CASPER SWIM

### December 2015

CLUB

Welcome to our new members, and welcome back to all the returning members! We’re pleased to see so many people – there are over 150 swimmers this season! We hope everyone is getting acclimatized and enjoying swimming with the club.

It has been a nice surprise to have so many new members, and we’re glad to have you here. Unfortunately, it has also created a few logistical issues that we continue to work through. We have a lot of new swimmers, but the same number of coaches. That, combined with our sharing the pool with Natrona County on Mondays, has caused our groups of little swimmers to be bigger than we would like. We’re always looking for new, quality coaches, and if anyone knows of any that are available, please send them our way. But in the meantime, our Irrawaddy groups will be on the large side, and we’ll work around it as best we can.

As always, if you have questions or concerns about the way the club runs, please find one of the board members, or talk to your coach. We are happy to talk to you about anything that may be concerning you!

From the Desk of Coach John:

I hope that you have noticed by now that we have improved our on-time start rate from the beginning of the season. What used to take 10-20 minutes is now taking less than five. The kids and coaches are getting to know each other and we are all becoming more comfortable with where we should be.

Which brings up my thought for this newsletter: all points of transition have issues which must be worked through and tolerance and patience rule the day. Thank you to all who allowed things to play out. Swimmers, coaches and our system continue to develop as the season progresses.

We have seen lots of improvements in our groups. Since we have so many new parents; I feel it appropriate to give you a broad overview of what your coaches are looking for as we move forward.

* Freestyle (front crawl)
  + Face in water, looking to the bottom of the pool.
  + When taking a breath, face looks to the side with one goggle partially under the water
  + Head, shoulders and hips on the same plane and mostly horizontal.
  + Kick with a straight, but flexible, leg and toes pointed (but ankles flexible).
  + Shoulders and hips pivot to approximately 30 degrees to both sides through the stroke cycle.
  + Left arm begins pull when right arm is about 60-75% through it’s cycle
  + Fingers point to the bottom of the pool during the pull phase
* Backstroke
  + Body position like freestyle, except face looks to the ceiling.
  + Body should pivot in the same manner as freestyle
  + Head stays still during the stroke
  + Belly button close to the surface, as are hips and legs
  + Pinky-in, pinky-out hand entry
  + Left arm leaves water, as right arm begins the pull (not after)
  + Fingers point to the wall during the pull phase.
* Breaststroke
  + As with the other strokes, the face should look to the bottom of the pool when in full extension (this is one of the most common flaws in the stroke and the hardest to break)
  + Face should not look to the wall, instead should only nod slightly throughout the stroke with a bias toward looking at the bottom of the pool.
  + Arms do not pull too far backwards
  + Heels draw to buttocks and feet rotate so that toes point outward, then kick backward, around and down. Try to clap soles of feet together forcefully.
  + Knees do not separate wider than shoulders during the kick
  + Going faster means kicking faster, not pulling faster.
  + Body should undulate compactly throughout the stroke.
* Butterfly
  + Head should be in the water, face down prior to the hands entering the water. This is the hardest aspect to teach.
  + There should be two kicks per arm cycle; one upon hand entry and one upon exit
  + Hips should stay close to the surface
  + Legs should be straight, but flexible
  + Heels should just meet the surface each kick

Now, I’ve said too much so I will save the rest for next newsletter.

Pancake Breakfast:

Thanks to everyone who attended the VFW pancake breakfast at the beginning of October! We raised $550 for the club with this fundraiser. There may be more fundraisers through the season - remember, these are the way we raise money for the club, so you don’t have to sell raffle tickets or other merchandise. We appreciate everyone’s help - this club can’t run without you!!

Swim Meets:

There are a number of upcoming meets! Make sure you keep an eye on the website to see what is available, and sign up for the ones you are interested in!

Sign Up for Text Messaging:

If you haven’t yet, you might want to consider signing up to receive text message in case of urgent or emergent events with the swim club. You can do this on-line by signing into your account. If you need more information, talk to coach John, or e-mail Karlynn Sievers at [secretary@casperswimclub.org](mailto:secretary@casperswimclub.org).

Parent Meeting:

Did you know that the club is in desperate need of volunteers? If we don’t get some more officials and referees trained, our club will soon not be able to offer swim meets anymore. And we can use help with concessions, apparel, and all sorts of other things! Most of these jobs aren’t very big or time-consuming, but they mean everything to the kids who want the club to keep running.

If you are willing to help, there will be a parent meeting **from 6:30-7 this Tuesday, December 1**. It will be held in the KW classroom that is located through the shop wing doors and up the stairs (1st room on the left). We will explain what is involved at that meeting, and hopefully recruit some new, enthusiastic volunteers! Hope to see you there!