

The Mel Zajac Swim Camp was held May 29 at the U.B.C. Aquatic Center. Approximately 50 swimmers from the Lower Mainland attended the camp. Here are some highlighted tips from the guest coaches at the camp.

Ken McKinnon – National Junior Coach, Swimming Canada

Turns

- Spinning position - tighter is faster
- Right angle knees and hips
- Link push phase of last pull with pushing of head into turn.
- Avoid the unnecessary movements, such as lifting the head

Backstroke

- Body position is flat, high, legs up
- Hand placement should be firm behind shoulder
- Kick, kick, kick!

Vince Mikuska – Provincial Coach, Swim B.C.

Freestyle

- Recover your arm instead of your hand.
- Hands move same speed as your body
- Anchor your hand and push your body past your hand
- Be sure to watch what you're doing underwater

Breaststroke

- Look at the next place your hands are going to go.
- Be sure to pick up your feet without moving your knees
- Fingers down on the in-sweep to create a propulsive scull.

Richard Millns – Assistant Coach UBC Dolphins and UBC Thunderbirds

Kicking

- Tight amplitude to allow for higher body position
- Appropriate amount of knee flexion to allow for propulsion
- While flutter kicking on your back be sure to push water with the instep of the foot, pushing the water towards the centre of the kick.
- Always keep ankles and toes relaxed to, imagine rubber feet.

Butterfly

- Keep rhythm and follow an arm timing that is determined by your legs.
- Work towards having each of the kicks in butterfly equal in amplitude and emphasis.
- Correct sequence of kick, pull, kick will allow for good timing.