

Coaching log

Monday, February 2, 1998

Time: 4:45-7:15 am

Warm Up:

400m free swim - hold breath every fourth length

200m back flutter, whip kick

17 & over Team morning:

Review the part we made up on Saturday and continue making up more of this team if there is time. Go over positions and timing of new part.

Ms. X:

20 times 50m free - every second length only take one breath.

Rest:

20 seconds

Figures with Ms. Y and weight belt: five times with weight belt - two times without

Albatross

Nova

Swordfish Straight Leg

Two swim through of solo - one without goggles

Focus:

the required elements within your solo - clearly define them so the judges have no problem recognizing exactly when they take place.

EVALUATION: Everyone enjoys Monday mornings, except maybe Ms. X. because she works hard and team almost has a fun day! The team is tired of swimming the Winter Games Team because it is our team from last year. It is more interesting and exciting to work on the new team. I don't think this new routine will be finished until the middle of March which still gives us over a month for nit picking and swim throughs. This team is lots of fun and the girls love the music. I like Monday mornings because each girl has a chance to be creative and show their ideas off to everyone else. They always leave in a good, happy mood on Mondays which I like seeing. Ms. X is doing quite well, but her nerves are already bugging her. Her mother gets more nervous than Ms. X, so I am sure they feed off each others nerves! She usually gets nervous two weeks before her competition and then relaxes when it becomes closer, so she is right on track. This new set of figures is very boring, and surprisingly easy. My other girls in the club figures for every meet besides the Winter Games and are harder than hers. It makes no sense to me to take hard, long figures away and instead replace them with easy, quick figures. Actually the reason I like the hard ones so much is that Ms. X can show off her incredible strength and technique in a more difficult figure. Now, the short figures don't give her the time or the difficulty of positions to really show her talent off. She likes the new set of figures and seems excited to learn and practice different ones.