



## 2018 Zajac Camp

### KEN'S NOTE

Congratulations to everyone on a very challenging and successful tour to UBC for the training camp and the racing at Zajac. I hope this newsletter finds everyone healthy, motivated and back into training for this summer's events.

Swimmers, your behaviour, hard work, focus and effort during the camp were very good and helped make the Tour a successful and meaningful event.

Staff your hard work and dedication to the swimmers and the content and delivery of the sessions were extremely professional and ensured that we achieved our camp goals.

Please remember that you all were named to attend the camp because of your potential for high performance over the long term so you are doing many things well. Stay dedicated and focussed on improvement in the little things we identified during the camp from season to season. If you evaluate and measure these things daily your times will improve every cycle.

Things that we need to continue to improve on;

- Pre-pool routines that promote general physical wellness
- The size, shape and speed of your 1<sup>st</sup> dolphin kick on starts and turns
- The timing of your underwater pullouts on Breaststroke
- Approaches into turns
- Executing race tactics in big races
- General strength and conditioning

Many thanks to the Murray, Scott, Amber and Kristy for their leadership and to all the swimmers for attending the camp.

Swimmers on the Junior Pan Pac Team please stay healthy, and train smart this summer. Swim Fast in Edmonton and/or Winnipeg and be ready for a great meet in Fiji. For those not on the Team, remember to be ready to race your best in Edmonton and swim under the selection standard and try to win one of the potential team spots if/when they come available.

I look forward to working with you all again in the future.

Ken McKinnon

### OVERALL MEDAL COUNT

#### Individual Medalists



**Kyla Leibel**  
200m Free



**Bailey Herbert**  
100m Breast



**Bailey Herbert**  
200m Breast



**Bailey Herbert**  
200m Fly



**Victoria Kwan**  
200m Fly



**Relay Medalists**  
**4x100 Free**  
Leibel, Dandois-Samson, Kwan,  
Jeffrey



**4 x 100 Free**  
Cumby, Wall, Knox, Liendo



**4x100 Medley**  
Arcand, Kucheran, Kwan, Leibel



**4x100 Medley**  
Millette, Knox, Liendo, Cumby



**4x200 Free**  
Jeffrey, Kucheran, Kwan, Leibel

**SWIMMING  
CANADA  
NATATION**

**NATIONAL SWIM MEET  
VANCOUVER, CANADA**



## 2018 Zajac Tour

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### AMBER'S NOTE

#### Activation

Swimmers had approximately 25 minutes of pre-pool activation time prior to each session. The Rule of Thirds was reinforced - Mobility, Strength, and Power exercises. Our mobility work often targeted the shoulders and hips and aimed to increase range of motion through a combination of trigger point, foam rolling, and dynamic stretching. Similarly, strength work targeted shoulder joint positioning and postural exercises for the upper/lower back along with the hip extensors. Power exercises using medballs and jump variations were implemented throughout the camp and emphasized during preparation sessions leading into Mel Zajac. The athletes were diligent in their activation throughout the competition.





# 2018 Zajac Tour

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## **AMBER'S NOTE CONTINUED**

### **Dive Starts**

We identified and targeted improvement of 2 components of the dive start:

1. Simultaneous arm drive and rear leg drive on start initiation

Athletes should strive for a strong and fast arm pull in coordination with an immediate push of their back leg against the kick plate. This movement will direct their head and upper body forward with their hips traveling in a horizontal line toward the pool.

Athletes often do not use the initial pull effectively and they achieve streamline too early, whereas other athletes pull for too long and are unable to achieve streamline prior to leaving the block.

2. Horizontal body position at block exit

Athletes should direct their force backward against the starting block and extend forward. They will achieve a horizontal body position in flight that results in a sufficient entry distance and a fast entry velocity.

Athletes often dive upward to achieve a longer flight time or downward to achieve an immediate entry. Neither strategy is effective to start performance.

### **Back Starts**

We prioritized the joint sequencing of the back start – aiming for a horizontal body position prior to knee and ankle extension. Immediate hip extension and backward shoulder drive must occur prior to knee and ankle extension. This allows for a flatter trajectory and faster entry velocity.

### **Relay Starts**

We used the One-Step Relay Start to achieve a reliable and fast takeover. We targeted 2 components of the relay start during training sessions:

1. Achieve horizontal body position on block exit, similar to dive start

Athletes were guided to maintain low hips during the start set up and all subsequent movements.

2. Reduce relay transition time

Athletes practiced and gained familiarity with the relay start initiation and a reliable finish strategy to achieve a good transition time.



# 2018 Zajac Tour

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## **AMBER'S NOTE CONTINUED**

### **Underwater Kick**

#### 1. Kick Amplitude

Technical video sessions allowed athletes to determine an appropriate kicking amplitude. The core and hips must initiate the kick while maintaining a long leg position (less knee bend). In addition, good kickers use a fast transition from the up-kick to the down-kick.

#### 2. Kick initiation during the start and turn

Dive Start – Maintain entry stiffness and streamline until your head passes the flags (~6m) prior to initiating the first kick.

Turn – Establish a strong streamline position during the push.

Ensure a small amplitude kick is initiated in both starts and turns.

### **Breaststroke Pullouts**

#### 1. Dolphin Kick

Athletes should use a small dolphin kick with reduced knee bend to maintain their underwater speed from the start and turn. Streamline must be maintained throughout the entirety of the kick.

#### 2. Arm Recovery to Breakout

Recover your arms close to your body by crossing the wrists and maintain a stiff leg position until your hands reach your head. This will reduce the 'double drag' position commonly observed. Connect the initial breaststroke kick to the breakout stroke.





**2018 Zajac Tour — Team Staff**

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## Individual Medalists

|        |                |                    |         |
|--------|----------------|--------------------|---------|
| Silver | Kyla Leibel    | 200-m freestyle    | 2:01.48 |
| Silver | Bailey Herbert | 200-m breaststroke | 1:09.11 |
| Silver | Bailey Herbert | 200-m breaststroke | 2:29.95 |
| Silver | Bailey Herbert | 200-m butterfly    | 2:14.93 |
| Bronze | Victoria Kwan  | 200-m butterfly    | 2:16.23 |

## Relay Medalists

|        |                            |                                       |
|--------|----------------------------|---------------------------------------|
| Silver | Women's 4x100 Free Relay   | Leibel, Dandois-Samson, Kwan, Jeffrey |
| Silver | Women's 4x200 Free Relay   | Jeffrey, Kucheran, Kwan, Leibel       |
| Silver | Women's 4x100 Medley Relay | Arcand, Kucheran, Kwan, Leibel        |
| Bronze | Men's 4x100 Free Relay     | Cumby, Wall, Knox, Liendo             |
| Bronze | Men's 4x100 Medley Relay   | Millette, Knox, Liendo, Cumby         |

