



Newsletter



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Coach's Corner

How important is a streamline to a swimmer?
EXTREMELY IMPORTANT!!

Streamlines and the idea of reducing drag can be applied to starts, swimming, and turns as a way to make a minimum energy investment for a maximum speed return. Not exactly a free lunch for a swimmer, but as close as it gets in the swimming pool.

From a start, the speed gained from the push off of the block and from the force of gravity is faster than the swimmer can actually swim. If they can maintain that speed for any extra duration their overall time for the race will be quicker. During the swimming portions of a race, any chances to reduce the external forces fighting against the swimmer's forward progress (like drag) can result in a faster race time. If a better body position through a slight adjustment of head position results in decreased drag, then the swimmer just got faster - without putting any real extra effort into moving forward any faster.

Other ways to reduce drag include paying attention to hand entry and hand/arm position (both arms!) during the stroke cycle. And don't forget the legs. A wide kick might have more force to it for some swimmers, but it also increase drag, and it is likely that the wide kick's force is working to overcome the drag it creates, resulting in little or no added speed (in other words, a narrow kick could be more efficient).

What about turns? There are lots of chances to reduce drag on those things! Is there a loose limb sticking out someplace that is being "dragged" through the water instead of slipped through it? Is water being pushed against or slid through during the direction change? How about the swimmer's push off the pool wall? The swimmer's upper body

must be in a streamline shape prior to the initiation of the push to maximize speed off of the wall. As the push-off continues, the swimmer must pull the rest of their body into a streamline.

Work hard on keeping your body streamlined. Little adjustments make for great speed.

Early Afternoon Group:

You are all doing so well! We are extremely impressed with not only the consistent improvement of the group, but with the great sportsmanship and attitude all the swimmers express. We look forward to seeing your smiling faces everyday! Keep up the great work!

Late Afternoon Junior Group:

This week has been kick, kick, KICK! We've been working on flutter kick, the motor behind freestyle and backstroke and we will soon be working on dolphin and whip kick. Freestyle and backstroke have been the main focus of Group 1 and I've already seen so many improvements in just one week. We've also been talking about goal setting and I'm looking forward to seeing some of those achieved at our first meet!

Coach Amie

Late Afternoon Intermediate Group:

My group did an amazing job this week. I saw a huge improvement in their freestyle and backstroke from all the drill we have been doing. We also, started to work on whip kick and will continue with breaststroke this coming week. We started working on flip turns, and I was impressed by their hard work and ability.

Coach Brittany

Late Afternoon Senior Group:

This week my group focused on backstroke drills and technique. We also started working on breaststroke and butterfly drills as we will be focusing on those strokes in the upcoming two weeks. We are now going to start building the meters and working on some more speed related sets. The group looked very good in the water this week. We accomplished between 2000 - 2700 m each practice.

Coach Andrea

Long Weekend Schedule

There will be **no** practice on Monday May 21st. Have a terrific long weekend!

Officials Clinics

It is extremely important to our swimmers that we support them by becoming officials. Every family in the club should have one member who can at least be an official timer. If you have not taken a timing clinic here is a terrific opportunity! There will be a timers' clinic on **Wednesday May 30th at 7:30 pm** at the Bob Snodgrass Rec Centre in **High River**. This is just in time for our meet. They will also be offering Marshal, Clerk of Course and Chief Finish Judge. If there are other workshops people are interested in please contact Robyn Ayles, either at the pool, or at rayles@mtroyal. If you don't have your timing card please consider attending this workshop so that you are certified to time during a meet.

If you would like to attend the clinic you can register by email with Lorilee Lester president@highriverotters.org. You will also need to print off the paperwork for the workshop. You can do this at the Swim Alberta website. The level 1 officials clinic guide (that's for the timers) is here <http://www.swimalberta.ca/officials/index.htm>. The level 2 clinic guides (that's for Clerk of Course and Chief Finish Judge) are at the Swimming Canada website.

http://www.swimming.ca/swimming/index_e.aspx?DetailId=485

Swim Meet Sign Up

As the meet invitations come in they will be brought to the pool. The meet invitation is a fairly large package that tells the order of events, the basic rules of the meet, how points will be counted, where to stay etc. etc. We'll boil that information down and give you the pertinent information here in the newsletter. Once we receive the invitation we create the sign up sheet, and post it. Sign up sheets are usually up for a week, but sometimes we don't get the invitation early enough, so they may only be up for a few days. Registration is usually due the week before the meet, so we're usually signing up two weeks ahead. We post the sign up sheets as soon as we get the invitations. Our own swim meet sign up will be posted next week. Parents must sign the sheet before we will enter your swimmer in the meet.

There is no additional charge for attending swim meets, as the cost of swim meets is included in your registration fee. Each swimmer is entitled to swim up to 4 individual events and 2 relay events at each swim meet. There is a deadline date written on the sign-up sheet, so please be sure to sign up before then. There are no late entries. The coaches will check swimmers' preferences, but will make their final entries based on what they feel is best for the swimmer. If you are not sure what your child should swim the coaches will select the races for you. Just sign the sheet and leave the race selections blank. The signature of the Parent/Guardian is required on the sign-up sheet.

It is VERY IMPORTANT that you sign up only if you are committed to attending the meet. If you sign up and cannot attend the meet, you MUST NOTIFY the Head Coach as soon as possible, as our club pays the host club for every swimmer who has signed up. If we are notified early enough about your cancellation, there may be a chance of getting a refund.



Swimmer of the Week

We're pleased to announce the first Swimmers of the Week for the Silver Anniversary Season. These are swimmers that work hard all week, pay attention, focus and perform to the best of their ability.

First week: **Laura** (early afternoon) and **Miranda** (late afternoon)

Second week: **Matthew** (early afternoon) and everyone who showed up for dryland on Friday!

You guys were GREAT!

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Team Goals

We have set some team goals for this year. The coaches and swimmers are determined to work hard to achieve their goals! We want to swim our hardest, and have fun being the best we can be. These are our three goals:

1. win the Okotoks meet
 2. have the best and loudest team cheer at regionals
 3. send 8 relay teams to provincials
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Swim Strokes: The Break Down

For those parents who aren't always sure what we're doing out there on the pool deck, or in the water, here's a quick description of the strokes.

Front crawl:

Most common stroke, Performed on the stomach using alternating arm cycles and a flutter kick finish, just get to the wall. It is also a technical description of one of the four legs of a medley event. It is often called freestyle, but technically in a freestyle race the swimmer can do whatever stroke they want to do.

Breaststroke:

A stroke performed while body is kept on your front and both shoulders in line with the water's surface. The arms move simultaneously and in the same horizontal plane. Hands are pushed forward together from the breast on, under, or over the

surface of the water. Picture yourself drawing an upside down heart. During the kick, all movements of the legs should be simultaneous; feet must be turned outward during the propulsive part of kick. It is sometimes described as the frog kick. A scissor, flutter, or downward butterfly kick is not permitted (or you will be subjected to other ways of torture!) At the finish of a breast stroke length, both hands must touch the wall simultaneously and the shoulders should be in line with the surface of the water.

Backstroke:

Stroke performed while on the back. The shoulders can not rotate past the vertical toward the breast except during a turn in which some part of the body must touch the wall before pushing off the wall. At the finish the swimmer must touch the wall while on their back.

Butterfly:

Swimmer's shoulders should be in line with the water surface. Both arms are brought forward over the water and pulled back together. The kick is usually an up and down motion similar to that of a dolphin. Any movement of the legs and feet must be simultaneous. You can actually do a breaststroke kick while doing butterfly arms, but not flutter kick. The finish is same as for breaststroke, hands touch together and shoulders level with the surface of the water.

I.M. (Individual Medley):

All four strokes are swum in the following order: butterfly, backstroke, breaststroke, and freestyle. Each stroke is swum one fourth of the total distance.

Relay:

A race consisting of four swimmers where each person swims 1/4 of the event distance. Stroke depends upon the event; free relay is all freestyle; medley relay is backstroke, breaststroke, butterfly and freestyle in that order. Generally the most fun of the whole meet!

