

Swimmers:

Another month has FLOWN BY, but I am noticing a disturbing trend.... Many of us are checking out on the swimming pool, the fundamentals of stroke work, and competition!! I have now heard every excuse known to man (I am also a father of two !) as to WHY and HOW and IF only... Some of you are in a weather malaise. Some of you had very bad experiences over the winter with poor swim coaches and COMPLETE lack of direction. Some of you forgot that swimming is the #1 sport in the world and it is good for you! Ever go swimming and leave the pool with a frown? NO !! Swimming makes EVERYTHING better. Swimmers are wonderful, happy people with a motivation and drive to get up in the morning and go.

I figure it is my obligation to remind you.

Get a friend. Keep track of each other and get motivated. Spring is in the air - it snowed in Erie TODAY... NOT here. Let's go.....

OK, pep talk over. I want feedback. Let me know how you are doing... Can I help you... Work up a schedule for you...

The time is now.

Ready.

Set.

GO !!!!

Besides loss of motivation, the largest problem I have seen lately is good swimmers practicing with bad form and they don't seem to care. A good coach will not let you repeat mistakes very long before they jump in to correct you! One of our Olympic coaches (Jon Urbanchek) is a 74 year old boy that tore his shirt off and jumped in the pool after Ryan Lochte to show HIM how to do a proper backstroke turn !! Now THAT is motivating.

When I question many swimmers about drills and how they feel, they tell me no one ever asks them????

When you spend only 2-10 hours per week in a pool (there are 168 available hours in EVERY week), you must constantly re-focus on the basics:

- 1) BALANCE
- 2) ACTIVE STREAMLINE
- 3) WEIGHT SHIFT
- 4) TRACTION

What is your SPL (strokes per length) NOW and has the number went up or down recently? WHY?

I think it is time we all went out and bought a new suit and/or new goggles, or a new training device for our swim bag and got re-motivated.

The TRI season is nearly here. Are you ready?

My pure swimmers have wound down for the season and are looking forward to a fun summer league.

What did you learn? What are your goals NOW? Do you need extra help in the off season?

My program at O2 SWIMMING is custom tailored to every, unique individual. I pride myself on the lengthy follow up to EVERY session and the vast resources we have here in Doylestown. Use what you have.

Stand up and be counted! We have THE MOST talented group of swimmers and triathletes anywhere.

Time to get serious in the pool.

I would like everyone to go to The Training Zone website and find my freestyle video. Watch it. Learn something. My wife and 11 year old daughter are currently taking a running course from The Training Zone... All of these things make us faster, stronger, fit.

Keep the faith. Make it a good month.

*****This month, I am offering a free hour of swimming for the best advice, resource, story, or tidbit of value that anyone sends in BEFORE my next newsletter in May. Share with your own swimming community. One free hour of fun and can be used in prep for a race or bring a friend and just enjoy a little friendly competition with each other. You will think of plenty of way to torture yourself in my Endless Pool - if not, I can help !!!!!

SwimStrong. SwimSilent.

Ken Holland

Coach

O2 Swimming

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