



Sea Lions Splash



From Your Head Coach...

Hello swimmers, heading into our first meet of the season, we must make sure we are prepared and operate along a certain routine. The Richmond meet and every meet from then until Regionals and Provincials should be considered a practice meet so that we can perfect the routine many times over.

The routine is as follows:

- Arrive 15 minutes before warm-ups for activation. (in this case come to the Steveston pool by 6am as warm-up is at 6:15)
- Meet warm-up for seniors: 100 ch kk (no board); 5x100's IM self check @2:00; 8xdive 25's (2xIMO)
- warm up is for the beginning of a meet
- for pre-event warm-ups where there is a second pool available and multiple events throughout the day: 3x100 (event specific) self check; 4xdive 25's or 4x25 above race pace @ 1:00
- ensure you know what/

when your events are - come speak to Zach, Aysha or myself concerning your race WELL BEFORE THE EVENT (if you come 5 min before, we might be watching/timing another swimmer and WILL NOT speak to you - too bad.)

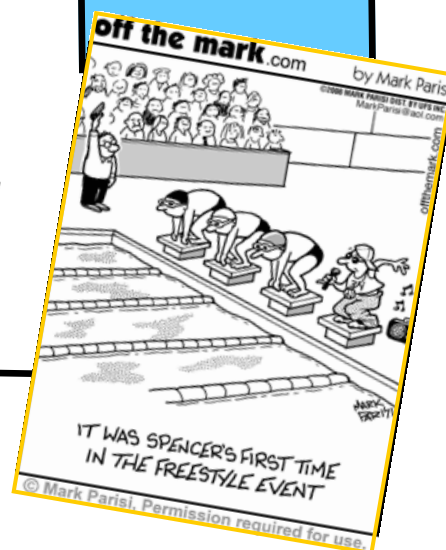
- race event
- come back to your coach to discuss your race
- if second pool is available - warm down as follows: 300 ch sw ez; 200 kk; 100 ch sw w/ great technique
- if there is no pool available - go through your stretch/arm and leg swing routine

In preparation for your meet, make sure you have eaten well the day before, are well hydrated and get to bed in good time. Similarly, on the days of a meet ensure that you have lots of snacks, fluid and a space to be quiet and rest. During a meet there is lots of down time and it is important to socialize with your team mates, fellow competitors

and have a fun time. It is also important to spend some time on your own focusing on what you are there for - racing your best. During this time, close your eyes (maybe listening to music) and visualize your stroke, the feel of the water, the feeling of speed, a strong stroke and any detail you and your coach have chosen to focus on. Most important of all is to be as positive as possible. Positive thinking is vital to strong performance. Think about what you like about your strokes. Think about how you have improved, how hard you have worked and your favorite moments in the pool. ALWAYS remind yourself that you like yourself and that you are AWESOME! This may sound silly but it really does work and will help you greatly through each event. Looking forward to seeing you all at the meets and watching you improve and get faster!

Thank you to all the Sea Lion parents and swimmers who came out last Saturday to our clothing and bottle drive to fundraise for our club.

GOOD LUCK to all the Sea Lions attending the Richmond Icebreaker!!! Let's show some team spirit and cheer on our teammates.



Zack's Juniors

Hello again parents and swimmers, Now that we've finished our three week technique phase, we've moved into the aerobic fitness phase of our training as we build into our first few swim meets. So far I've been very impressed at our group's ability to handle the challenging sets this week, and I encourage everyone to keep up

the good work as we continue to set the bar higher in coming weeks. Last week, we also began morning practices and swimmers are strongly encouraged to attend. During morning swims we'll be taking a break from the difficult evening training to refine stroke technique, dives and turns—which makes them particularly valuable for our up-

coming races.

The Richmond Icebreaker Swim Meet is this weekend, so just a reminder to parents to bring lots of snacks, Gatorade and warm clothes for their swimmers in between races. I'm very excited to see what we're capable of at our first meet, lets swim fast Juniors!

June 2011



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|-------------------|------------------------------------|---|------------------------------------|-------------------|---|
| | | | 1 4:45–6:00pm | 2 6:15- 7:30 am 4:45–6:00pm | 3 4:45–6:00pm | 4 Bottle/ Clothing Drive |
| 5 | 6 4:45–6:00pm | 7 6:15- 7:30 am 4:45–6:00pm | 8 4:45–6:00pm | 9 6:15- 7:30 am 4:45–6:00pm | 10 4:45–6:00pm | 11 Richmond Icebreaker |
| 12 Richmond Icebreaker | 13 4:45–6:00pm | 14 6:15- 7:30 am 4:45–6:00pm | 15 4:45–6:00pm North Delta Development | 16 6:15- 7:30 am 4:45–6:00pm | 17 4:45–6:00pm | 18 Ladner Stingrays |
| 19 Ladner Stingrays | 20 4:45–6:00pm | 21 6:15- 7:30 am 4:45–6:00pm | 22 Surrey Development | 23 6:15- 7:30 am 4:45–6:00pm | 24 4:45–6:00pm | 25 Boundary Bay Bluebacks |
| 26 Boundary Bay Bluebacks | 27 4:45–6:00pm | 28 6:15- 7:30 am 4:45–6:00pm | 29 4:45–6:00pm WRASA Development | 30 6:15- 7:30 am 4:45–6:00pm | | |