

Sports & Recreation



Photo Courtesy: NWT, 2007

Kelsey Richinger, front, and Jessica Williams, on second block, practise their diving techniques during a Polar Bear Swim Club swim camp at the Ruth Inch Memorial Pool Jan. 13.

Better strokes for folks

Swimmers beef up with camp before championships

By **Metelle Durbin**
Northern Times Journalist

show in swimmers at the upcoming NWT Swim Championships Jan. 26 to 28.

These are approximately 110 swimmers registered, including 15 from Hay River.

"We've been working on short access strokes," said Sam Montgomery, a national-level coach who led the camp. He said they focused main-

ly on improving the swimmers' freestyle and butterfly stroke.

Montgomery said the camp also focused on improving core body movements as opposed to arm-stroke technique.

He explained that working on these details is just as important as working on arm movement.

"For the most part everyone

learned something," he said.

Rachael Bernard, 12, who has been swimming three years with the Polar Bear Swim Club, took away a lot from the camp.

"We learned about our turns and dives," she said, explaining that Montgomery helped the swimmers to gain speed.

It was her first time participating in a swim camp, and she believes it was worthwhile.

"I really enjoyed it," she said.

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Swimmers from the Polar Bear Swim Club received a last-minute tune up before NWT championships during a camp at the Ruth Inch Memorial Pool last weekend.

"The next couple of swim meets, kids start to click," said head coach Ian Legare.

Legare said he usually notices improvements in swimmers' performances each time the club holds a camp.

He said it will definitely