

CALGARY MASTERS SWIM CLUB

November 1st, 2012



A Message from the Head Coach

Kevin Coulman



Hello Team!!

The year has started off very well with a lot of swimmers in the water and you are all progressing well. This year the coaching staff will be focused on training swimmers towards Provincials in Calgary in April, and Nationals in Ottawa on the May long weekend. Erik and I both had a great time at these meets last season and we would like to see a larger group of CMSC swimmers at both of these meets in 2013.

Our training cycle has started off with focus on technique, which will continue throughout most of 2012 and then we will start to increase the amount of distance workouts starting early in the New Year. When we get into April we will tone down our distance and switch over to some speed and tactics to prepare for the big meets.

As professional coaches we are interested in getting as many of you as possible out to these meets. They are quite low pressure with a positive and fun atmosphere and participating in them is a great way to set and achieve goals. I am aware that there are a number of Members with focus outside of competition, but the coaching staff is motivated in directing your training towards a specific goal and we would love to see everyone try out competition at least once at some point this year. Remember, good technique and improved fitness are great by-products of competing.

Our workouts will still allow for people not interested in competing. We will organize and adjust the workouts to accommodate every skill level. Everyday there is a theme to the workout, which is posted online. It will give you an idea of what to expect from the workout.

I hope everyone has a good year and I look forward to seeing all of you achieve what ever you set out to do.

Kevin



DRILLS OF THE MONTH:

Single Arm Free - Watch Cullen Jones demonstrate..... Click [HERE](#)

This drill is an excellent drill for stability, body roll and the pull. In the demonstration Cullen has a straight arm pull, but I would prefer to see more of a bent elbow. However, his body position is excellent as we can see a full rotation on both sides and a controlled head position. You can use your fins here and/or a snorkel as breathing during some drills can drop the quality.

Single Arm Back - Watch Jeff Rouse demonstrate..... click [HERE](#)

In backstroke you need to hold the head still while looking up, and perform the drill rolling the same amount on each side while really recruiting the shoulder. Jeff tends to keep a straight arm pull as well. I would still like to see a bit more bend in the catch, but you can't downplay the skill and technique of his body position.

Both these drills will be harder for someone who has a weak kick, but they will both work on developing proper body position, which is what 90% of you should be focusing on anyway.