

Flyer Practice Schedule 2017

Outdoor Afternoon Practice

May 15 - June 23

9-12s: Dryland (3:30-3:55) H2O 4:00-5:30

8 & Under: Dryland (5:00-5:25) H2O 5:30-6:15

*ALL 8 and under swimmers will be evaluated the first few weeks of practice and grouped accordingly

13-18: Dryland (5:30-6:10) H2O 6:15-8:00

Outdoor Morning Practice

Begins June 23rd TBD (snow dates not final yet)

Always arrive 15 minutes earlier than the time listed, unless otherwise indicated
If you are early you are on time, If you are on time you are late.

13-18: Dryland (7:00-7:25) H2O 7:30-9:15 (1 hr 45)

9-12: Dryland (8:45-9:10) H2O 9:15-10:45 (1 hr 30)

Mini Team: 10:30-11:30 (arrive by 10:20)

Group I: Dryland (10:15-10:40) H2O 10:45-12:00 (1 hr 15)

Group II: Dryland (10:15-10:40) H2O 10:45-12:15 (1 hr 30)

Time Trials: Saturday, June 10

Time Trials will begin at 8 AM.

All swimmers are required to attend except Mini Team.

8 and under swimmers will be notified if they should attend Time Trials.

ALL swimmers are REQUIRED to swim ALL strokes at Time Trials.

Stroke Clinics

Coach would like to offer Stroke Clinics to the swimmers. These clinics would be done weekly (3 total sessions) Each Session would take place for 25 minutes and is limited to just 6 spots per session. Sessions would run from 1:00-1:25, 1:30-1:55, and if there are enough swimmers who show interest, another session can be added from 2:00-2:25. These clinics are with the Head coach only, and spots are limited to 6 swimmers on a first come first serve basis. Clinics are designed for swimmers who are trying to make certain cut times, and are already proficient at their individual strokes. During the clinic different stroke techniques will be focused on each day, balance in the water, kick propulsion, stroke efficiency, stroke rate (turnover), mechanical deficiencies, and wall work (starts and turns).

Each Stroke Clinic is \$ 90.00 for the week.

Freestyle Clinic - **June 26, 27, 29** Session 1(1:00-1:25) Session 2 (1:30-1:55) *Session 3 (2:00-2:25)

Back Stroke Clinic- **July 3, 6, 7** Session 1(1:00-1:25) Session 2 (1:30-1:55) *Session 3 (2:00-2:25)

Breast Stroke Clinic- **July 10, 11, 13** Session 1(1:00-1:25) Session 2 (1:30-1:55) *Session 3 (2:00-2:25)

Butterfly Clinic – **July 17, 18, 20** Session 1(1:00-1:25) Session 2 (1:30-1:55) *Session 3 (2:00-2:25)

Championship Clinic – **July 24, 25, 27** Session 1(1:00-1:25) Session 2 (1:30-1:55) *Session 3 (2:00-2:25)

Equipment

All swimmers will need the following for every practice:

Practice suit, drag suit, cap(s), goggles (extra pair), fins* (we will use fins almost every practice),
water bottle, towel

Danzeisen & Quigley carries appropriate equipment and can fit your child for fins.

TEAM SUIT: We will be using a plain black suit, so that if a swimmers has a particular brand they prefer they can wear it.

For our more important meets, we want the swimmers in their fastest suits.

Please do not wear your team (racing) suit everyday as these suits are designed for meets only, please have a separate practice suit.

DRAG SUITS

Once AM sessions begin, 11-12 swimmers should plan on wearing a “drag suit” to daily practice. This can be an alternate suit worn over their normal practice suit, or can be last years, or older model that is full of holes. Wearing 2 suits will help strengthen certain muscle groups, and allows for a more effective taper for Championship meets.

Attendance

There is a clear link between attendance and participation at practice and meet performance.

Missing practice may forfeit a swimmer's right to swim in a Saturday meet.

This has a negative impact not only on the individual swimmer;
the entire team as a whole suffers when all members are not present.

3 latenesses to practice is considered a missed practice.

Communicate with the coach about sicknesses, etc.

The coaches must know why your child is not at practice.

Behavioral Expectations

Any of the following is unacceptable at practice and meets:

Inappropriate behavior/language

Failure to follow instructions from the coaching staff

Consequences for unacceptable behavior include:

Private discussion with the coach

Removal from practice

Discussion with parent

Removal from competitions and swim-team related activities