, Micah, Hannah, Rachel, Michelle, Marissa, and Jordan on their awesome efforts!

I've noticed that the MV1 group needs two things to really make their races successful: a drive to race and focused thoughts. Sometimes there are races where the swimmers dive in and forget everything I've asked them to remember and then they swim at snail pace when they get tired. When you race, you are trying to do the best that you can go; meaning that you shouldn't be saving up any energy for the last length! You want to race the whole thing! You MV1s are lucky cause most of the time you race 50s. If the race only last 50m, then why are some swimmers not giving it their hardest?

I would also like to welcome all MV1s to pre-challenge week! Next week, practices are going to start becoming more intense and so this week, we are swimming to get ready for next week. Please expect to come into practice to work VERY HARD.

This week, there were three awards handed out to swimmers. The very first award for Swimmer of the Week goes to ... Micah! She deserved this award because she has been attentive all week and always tries to keep in mind and practice the correction she received! Congratulations Micah! The second award for Swimmer of the (Development) Meet goes to ... Marissa! The NSWC Development Meet was her first ever meet of the summer and she did awesome! She tried her best at all times and despite being super duper nervous, she toughed it out and swam fast anyways! Great work, Marissa! The third award for this week goes to Swimmer of the Meet. This award is given to Roselyn! Despite a little accident, she

executed her 100m IM final to the best of her abilities and tried to put into practice all the reminders I gave her! For being super attentive and the ideal smart swimmers, Congratulations Ros!

Tammy nguyen.tammy@hotmail.com

Mv2

Welcome to Challenge Week MV2s! Get ready to give 100% effort in everything we do! Challenge Week, although it is a challenge, is a HUGE opportunity to improve. Challenge Week, is 2 weeks, ignoring the name. This week is a warm up to the hard sets and challenges, next week we will be divided into teams and the sets will be more team focused! Attendance at every practice is important! I know many of you have prior commitments, but please try your hardest! For those of you who went to Delta this weekend, congratulations! Lots of best times were achieved and goals met! Good luck this week, guys. See you at the pool.

Sarah