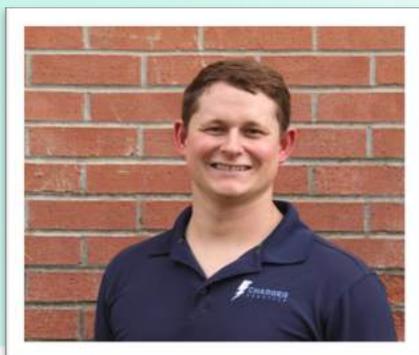


the Charger Current

Coaches Corner

Coach Tyler is an ASCA registered swim coach. He has coached in New Mexico since 2008 for multiple teams and leagues. He began coaching the NM Sundance League for TCA and AAC. He then continued coaching at Charger Aquatics 505 at Sandia pool from September 2012 through July 2014 where he learned from Coach Betsy Patterson.

Growing up in Albuquerque, New Mexico, he began Swimming at age 13 at the Sundance club Midtown Sports and Wellness. It didn't take long for him to find that butterfly was his favorite stroke! Tyler attended Albuquerque High School where he was a 4-year Letterman and Captain of the Albuquerque High Bulldog Swim Team. During that time, he also swam USA swimming for the Lobo Swim Club. Later, he graduated College from UNM with a BS in Biology and a minor in Spanish! When he is not coaching, Tyler enjoys swimming, riding his mountain bike, and spending time camping and being outdoors.



Dive Starts

This month we have had the opportunity to use Academy's dive start blocks. Diving is a very important aspect of racing and we have been extremely lucky to have the chance to work on the entire team's diving technique! This additional practice has shown dramatic improvements in all the athletes, especially the ones who had the chance to swim in the Suntan Classic this past weekend. A **BIG** thanks to Brandi and Coach Tyler for organizing this incredible opportunity, we could not have done it without them!

Save the Date!

VAST Early Bird
Open

West Mesa
May 11th - 12th

This meet is open to
Silver, Gold, and
Senior swimmers

Rubber Ducky
#1

Academy
May 19th

This meet is open to
Blue and Silver
Swimmers!

Mako
B Meet

West Mesa
June 3rd

This meet is open to
Blue, Silver and
Gold Swimmers!

Welcome to the 2018 Long course season!

Welcome, swimmers, to the upcoming New Mexico long course season! First off, our Charger coaching staff would like to thank all our families for being so supportive throughout the past season. We are always striving to be the best coaches that we can be and are extremely lucky to have such a great group of families to work with. Secondly, we would like to welcome all new swimmers and families to the team, as well as new members to our coaching staff. Amelia Martinez and Katie Ervin will start at the end of May. Both coaches will be helping with the blue group this summer and we are ecstatic for them to join the Charger staff!

We are now a little over a month into the season and off to a great start! Move-ups are well underway and all the athletes are taking the transition with strides. As we continue into the training season practices will start to get harder and we urge our athletes to take the upcoming challenges on with a positive mindset. We are very excited to see what the season has in store for us and...

Why do we use different equipment in each group?

Since move ups are among us we thought it would be a good time to explain why we use different equipment in each group. The equipment we choose to use as coaches is based on the developmental skill level of each group.

Long Blade Fins vs Short Blade Fins

A major difference between the blue and silver group is the transition between the use of a long blade fins and short blade fins. Long blade fins are great for beginner swimmers. These types of fins reward the swimmer with easy forward propulsion and help raise the swimmers hip to the surface. Long blade fins are a great tool for the blue group because it helps promote correct body position and helps build endurance. Short blade fins on the other hand are great because they replicate a fast racing kick.

These types of fins allow the leg to cycle through much faster, which allows the swimmer's legs to keep up with the swimmer's tempo. This quick motion allows us build swim specific leg strength working both sides of the legs.





Snorkels

Snorkels are another great piece of equipment we use in silver, gold, and senior groups. There are many benefits to using a snorkel while swimming. The first of these benefits is to correct body position, the more balanced and horizontal a swimmer is in the water the more effective and efficient they will be. Snorkels are also used to slow the stroke down which allows the swimmer and the coach to place an added emphasis on technique.



Pull Buoys

Pull buoys are used in the Gold and Senior groups. We begin to use pull buoys in these groups to develop strength and endurance, as well as continuing to teach technique. Pull buoys are designed to go in between the legs and float the legs to the surface. This prevents the athlete from kicking and promotes correct body position. Isolating the upper body allows the athlete to focus on upper body propulsion making the athlete stronger and increases their endurance. The pull buoy also allows the athlete to focus on the catch and recovery parts of the stroke, which helps them become more efficient and effective in the water. In addition to pull buoys our gold and senior groups also use paddles. Paddles are a great tool for correcting an athlete's catch, as well as improving arm strength and efficiency in the water.

Goal Setting

This season the team would like to put an emphasis on goal setting. The process of goal setting is a good way for swimmers and their parents to identify where they want to go and how they are going to get there. As coaches, our main goal is to provide a fun and safe environment in which the athletes are training, competing, and working toward their individual goals. The type of goals we would like to emphasize are **process** oriented goals. This will ensure swimmers enjoy the process of swimming rather than placing emphasis on "winning".

In the next few weeks the athletes will be receiving a goal setting worksheet that will help you and our athletes write **SMART** goals for the upcoming season. We ask that these worksheets be filled out by you and your athlete, **TOGETHER**, and then returned to your coach. Please note that we are looking for the kids to write their **OWN** goals. Our hope is to build a team wide Goal Tree where every swimmer can post their goal for the whole team to see. This way we as a team can encourage each other through this process and celebrate our progress towards achieving goals.

Thank you for swimming with us!

We especially want to take the time to thank all our wonderful families for giving us the opportunity to share our passion with your swimmers! We are so proud of all their achievements, but none of it would be possible without all their hard work and dedication, as well as the support they receive from you!

-Charger 505

Questions?

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