

July 29, 2008



"If you fail to prepare, you're prepared to fail."

- Mark Spitz

🏴‍☠️ The Hammer 🏴‍☠️

The Official Newsletter of the Vancouver Vikings



In this edition of the hammer:

- ❖ *Coaches Corner*
- ❖ *Waterpolo*

Cheering on your teammates will give them get through the tough race this weekend.

Coaches Corner

Group 1

One week remaining until Regionals in Squamish! If you plan on attending Regionals, I strongly suggest that you attend all practices this week in preparation for your races. In anticipation of fast racing, Group 1 will be reviewing starts, turns, and breakouts. There will be dryland sessions after every practice, morning and afternoon, so please bring all your equipment and plan to stay late.

Ben

Group 3A

Taper week has finally arrived. This week we are going to be really low on meters but high on intensity. While we are resting, we must maintain our intensity in practices so that we can carry it over into the weekend. There will be plenty of opportunities to fix up anything wrong that you notice in your races, so please come to all the practices.

Des

Group 3B

5 days away.....

That's right everyone we are now only 5 days away from Regionals. We had a very solid showing in the Surrey swim meet. Congratulations to all those who achieved personal best times. We are fast approaching the last meet of the season. Swimmers, now is the time to start resting. Qualifying for Provincials will be fun and challenging. As I've told many of you before it is going to come down to how badly you want it. Every single one of you have to be willing to put yourself on the line. We have done the training, Whitney and I know that you guys have the endurance to outlast your competitors. We know you also are stronger technically than most of the competition. Ultimately though it comes down to desire. As I have been stressing over the last couple of meets you, the swimmers, have to swim with more passion, heart, and desire. Every single one of you are ready physically and technically for this meet. It is now time to mentally prepare yourselves for this meet. Discipline, focus, heart, desire, and toughness are going to win the day at regionals. If you apply all these aspects into the race then you should be successful. Start preparing yourself throughout the week to pay the price for success. Nothing worth doing is easy....We'll see you at the pool!

Marc & Whitney

Mv1

The MV1 Challenge Weeks are over! Great job, everyone! It was tough and it was hard, but mostly everyone refused to give up and gave 110%! I couldn't be more thrilled, excited and proud to be the MV1 coach. You MVs are AMAZING!

I would like to congratulate the (Yellow) Submarines for their victory over the Funky Monkeys in this year's Challenge Weeks! The score was very close and was tied at one point but the Submarines pulled ahead with 3627 points of the Funky Monkeys' 3167 points. Congratulations!
Also, the Challenge Weeks' winners are Micah Gay in first place with a massive 810 individual points and Rachel Jang with a ginormous 720 points. Congratulations, girls! You both worked extremely hard this week showing a perfect attendance and always put in your best effort every time you were in the water.
HIP HIP HOORAY!

For this week's Swimmer of the Meet, the award goes to ... Micah Gay! Her swims were outstanding because it was evident in her pre-race routine and the race itself that Micah's head was in the game. She had excellent focus and never hesitated to try her best every time she was in the pool! Great Job, Micah!
This week's Swimmer of the Week goes to ... Curtis Ho! Curtis showed excellent mental toughness and discipline all week, no matter what was thrown at him! YAY for CURTIS!

Now that we are in our final week of training, I would like to emphasize the importance of practice this week. Those few precious hours we have in the pool before our second biggest meet of the year should not be wasted. I would like to ask all MV1 swimmers to really concentrate and apply the feedback given to you this week and to apply all the skills you have learned throughout the season into your strokes. The specific details of your stroke should not be slacked or flimsy but rather strong and efficient. Everyone has progressed so rapidly and immensely that I can't believe you are the same set of kids I met back in May! We will be dedicating much time into dives, turns, technique and the notion of race pace and discipline. Great job so far, guys!

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

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

Mv2

With the end of the season approaching, it's time to work hard, MV2s! Regionals is coming up quickly and we want to ensure that we are ready! 100% attendance this week is strongly encouraged and if you are at practice, be ready to focus and try your best. Congratulations to Emily, William, Rachel, Dorothy, Nathan, Helen, Kai and Jonathan for attending the Surrey meet this past weekend- many best times were achieved! The swimmer of the week is William Lin, for his outstanding performance in a very challenging set. Congratulations, guys! I can't wait to see how we all swim at Regionals!

Sarah

Waterpolo

The end of the season is nearing and we are in high gear for Regionals and Provincials. Unfortunately we do not have enough Juniors to field a team in either category so your season ends with the practice on Sunday. P3's and P4's that are planning to come to Provincials, you should have received an email today with details, if you have not received any info via email yet please contact Maeghan IMMEDIATELY! For all P3's and P4's not attending Provincials you are welcome to come to the remaining VIKINGS practices at Kerrisdale.

Regionals will be played as a low key scrimmage this **Thursday July 31** at **Kerrisdale Pool** from **7-8 am**, please **be there at 6:50am** to help set up.

Also on Thursday is the club **Pasta and Dessert Social**

For everyone Swimmers, Polo Players, Parents, Siblings, the whole family!

Location: Room 109 (party room) and the kitchen adjacent to it at the Kerrisdale community centre (same as the dessert and pizza night).

Time: 6:30-8:30

Set up: 5:30 to 6:30; **cleanup** from 8:30 to 9 pm (for those looking for volunteer hours)

It would be great to see everyone there! Water polo players are asked to bring whatever a dessert or Pasta dish, as well as plates and cutlery for everyone you bring to the social.

P3's

Your practice schedule is as follows:

Monday 8:30-10pm Ron Andrews (in North Vancouver)

Tuesday 7-8am Kerrisdale

Wednesday 6-7am William Griffin (in North Vancouver)

Thursday 7-8am Kerrisdale

Sunday 3-5pm Kerrisdale

P4's

practice as usual

Tuesday 7-8am Kerrisdale

Thursday 7-8am Kerrisdale

Sunday 3-5pm Kerrisdale

Juniors

Sunday 2-3pm Kerrisdale

Information about travel and accommodations for Provincials is coming please continue to check your email for updates, if you have any questions please contact Maeghan or Hilda ASAP.

Maeghan, Nick, Roland