

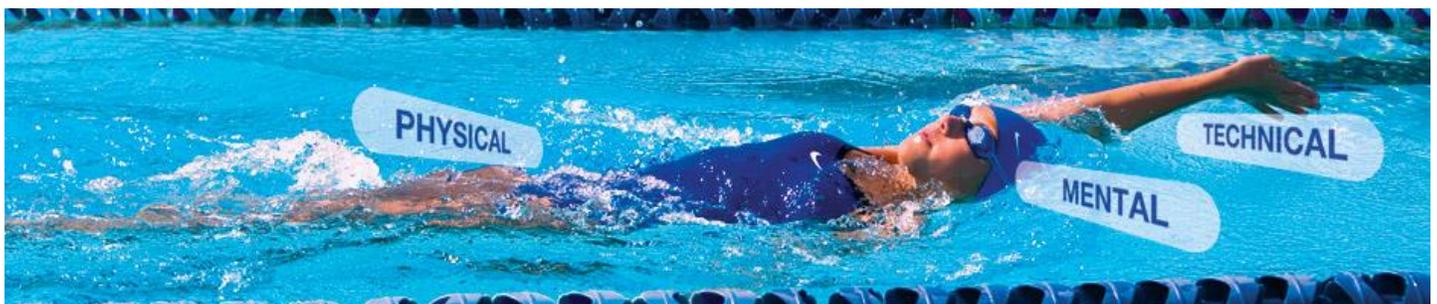
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COACH'S MOUTHPIECE AUGUST EDITION

Welcome to the August edition of the 2015 mouthpiece. With us now coming out of the depths of winter the nasty Timaru flu has bitten deep into the squads with most having been laid low with this nasty virus resulting in low attendances at training. It is important to know that there is minimal lose of fitness after a weeks break, however this particular virus can leave your immune system very low so when returning to training start off at a moderate effort.

The Swim Timaru meet was a great opportunity for all squad members, including many first timers to race as a team in our home pool. Our younger swimmers had a good introduction to the processes of competing in a competition environment. I was so pleased with the great team spirit and support shown to each other lead by our senior swimmers, so well done team. I believe this togetherness and spirit resulted in the team achieving a massive 67%PBS.

Big congratulations to Samuel Gray and Caitlin Alexander who both achieved 100%PBS. I was very proud of our first timers, after the initial bout of nerves you soon looked like seasoned swimmers and used to the procedures required in competing. Thanks Izzy Sharp for showing the ropes to the less experienced members of your team. There were many personal highlights for me as your swim coach, and I hope our first timers, Chloe Harvey, Amalia Cabrera-Martin, Leana Kemp, Arwen Kleinsmith, Jorja Kitching, Liam Pribis our American exchange student and Jamie George enjoyed your racing experience. Congratulations to you all for the continued improvement in your swimming.



The Short Course Nationals Meet (NAGS) proved to be a highly competitive event. We were represented by two swimmers, Eva Cloake and Riley Taylor. Unfortunately for Eva the horrible Timaru flu put paid to her competing at this meet, however Riley took this opportunity and delivered, securing two bronze medals in the boys 14yrs 400m free and the 1500m free events. Riley was also placed in the top 10 in four of his other events and all in PBS. For this awesome achievement Riley was selected to attend Swimming New Zealand's Age Group camp to be held in Dunedin after South Island Championships. Well done Riley, you achieved this by following a well-rehearsed training programme and how you trained was how you raced at this meet. It is a simple formula. We are all very proud of you.

OSCAR'S TRAINING TIP:

Underwater kicking is an important part of swimming. However, it does take regular practice to get the correct technique of the underwater fly kick as well as the ability to hold your breath under fatigue like in a race situation.

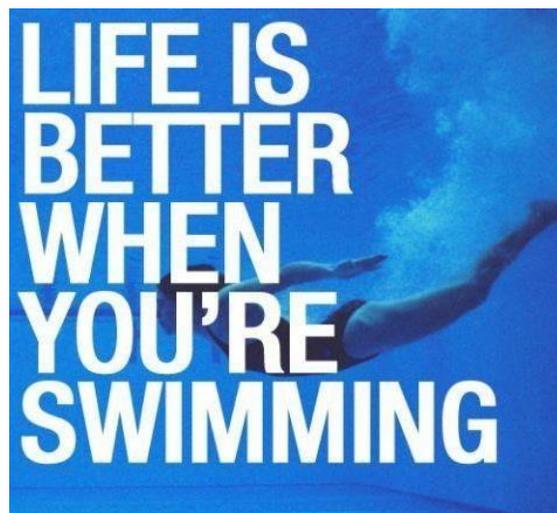
The power of the kick comes from the big muscles in the legs and movement of the hips. Don't bend the knees too much, so the power from the core can be translated into pressure on the feet.

To achieve this it must be done regularly in training. Start with 7-8 metres off each wall and decide the number of kicks you want to do for a race and try and stick to it throughout the session. For swimmers working on their kick technique and strength this may only be 2 kicks, for the stronger kickers it may be up to 10 kicks.

At first you may only be able to do this number during the warm up, however as you improve add it to other sets until you can do it for the whole session, and once mastered you will be able to do it during a race. REPETITION, REPETITION, REPETITION is the answer to mastering this skill.

Oscar van Stekelenborg.

HEAD SWIM COACH CBAY AQUATICS.



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when you forget what lap you're on during a set so you just keep swimming and hope the person ahead of you knows.