

## Coaches Corner: May 8 2022

Introducing Coaches Corner! A newsletter from our amazing coaches to update you on the groups, what's happening at practice and what's coming up. We will be sending this out periodically through the summer so enjoy!

Hello Piranhas, welcome to the first week of the 2022 summer season! I want to recognize the hard work and dedication of all the swimmers who have stayed swimming without the fun of a regular competitive season. It's time to finally get back to it!

Thank you to all the parents who volunteered their time to put on an amazing time trial on the 30th of April. Without you amazing parent volunteers we could not run the time trials, meets, and club activities. Unfortunately, we did not have enough officials to make the times official, if you are spectating at the swim meet, please sign up for volunteer shifts! Thank you to the board members who volunteer their time every month to keep this team moving forward throughout all of this uncertainty. You have done a tremendous job and our club would not run without you. Please read all of the emails, newsletters, and coaches corners very carefully! It takes a lot of time to put the newsletters together, and throughout the year it's done on a volunteer basis, please read them thoroughly, board members and coaches put lots of energy towards getting all of the information you need.

We are always looking for new parent volunteers to support our kids and community, so if you are interested in joining the board or in learning how to officiate/time please reach out to [president@sidneypiranhas.com](mailto:president@sidneypiranhas.com).

The first few weeks of a new training program is the most important time to establish good training habits such as:

- Activation: Please drop your swimmer off 15 - 20 minutes prior to their group's start time. Activation is important because it works on balance, mobility, strength, and it gets the athlete ready to get in the water. This is a habit we can start in our novice program, where the focus is primarily basic swim skills and physical literacy.
- Nutrition: The best time to get nutrients into your athlete is within the first 30 minutes post-exercise. Send your athlete to the pool with a snack for after practice.
  - Resource: <https://www.swimming.ca/en/news/2015/12/04/11884/>
- Hydration: It gets more and more important to bring a water bottle to practice the older the swimmer gets. This can be a good habit to start early though!
- Equipment: Check the recommended equipment list for your swimmer's group and get the necessary equipment. Equipment is used so athletes can focus on a single skill without needing to worry about kick, breathing, balance. Please post on Facebook if you have any equipment your swimmers are not using anymore to help out other families.
- Your swimmers are training a lot more in the water than they normally do. Ask them how their practice was and if they want to talk about it, talk to them about their goals and the skills they are working on but leave the coaching to the coaches!
- Red 1 and Red 2 have started morning practices. This is going to be a big change for some swimmers, so it is important to remember that is where motivation turns into

dedication. This is also when activation is even more important, as activation in the morning is a good transition out of sleep and into the workout! Make sure you send them to practice with lots of food for after.

#### Coaches in Training:

If your swimmer is Div 3+, and would like to start coaches in training this summer, please contact Coach Ethan at [1kamtraveller@gmail.com](mailto:1kamtraveller@gmail.com). We are looking for swimmers who are motivated to work with younger swimmers and pass on their excitement for the sport. This is also a great opportunity for high school students to obtain their work/volunteer hours for their graduation requirements, and it could lead to a coaching job with us or with the pool in the future!

#### Time Trials in May:

For the first three Fridays in May, we will run a time trial for our White - Red groups! The final Friday of May, we will run a novice (minis - Big fish) time trial! Time trials are great opportunities to try new races, new strategies, and to learn how meets work! For parents, these time trials could benefit you by registering to volunteer, you can learn how to officiate and time in a low stress environment! Be aware of the signup deadline each week going into time trials! We had a time trial against Oak Bay yesterday at Crystal pool and the Piranhas amazed with skill, speed, technique, and team Spirit.

#### Novices: Erik/Emma

Awesome work this winter maintenance everyone! It was super great seeing all your hard work at practices over the winter. All that hard work really paid off at the time trial this past weekend! We had some amazing races during the time trials, everyone's strokes were looking fantastic. It was really nice to see a huge improvement from our first time trial earlier this year!

Also a huge thank you to our volunteer coaches that helped to run our novice events this past weekend, Owen, Katie, Lily, Margot, Mia, and Linnea. We really appreciate the help, you all helped the novice events run super smoothly! And a big thank you to the volunteers that helped us all winter, we really appreciate all the hard work you all put in helping out our novice swimmers!

We are all super excited for this coming summer season! If you aren't swimming this summer, have an awesome summer, and if you are swimming, see you at the pool!

#### Juniors Div 1-3: Sophie

Congrats to everyone for the last session of winter maintenance! Saw some great improvements from last summer's times which is great to see coming into our summer season! Junior Sprint brought the heat to this past time trial. With nearly 100% best times, our div 1-3 swimmers are in

great shape to start off the summer. Special congrats to Maryn Strosher for her massive best time of 47.52 in 50 backstroke! Keep up the great work!

So excited to get this season kicked off. To those that won't be around this summer, have a great rest of the school year! For those that will be, get ready for an awesome summer with some fast swimming!

Seniors Div 3/4+: Coach Ethan

Congratulations to everyone on completing winter maintenance! It was very enjoyable to end with the athletes putting their skills to the test. While competitions and racing are known for the times used to compare the performance of a swimmer, it is much more beneficial for the athlete to understand how their technique and execution produced that result. This leads to our primary focus for the event which was to have the swimmers execute the technical and strategic points outlined by their coaches before the race. We are proud to say that generally the swimmers listened well and made conscious efforts to this end.

While there were many great performances, we would like to make special recognition of Kate Postlethwaite and Addison Tait who stepped up and raced back to back relays to cover two absentees so that our second senior girls relay could compete. We are fortunate to have swimmers that are willing to go the extra mile for their teammates in times of need.

If you are leaving us for other adventures this summer, we would like to wish the families all the best. For those joining the summer season we look forward to many new and old opportunities that have not been previously possible. Go Piranhas!