

# 2012 Dolphins Swim Team

## Letter from Head Coach Beth

It is an honor and privilege to be the Head Coach of this team and I thank you for this opportunity once again. I am so excited about the 2012 Swim Season; believe it or not, I have been waiting for it since 7/22/2011 when we WON the 2011 Championships Title. What an amazing season we had last year, and this year I anticipate even better results.

I LOVE coaching and teaching swimming to all ages and all abilities, I am a NUT about it in fact. My most favorite thing to do is take a non-swimmer and make them a swimmer, to take a swimmer and make them a racer, to take a finalist and make them the record breaker champion!

This year you will see some familiar faces from last year on deck and some new ones as well; (including some that you are used to rooting for in the water). Just like last year, we are excited about this diverse, and dynamic coaching staff and their different coaching talents that will enhance our growing team. I hand picked each one of our coaching staff and am so excited about each of their talents and growing or continued passion about swimming.

Our same philosophy applies, we LOVE to have fun, but also believe in swim discipline. Our main focus is for each swimmer to reach their own peak potential. For some swimmers that will entail, swimming lots of sprint training and for others that will entail, slowing down and concentrating on proper technique. Having said that, each and every swimmer on our team is an important member and we value every single one of them, from our most beginner first year swimmer to our graduating record breaking seniors.

Just like last year, EVERY age group will start out focusing on drills, drills and more drills. This foundation is imperative to help build muscle memory and to improve upon basic core technique. We firmly believe that you must practice properly; otherwise you are practicing to fail. This includes proper technique on turns, (leaving the wall in a tight streamline), and working finishes, (not gliding into the wall). As a matter of fact, even Olympians benefit from taking it slower and working on technique through drills. That being said no swimmer is **too** good for help with technique training and critique, which is why you will hear us constantly correcting, refining and improving upon our swimmers strokes.

This quote is from my welcome letter from last year...

*I am confident that our upcoming season will be filled with lots of fast swimming, great memories and of course some record breaking monumental swims.*

I don't think that I could have said it any better, and this still holds true for this up and coming season.

-Coach Beth