

Hello, Fall Conditioning Swimmers and Families!

Week in Review:

This week we worked on breaststroke kicks, all groups including the beginner group did kick test sets, free to free flip turns and the 13+ groups also worked on dives. All the groups did AMAZING on their very first test set last week! I was very impressed and Proud of them all working so hard.

Swimmers of the Week:



Name: Nico

Age: 7

Favorite stroke: Freestyle

Favorite snack: Strawberries

Favorite color: Green

What do you want to be when you grow up: A Swimmer



Name: Reagan

Age: 7

Favorite stroke: Freestyle

Favorite snack: PB & J

Favorite color: Periwinkle

What do you want to be when you
grow up: A Lawyer



Name: Neil

Age: 10

Favorite stroke: Backstroke

Favorite snack: Lays Chips

Favorite color: Green

What do you want to be when you
grow up: An Engineer

Parent Info:

Here's what your swimmers need for each practice:

- Goggles
- Caps are encouraged. Any swimmers with hair long enough to cover their eyes should wear a cap
- Fins are encouraged. They are great when working on almost every single drill we will do in practice.
- Water Bottle (pre-filled)

*** The Saturday 9-12 and 13+ group will be combined from 9:00am-10:00am. The 9-12 kids will have the option to get out at 45 minutes or complete the full hour. ***

Practice Structure:

Every group, with the exception of the Jr Marlins group, will begin practice with a warm up that includes all 4 strokes. I believe that every stroke should be done in some capacity every practice even if it isn't the main focus for that day.

For the next few weeks this is what each warm up will look like:

| Adv. 8/Under | Beg. 8/Under | 9-12 | 13 |
|---|---|--|---|
| Warm up: 1 X 75 free 4 Rounds reverse IM Order 1 X 25 Kick @ 1:05 1 X 25 Drill @ 1:05 (catch up, 1 pull 2 kick (1p2k) , 10 kick switch, and 4 kick fly) | Warm up: 2 X 25 free 2 X 25 flutter kick | Warm up: 1 X 150 free 4 Rounds reverse IM Order 2 X 25 Kick @ 55 1 X 25 Drill @ 55 (catch up, 1 pull 2 kick (1p2k) , 10 kick switch, and 4 kick fly) | Warm up: 1 X 200 free 4 Rounds RIMO 1 X 50 Side Kick @ 1:15 2 X 25 Drill @ 35 2 X 25 Scull @ 40 2 X 25 Swim @ 30 (Right Arm/Left Arm (RA/LA) , Flutter Breast, Right Arm/Left Arm (RA/LA) , and Single Double (S/D)) |

Flutter Kick Test Sets:

The way that test sets are going to work is all groups will have a baseline interval they will need to make. Once a swimmer makes the set number of 25s or 50s on that baseline for their group, the next time they do the test set they will be on an interval 5 second faster.

Beg. 8/Under 6 X 25 @ 1:15

Adv. 8/Under 10 X 25 @ 50

9 - 12 10 X 50 @ 1:40

13 + 12 X 50 @ 1:05

Contacts:

If you have any questions, please feel free to reach out to any of the coaches:

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Thank you, everyone!

Coaches Alana, Caleb, Anna, and Katie!