

## *brown bears training squad*

*Welcome back to the pool!*

It's great to be back in the water and to see everyone wanting to work hard.

This month we will be working on refining our freestyle technique, specifically when we breathe, keeping our streamline long, with fingers pointing to the end of the pool, while we have a quick breath. And of course we are going to work on fast streamline freestyle turns.

We will also be working on be able to count without finishing too early or too late, a 200m freestyle (the swimmers mostly like to count it by breaking it down to 4x50m freestyle)

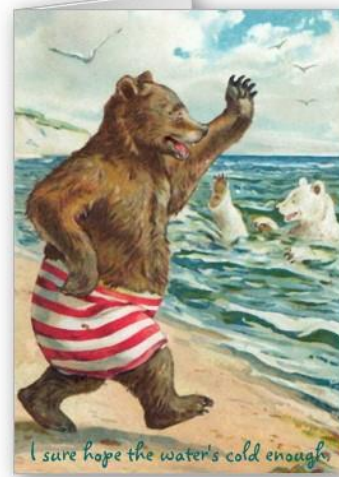
We will also be working on the fly stroke, where we will be emphasizing keeping our head down right after we take a very quick breath – the sequence goes, quick breath, head down, then arms enter the water like you are flying like an eagle, straight and spread out.

January swimmer of the month will be based on the following:

- ✓ focusing on good butterfly technique
- ✓ being a supportive team mate
- ✓ Kicking

**Congrats to Megan B who was our November swimmer of the month**

**Each swimmer of the month will receive a special swim cap – a big thank you to the Club for providing this incentive**



## UPCOMING SWIM MEETS

**TIME TRIAL: JANUARY 28 @ 7:00 am**

Swimmers have been given a January 28 Time Trial entry sheet to return by Wednesday January 18. You will notice that all Brown Bears will be swimming the 200 freestyle, which I can say proudly that they can all do this successfully now. It will be a great test of their endurance. Our goals for the meet are to race fast, demonstrate good streamlines off the walls, turns at every end and no DQ's, which I know we can all achieve.

**CALGARY DINO CUP (10&Unders) March 17 & 18**

If you are looking at traveling to one outside meet this year, I would strongly recommend this one, it is a good one and tons of fun, just ask those who went last year. Please let your coach (that's me Coach Kat) by the end of January if you are interested in this meet. There looks to be around 5 -6 swimmers going so far.

**Coach Kat  
668-3993**

**yukonzrumbums@gmail.com**