



USAM Post Season/Pre Spring Season Training Options

When: 5:30-7 pm Monday-Friday, Saturday 9-11 am (April 7-19).

Cost: \$20 Drop in(daily) or \$90 for unlimited (up to 6 days), per week.

What will be covered? We will pick a random topic or topics each day to work on, here is a list from past season options.

- Butterfly
- Backstroke
- Breaststroke
- Freestyle
- Flip turns
- Open Turns
- Breath Control and Patterns (3/5/7)
- Starts
- Underwater Focus
- Tempo Work and Tempo Trainers
- Pace Strategies
- Head Position through all strokes - neutral/stable
- Distance Per Stroke
- Body Position and Balance in Water
- Finishing Technique for each stroke
- Breakout - with power and transition from underwater to swimming
- Kick Tempo and intensity

No need to sign up - Just stop on by. See you at the pool.

Questions please feel free to email me (Rob MacLeod) at headcoach@unclesamswimteam.com

"You can't put a limit on anything. The more you dream, the farther you get," by
Michael Phelps.

Preparation for your next race begins today!