

July 1, 2008



*"I won't predict anything historic, but nothing is impossible."
-Michael Phelps*

🏆 The Hammer 🏆

The Official Newsletter of the Vancouver Vikings



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Improving the flexibility of your body will give more options in swimming.

Coaches Corner

Group 2

So I'm taking a new approach to coaching this month, the month of July 2008. I will be blogging regularly and commenting on workouts and hopefully getting feedback from you guys.

The calm before the storm? Perhaps. Starting Wednesday, we will start our second half of the season, also analogous to the second half of the Grouse Grind. For all those who've hiked the Grind before you'll know what I'm talking about, otherwise, ask around. Our focus this week is endurance. On top of that, tons of running, skipping and core work. You will be challenged, you will be swimming at your threshold for long sets and long periods of time, your hearts will be pumping, you will be sweating buckets in and out of the water, but it will be fun, I always try to make challenge week/month fun.

Some things that I've been noticing:

1. Freestyle: High elbow catches are getting slopping, avoid overextension in the entry
2. Breaststroke: Lunge 100%, not 75%, head and chest lower than arms
3. Backstroke: Roll into the water and angle hand to catch, anticipate your recovery
4. Fly: Push past hips and time the kicks right with the exit and the entry, chest down, head and chest lower than arms
5. Breakouts are getting better, a lot of you are really paying attention and trying to maintain your momentum of your wall
6. Turns are coming along, stay tuned for "Turns day"!
7. Overall group atmosphere is harmonious, but I would like more spirit and cheering during practices please.

Please check the blog (you should have the site memorized) regularly if you are not a fan of surprises!

I'm ready, but the question is, are you? We are 4 weeks into regionals 6 weeks into Provincials.

Tip of the week: Hydrate and Breathe. Hydrate and Breathe.

Group 3A

July is the final month of preparation to create the best chance possible to achieving our goals. These next 4 weeks will be the hardest swimming you will have experienced. Please come to practice with your positive attitudes because that is the only way to tackle what seems to be impossible sets. There is an increase in dryland workouts and in length. Bring your RUNNERS, we will not always be running on the grass. Skipping ropes are a must for every workout, even if there is no dryland scheduled for that practice. There is going to be a major spike in dryland intensity starting this week. Sometimes, in order to find your limit, you will have to be pushed past it. By the end of this month, every swimmer will have new and higher standards.

Please think about these things for your best stroke:

Butterfly: Soft hands on entry, Keyhole pull(tight finish)

Backstroke: Push your hand straight through the pull and exit with the thumb

Breaststroke: Pull the head out, don't lift the head out before the catch

Free: drive your shoulder down to create more force in your pull

In July, bring your t-shirt and shorts to Mon morning practices!!!

Des

Group 3B

Happy Canada Day!

I hope all of you enjoyed the weekend off. It's time to get back to racing and having fun while doing it on the weekends. We will be having dryland after practice everyday now so please come prepared. We have seen lots of improvement from everyone. However, we need to keep pushing the bar so to speak. The people who are going away, in particular, need to put in the work now. On another note everyone should come to as many practices as possible. Why? Because they are fun of course. Remember water bottles (the ground rules!!!) See you at the pool

Marc & Whitney

Mv1

I hope everyone enjoyed their long weekend filled with that wonderful sunshine! Thanks to all the MV1s and their parents who came out to the picnic! It was loads and loads of fun right by the beach on such a beautiful day!

Thank you to those swimmers (and the parents who reminded them) for handing in your goal sheets! Those sheets are extremely important because they are a part of the mental skills that we are working on and help me figure out what you think about swimming. If you haven't handed a goal sheet in yet, please do as soon as possible! The next step in our mental training will be keeping personal logbooks. I would like to ask all swimmers to please bring a notebook and a pencil or pen to practice and to swim meets. It doesn't have to be a fancy notebook, just something with a few pages that has a lot of space for you to write in. These notebooks will be a way for the MV1s to keep track of their own swimming. In the book you are going to write about what you learn, what you need to work on and your best times. I promise it won't be like homework, MV1s!

I hope everyone is ready for BUTTERFLY WEEK! We are going to be practicing our dolphin kick because a) its amazing and b) its very important in almost every stroke! Also, we are going to be learning a few drills for butterfly so get ready for those too!

The beginning of July means the beginning of ... SWIMMER OF THE WEEK and SWIMMER OF THE MEET! At the end of every week and meet, I will be handing out prizes to those swimmers who have shown a hard work effort, amazing improvements in their swimming, and awesome attitudes! I hope everyone is excited as I am about these awards!

Have a great week, everyone!

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

Mv2

Happy Canada Day, mv2s! I hope you all had a great long weekend! For those who attended the picnic, I'm sure you guys all had TONS of fun! It must have been very fun spraying your coach with water for 3 hours straight! I, also, had fun getting you all back! This week's focus will be sprint freestyle sets, butterfly sets and breath control! We will also be working on our dives and our relay take-over's! Swimmer of the Week is still going on, so let's make sure we come to every practice ready to work hard and give 100% in everything we do. When we try hard and listen, we will improve!

Great work so far, guys!

Sarah

Waterpolo

Great job at the tournament on Thursday, Seniors! Keep up the hard work and get on fire for every game. I hope you all learnt how important it is to go to swim practices as you guys were burnt badly by a quicker Burnaby team in the second game. Once you came together as a team you played some excellent water polo. Tournament Star: Giordano Scales, for stuffing the goalie's pass and then scoring. Honourable mentions go to Marissa, a Junior, and Angel, who played for the first time at this tournament.

I know that traditionally we have always had evening practice and I was surprised myself to see the switch to morning pool time however I still expect you all to be there. The more people we have at practice the scrimmaging we can do and we can run better drills. It is really hard to teach something if we don't have enough players to show you how. So please let me know if you are going to be missing practices.

We are now ONE week away from hosting our first tournament of the summer. The tournament is on July 8th from 7:30am until 8:00pm at the Vancouver Aquatic Center. Come out and support the Vikings Senior Water Polo program. This tournament is a great opportunity to come watch some water polo as well as get some volunteer hours done. If you would like to volunteer please email Hilda Perry at Hilda_perry6@hotmail.com for more information as well as a list of jobs available.

Last but not least Players of the month:

Juniors: Marissa Tetamenti, Marissa really stepped it up this month and worked hard at practice as well as agreeing to play in a Senior tournament! She even scored a goal!

Seniors: Angel Huang, Angel has had near perfect attendance (91%) in her first month of water polo she also rose to the challenge at the Senior tournament and played the majority or all of the games even though it was her first tournament ever!

WAY TO GO GIRLS !!

Honourable mentions go to:

Juniors: Jesse Woolverton with the highest attendance and Marc Levin who came and worked his hardest at every practice he attended.

Seniors: Connor Perry with 100% attendance and Connor Chan and William Perry who had 91% attendance in the month of June.

Keep up the hard work and see you at the pool

Maeghan, Nick & Roland

USA Trials

This week, some of the fastest men and women in the USA are competing for a spot to compete in the Beijing Olympics. Many world records have and will be broken. Be sure to catch some of the best swimming on tv Fri July 4th –Sunday July 6.

FRI-SUN 8-9 pm on NBC