

Pointers from a pro

Polar Bear Swim Club members get tips from Alberta coach at Frost Bite Swim Camp

by James McCarthy
Northern News Services

The swimmers at the Polar Bear Swim Club are already good at what they do, but they got the chance to become even better.

The club brought internationally-recognized swim coach Steve Price, head coach at the Keyano Swim Club in Edmonton, to this year's Frost Bite Swim Camp at the Ruth Inch Memorial Pool from Jan. 8 to 10.

Price put the swimmers in the gold, silver, bronze and cubs sections through their paces, focusing on all aspects of swimming. Price said he was impressed with what he saw over the course of the three-day camp.

"I think you folks have a pretty good group of kids, good coaches and a pretty impres-

sive swim club here," he said.

The club invited a number of coaches from around the country to attend, but Price was the only one to answer the call. He said the chance to come into a small community and impart his knowledge of the sport on to kids was something he couldn't pass up.

"He did a lot of drills in improving strokes."

"I've done camps like this in smaller centres and there's always a lot of good little athletes around," he said. "If you just give them a chance, they can do really well. Our kids (in Edmonton) got that chance and now it's their

chance here."

Having seen the best Yellowknife has to offer in junior swimming, Price said he really doesn't see any major differences in the techniques between here and Edmonton.

"The only difference in this program is we get to train more often," he said.

"As far as the abilities, the dedication and the talent level, it's all the same. The focus was on how they were doing it as opposed to what they were doing."

Hannah Latour of the bronze section was one of the nearly 50 swimmers who came out to learn from Price. She said Price had the mentality of a workhorse, but she was happy with that.

"He did a lot of drills in improving strokes and it's fun," she said.

Latour, who has been swimming for two years, said coming to a camp like this one is a good way to brush up on some aspects of her game which may be lacking.

"It's like a technique refresher and it always helps when I'm able to do that," she said. "I found my backstroke really improved today (Sunday) from the drills we were doing."



James McCarthy/NNSL photos

Clare Littlefair practices her backstroke technique during a morning session of the Frost Bite Swim Camp at the Ruth Inch Memorial Pool on Jan. 10.



Tanner Dolynny glides through the water with a backstroke during a morning session of the Frost Bite Swim Camp at the Ruth Inch Memorial Pool on Jan. 10.