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# LETHBRIDGE ORCAS MAY NEWSLETTER

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Welcome back for another exciting and action filled summer swimming season with the Lethbridge Orcas!

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## GROUP UPDATES FROM THE COACHES

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### Coach James (Tier I)

Tier I has come out of the gate working very hard this year. Results at practice (for those who have consistently attended) are significantly showing the work we have put in early this season. I have been very impressed with the grit and determination that my swimmers bring every day and can't wait to see this work translate to competition, as meets are finally underway. I'm excited to watch all my swimmers continue to make progress and look forward to welcoming back some other faces whose other sports commitments are winding down.

### Coach Keeley (Gold)

To start off this season the Gold group has had a heavy emphasis on kick, underwater dolphin kick, butterfly and flipturns. As the weeks have progressed we have focused on all four strokes to set a good technical foundation for the season. Most recently, we have begun to touch on precise skills such as touch turns, dives and underwater pullouts. We will continue the focus on good technical stroke making as well as starting to move towards a more speed work and endurance targeted training. The Gold group has also had a few weeks of dryland have focused on core strength, stability and pullups, which are a great exercise to target swimming muscles. I have been incredibly impressed with the focus, effort and attendance the Gold group has put forward so far this season and I'm excited to continue working with them and seeing them progress throughout the summer. I would also like to acknowledge the swimmer of the week winners I have been awarding this season: Brooklyn Kimmen, Hannah Lundquist, and Jayda Tymko. These girls have all had tremendous attendance, attitudes and effort levels this season. Great work so far Gold group, keep it up!

### UPCOMING EVENTS

JUNE 6, 2018  
SASG Registration Deadline

JUNE 9, 2018  
Claresholm Invitational Swim  
Meet

JUNE 13, 2018  
Picture Day #1

JUNE 14, 2018  
Picture Day #2

JUNE 16, 2018  
Pincher Creek Invitational Swim  
Meet

JUNE 23, 2018  
Lethbridge Invitational Swim  
Meet

JUNE 27, 2018  
ORCA CUP #3 (6:00-7:30pm)  
@ Westminster Pool

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**Coach Steve  
(Bronze Whales)  
(Silver)**

For the Bronze Whales and the Silver group, I'm sticking with the progression of teaching the swimmers to understand and feel proper posture and positions to be in. Trying to create and remember strong, efficient movement patterns. Get them to understand that swimming is also about moving water with our arms, hands, legs and feet, not just moving in the water. Build up endurance as movement patterns become stronger.

**Coach Josh  
(Bronze)**

The Bronze group has spent the majority of the past few weeks focusing on the fundamentals of swimming in order to refresh and build a strong foundation. Much of our practice time has been dedicated towards body position, kick and breathing during all four strokes. As the following months come to pass with swim meets fast approaching, more time will be spent on the technical side of racing with a focus towards dives, flips turns and touch turns. The Bronze group is a joy to coach and I look forwards to a great season.

**Coach Caileigh  
(Killer Whales)**

The Killer Whales have had an excellent start to the 2018 summer swimming season and I am so excited to working with such energetic and enthusiastic swimmers. Over the course of the month of May we have worked a lot on building a solid foundation of technique primarily for backstroke and freestyle! Our favourite game this month has alternated between two classics; Penguin and freeze tag. As we move into the month of June, the Killer Whales will be starting to focus more on whip kick and dolphin kick and learning how to dive off the starting blocks. Keep up the fantastic work Killer Whales!

**Coach Taylor and Coach Caileigh  
(Mini Orcas)**

The Mini Orcas have been such a joy to coach this past month and we have really enjoyed getting to know our little swimmers! Our focus this month has been primarily on kicking, flutter kick in particular, and building a strong foundation in streamlines. We have also done a lot of endurance work and have worked our way up to four lengths of kicking in a row without stopping! The Mini Orcas have had awesome attendance this month and are just a few squares away from receiving their first reward from our attendance incentive poster. During the following months we hope to bring the focus towards learning more about freestyle and backstroke. Keep up the good work Mini Orcas!

**Coach James  
(Masters)**

As usual, our masters' group has a wide assortment of swimming backgrounds. We try our hardest to create scalable practices that can challenge experienced swimmers while engaging those newer to the competitive side of the sport. The engagement in drills and sets has been exceptional thus far and the masters' coaching staff looks forward to watching continued improvement for all members of the group!

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**SWIMMER OF THE MONTH**

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**Mini Orcas  
Arden Matheson**

The Mini Orcas' swimmer of the month goes to Arden Matheson! Arden always shows up to practice with a smile on her face and always has a willingness to learn new skills in the pool. Coach Caileigh and Coach Taylor are very proud of you, keep up the fantastic work!

-Coach Caileigh & Coach Taylor

**Killer Whales  
Parnelle Jonker**

The Killer Whales' swimmer of the month goes to Parnelle Jonker! Parnelle always has an incredible attitude at the pool and is always trying to put her best foot forwards. She is always asking to go first and asking for ways to improve. Keep up the enthusiasm and hard work – Coach Caileigh and Coach Keeley are very proud of you!

-Coach Caileigh & Coach Keeley



**Bronze Whales  
Reese Martindale**

Reese Martindale was picked as the Bronze Whale swimmer of the month for having a positive attitude and it doesn't matter if she swims first or last in a set. She gives a strong effort every practice and is a great listener. Keep up the great swimming Reese!

-Coach Steve

**Bronze  
Hannah Guidinger**

The Bronze group's swimmer of the month is Hannah Guidinger. Hannah, a new swimmer to the Orcas this season, has been a very coachable swimmer and catches onto new ideas very quickly.

-Coach Josh

**Silver  
Tracy Wen**

Silver's swimmer of the month, Tracy Wen was picked for her attentiveness when explaining drills and sets. She is a quiet leader of the group and she brings a consistent effort every practice and leads by example. Awesome job Tracy!

-Coach Steve

**Gold  
Mary McGregor**

The swimmer of the month for the Gold group is Mary McGregor. Mary is new to the Orcas this season but has already shown tremendous dedication and hard work. She is always eager to learn and apply any feedback I give her, and consistently brings a very positive attitude to the Gold group. Congrats Mary!

-Coach Keeley

**Tier I  
Devlan Sheppard**

Devlan was one of my most improved swimmers last season and he is someone who continued his rate of improvement throughout the winter. He has returned to the pool capable of crushing University level sets and has broken numerous PB's in practice. Combine that with his nearly perfect attendance and excellent attitude/effort, Devlan has set himself up for what we hope to be an excellent season. Keep up the great work!

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## ORCA CUP STANDINGS

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Attendance points do count towards your team's point total so please make an effort to show up and help rack up some points for your team! If you do not yet know what Orca Cup team you are on, do not hesitate to ask one of the coaches!

The next Orca Cup Event will be on **Wednesday, June 27 from 6:00-7:30pm** for all groups at Westminister Outdoor Pool!

<b>Orca Cup Team</b>	<b>Orca Cup #1</b>	<b>Orca Cup #2</b>	<b>Overall Points</b>	<b>Overall Standing</b>
Wakanda Whales (Coach Keeley)	54 points	68 points	122 points	1
Gnarly Narwhals (Coach Caileigh)	31 points	83 points	114 points	2
Belgium Belugas (Coach Josh)	31 points	77 points	108 points	3
The Legacies (Coach Steve)	31 points	53 points	84 points	4

\*highlighted section indicates event winners.

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## ADDITIONAL SWIMMING OPPORTUNITIES

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# SWIMMING

Looking for extra opportunities to improve your technique or to get that extra edge leading into some of the final meets of the summer?

Summit Swim Camps are again offering various week long swim camps in July leading into the last couple meets of the summer swim season. If you are looking for more information or to register, please see the following link.

**Technical Clinics – July 23<sup>rd</sup> – 27<sup>th</sup>, 2018**

**Regional Preparation Camp – July 30<sup>th</sup> - August 3<sup>rd</sup>, 2018**

<http://www.summitswimming.ca>

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## Joke of the Month

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**What kind of stroke can you use on toast?**

**BUTTER-fly!**

