

Hello, Fall Conditioning Swimmers and Families!

Week in Review:

This week we worked on backstroke, freestyle and free-to-free flip turns. The Beg. 8/Unders worked on not dropping there arm when they breathe in freestyle. The Adv. 8/Unders worked on balancing on their sides for both backstroke and freestyle. The 9-12 and 13+ groups worked on their freestyle stroke counts and worked on getting as long as they could to really stretch out their strokes.

Swimmers of the Week:



Name: Keiko

Age: 5

Favorite stroke: Freestyle

Favorite snack: Goldfish

Favorite color: Red

What do you want to be when you grow up: A Police Officer



Name: Vesper

Age: 7

Favorite stroke: Breaststroke

Favorite snack: Vanilla Yogurt

Favorite color: Orange

What do you want to be when you grow up: A Famous gymnast



Name: Klaus

Age: 11

Favorite stroke: Breaststroke

Favorite snack: Cheetos

Favorite color: Black

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



Name: Yardenne

Age: 14

Favorite stroke: Backstroke

Favorite snack: Fruit

Favorite color: Green

What do you want to be when you grow up: A Police Officer

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 50 free 4 Rounds reverse IM Order 1 X 25 Kick @ 1:10 1 X 25 Drill @ 1:10 (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 100 free 4 Rounds reverse IM Order 2 X 25 Kick @ 1:00 1 X 25 Drill @ 1:00 (catch up, 1 pull 2 kick (1p2k), 10 kick switch, and 4 kick fly)	Warm up: 1 X 200 free 4 Rounds reverse IM Order 1 X 50 Kick @ 1:10 2 X 25 Drill @ 35 2 X 25 Swim @ 35 (catch up, 1 pull 2 kick (1p2k), 10 kick switch, and 4 kick fly)

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!