

## YEARLY PLAN

### Purpose

The purpose of this yearly plan is to accommodate swimmer's short and long term success. Specifically, (1) *prepare and succeed for high level competition* (short range focus) and (2) *establish the foundation to achieve long term success* (long range focus). This plan is designed for swimmers that have progressed beyond basic skills and are comfortable in the water. The swimmer is proficient and legal in all four strokes, turns, and individual medley events. Furthermore, this plan is targeted towards pre-pubescent swimmers that are within early stages of prepubescent development (average age 10-13). This yearly plan is updated and reviewed annually to include advances in the sport and applying lessons learned and best practices from previous seasons.



### Overview

Building a plan that promotes short term success while fostering, and not inhibiting, long-term success is an evolving challenge. There is enormous attention to achievements in the current season, or, “this weekend’s meet”. Swimmers, parents, and even coaches have difficulty in the vision beyond the current season. The reasons may vary; one being that most professional sports have indoctrinated us into the concept of a finite season that begins and concludes with a championship title. Ultimately, it’s up to the coaching staff to clearly outline and articulate to the swimmers and families what the *short* and *long term goals* are in order to avoid misconceptions on how we guide our young athletes along their swimming careers. By the very nature of a season plan, such as this one, will help overcome the challenge.

This plan includes a large dose of aerobic capacity throughout the year which will facilitate maximum potential in the *long term* for both slow (aerobic) twitch and fast (anaerobic) twitch muscular development. In other words, if the swimmer’s ability and specialization is not yet determined (and it shouldn’t be!), their long-term potential may be unlimited. To put another way, a 10-year old “breaststroker” may not fully comprehend her ability to be the best 200-backstroker when she has physically evolved into a high school or collegiate athlete. However, a 10-year old “swimmer” who happens to be an early developer in the breast stroke may realize full potential that is conducive to her physical traits and desires later. To promote *short term* success and race speed during the current season, a small to moderate amount of anaerobic and alactic speed work is applied in the plan. Most of the speedwork will come in the form of “short bursts” in practice so as not to inhibit the aerobic potential in the future.

Concentration on aerobic, or “cruise” swimming, is very much aligned with a critical focus on *balance* and *technique*. We mention “balance” before “technique” because the foundation of propulsion and performance begins with an understanding of the center of buoyancy – a *balance* point somewhere above the naval and below the neck for all swimmers – whereas the balance point on land is closer to the hip area. Both *balance* and *technique* are generally mastered in tandem over many months of practice. However, it is the opinion of this coach that technique can only be mastered when *balance* has been achieved. Put another way, “balance” is the blank, white canvas and high quality oils from which the artist paints. Every artist will say they desire high quality supplies. Then, the artist will produce a beautiful painting – this is the “technique” part of swimming.

## Putting it all Together

If *balance*, *technique* and *aerobic* swimming are held at a constant during the age group years, the swimmer will almost always enjoy the benefits of long term potential, as well as generate fast performances in current seasons. If any of these three components are neglected during age group years, body position and major technique flaws will likely be exposed during senior years.



Of these three components, *technique* is continually adjusted and refined during both age group and senior years. The other components, *balance* and *aerobic* development, are difficult to master in later years by senior athletes if they were neglected or nonexistent during age group years. One note about growth and puberty: if all three components are developed in sync, the onset of puberty will not negatively affect long term potential. There are obvious differences in performance by early and late maturers along the way, but this is where coaches and parents will need to jointly understand the mental aspects of swimming where levels of interest and stimulation become more important for the late physical developer.

## Yearly Plan Summarized

In order to comprehend the yearly plan, it is first necessary to understand the phases within the season. The season is broken up into three **Core Phases** represented by the color orange. *Orange* is a power color that increases craving symbolizes vitality with endurance. Orange also stimulates enthusiasm and creativity. These core phases are the longest in duration (12 weeks from September through November, 9 weeks from January through February, and 13 weeks from April through July). Many coaches might call these “main training” phases or “maximum threshold distance” phases. The Core Phase includes heavy doses of aerobic swimming that is effective for achieving both short and long range accomplishments. Aerobic swimming can be described as moderate “cruise” speed – ideal for young swimmers who are still learning stroke developing and mastering balance. Too much sprinting, or “anaerobic” swimming, not only counters aerobic development, it also inhibits a swimmer’s ability to feel sensations on their body and maintain smooth technique. The Core Phases are crucial to solidifying early balance and skills. If swimmers desire to achieve regional and national level success, they should avoid missing more than one or two core phases throughout the pre-pubescent years of from ages 11 through 14. The main difference moving from Core 1 to Core 2 to Core 3 over the course of 52 weeks is a slight decrease in aerobic swimming (EN1) and the increase in anaerobic swimming (EN2/3); although the increase in EN2/3 is moderately set to about 5% each core phase. The reasons for this is the assumption that young swimmers will become more proficient technically and they will be ready to take on slightly more “race pace” training offered in the anaerobic categories as the year progresses. Below is a summary of the EN1 and EN2/3 relationship:

- Core 1 (weeks 1 through 12): EN1=70% and EN2/3=25% and SP=5%
- Core 2 (weeks 17 through 25) EN1=65% and EN2/3=30% and SP=5%
- Core 3 (weeks 31 through 43) EN1=60% and EN2/3=35% and SP=5%

Each core phase precedes a taper phase. The **Taper Phases** are shown as one week although in reality it begins as much as an additional week or more prior to what is shown in the plan. The Taper Phase is represented by the color red. *Red* symbolizes action, confidence, courage, vitality and designed to promote more energy. Red is used for action and confidence to go after ones dreams, as well as provide protection from fears and anxieties. Although the taper phase is represented by one week in the plan, it actually begins several weeks prior to then. Coaches introduce certain elements of the taper in the latter weeks of the core phases to ensure athletes are

prepared for taper activities. An example might be performing a set of “build-ups” early in the core phase. As simple as a build-up concept may be, young swimmers do not have the experience or feel of the water to perform build-ups on a dime. Therefore, the coaches will ask swimmers to perform a small number of taper techniques earlier in the season to lay the groundwork for when the full taper activities actually occur. The transition from Core Phase to the Taper Phase requires regular adjustments to account for variance in athletes as well as applying “lessons learned” from the previous taper. This is where coaches are heavily engaged and often make adjustments based on swimmer personalities and abilities. During the taper phase, approximately 50% of training remains at the aerobic (EN1) level, and the other 50% of training falls within the anaerobic (EN2/3) and power regions.

**“The Taper Phase is represented by the color red. Red symbolizes action, confidence, courage, vitality and designed to promote more energy.”**

The third phase is the **Holiday Phase**, depicted by the color purple. *Purple* represents royalty, magic, and mystery. Those metaphors may sound unusual in athletics, but that is when the coaches and swimmers try new things that are designed to push the envelope and increase interest. Most coaches will agree that encouraging young athletes to train at or near threshold (HR at or above 160 beats per minute) is either difficult or impossible for some. One of the focuses of the Holiday Phase might be accomplish just that. Additionally, test sets, challenge sets, and a timed 3,000 yard timed swim may be part of the Holiday Phase. Typically, a significant increase in volume accompanies this phase. So what about the magic and mystery represented by the color purple? An example might be when a young age group athlete is unable to complete a long, ho-hum set of 20x100s. This is a non-typical set for her age and ability. If the coaches challenge her to complete the set, this might “trigger” and overnight discovery by the young swimmer to hold a higher threshold in subsequent practices.

The **Maintenance Phase**, represented by green, is a period of time dedicated to maintaining stroke technique and endurance. With guidance by the coach, some athletes may benefit from a break or limited time in the water during this phase. Free from the stress of achieving time standards and winning races, the athlete may find a place in his mind where he can work on snapping the ankles together during the breast stroke kick. He may master this newfound kick during the Maintenance Phase and rarely ever require reinforcement in the future.



Finally, the **Break Phase**, represented by Indigo, is when athletes are on break. A mental and physical break is important for fostering growth in young swimmers. *Indigo* represents a focus on personal issues and to develop intuition while the swimmer looks inward to increase personal thought and profound insights. Inventors use indigo skills for inspirations that seem to 'come out of the blue'. An example might be a revelation by a young swimmer who may be watching a swimming race on video. If the swimmer notices a super strong underwater streamline by a senior swimmer on the video, she may simply realize that a longer and more powerful streamline is as easy as it looks, and then adopt that behavior instantly upon returning to practice.

## Type (D-K-S)

The approximate ratio of Swim (S), Kick (K), and Drill (D) for each phase is represented in the yearly plan table. There are two columns associated with the S-K-D ratio: the left column depicts the approximate ratio at the start of the phase, whereas the right column depicts the approximate ratio the swimmers will “build to” towards the end of the phase. The Swim (S) ratio increases from 50% to 65% of practice for the Bronze group in the **Core 1** phase. Adjustments to drill, kick, and pull sets are made from phase to phase, as well. Kicking can be with both board (great for speed work) or without (great for reinforcing body position). Drill work is focused on mastery of the 50-100 core drills listed on the Raider Master Drill Log (separate attachment). Drills evolve from season to season and are continually refined and enhanced on the master log.

## Aerobic Capacity

The approximate ratio of aerobic and non-aerobic capacity for each phase is represented in the yearly plan table. Aerobic “cruise” speed with heart rate in the 140-160 range is where a large portion of training sets fall, even those in non-Swim (S) categories such as Kick (K), Drill (D) and Pull (D). This will ensure that athletes are not compromised in long term development when they are beyond prepubescent development. Although speed work is important throughout every phase, it is not used prematurely or at the expense of aerobic development. A high level of success at speed for distances associated with 50s, 100s, and relays are accomplished through alactic work, which involves high power and high anaerobic speed work in less than 10-second “bursts”. Aerobic “cruise” speed training will involve approximately 70% of all training sets during the Core 1 phase. As the season progresses and during subsequent phases, higher threshold swimming in the 160+ range (EN2) and 180+ range (anaerobic) adjusts accordingly.



## Ave Volume p/Hour

The approximate range of volume for each phase is represented in the yearly plan table. This is the probably one of the most misunderstood categories due to coaching styles and strategies and based on overall opinions of swimmer progression in the sport. Many swimmers train less than 4,000 yards per session and achieve nationally ranked status across all events and ages, sprint or distance. Other swimmers train more than 10,000 yards per session with equal results. The volume category is very subjective and constantly evolves from week to week and from phase to phase. For our season plan, the average volume will typically fall between the minimum and maximum range shown in the table.

## Stroke Category

The approximate ratio of Stroke Type (Free, Back, Breast, Fly, IM, FRM, Choice) for each phase is represented in the yearly plan table. FRM is a combination of Free and Medley Strokes. CH stands for Choice. For simplicity, FRM and CH encompass everything that is outside of the four competitive strokes. For example, a set of 20x25 shooters may be assigned to FRM or CH since this set may use multiple strokes. Freestyle is the dominant stroke (45% average through the season) with a slight reduction on free and corresponding increase in the other categories as the taper phase approaches.



## Difference Makers

The Difference Maker, or “D-Maker”, is the inclusion of alternative, innovative, and sometimes “experimental” strategies or activities that push the envelope outside of the norm. These activities might be in the form of uncommon sets, games, speed drills, balance drills, or group activities. These activities can do no wrong as they



provide additional stimulation for swimmers and coaches. These activities may involve as much as 5% of a swimmer's overall time spent in practice. Activities that are successful will be further enhanced and included in subsequent seasons. Examples of recent D-Makers include:

- 2013, Integration of land/water cross fit training, e.g. "Boot Camp" sets
- 2012, Integration of body position and momentum, 200 weekly jump-ins
- 2011, Integration of body position and sculling – ramp-up of related activities, number 11, etc
- 2010, Shoot-outs and 1-2-2-1 enhancements - March Madness style
- 2009, Team-wide enterprise solutions– Modernization of staff and functions (Team Unify explosion)
- 2008, Horizontal training – alternative training lane assignments vs. traditional "vertical" format
- 2007, Synchronized-style swimming, e.g. hanging and unusual balance drills

### **Targeted CommEd**

Another component to the overall yearly plan is providing communication and education to members, or *CommEd*. There are two primary target groups that receive CommEd products: *Swimmers* and *Parents*. CommEd cover special topics that augment or fall outside of the regular topics that occur during the normal course of the year and often times in the coach/swimmer environment. Examples include coach emails, parent meetings, presentation-style briefings, and newsletters. Some or most of these products may be repurposed materials from professional organizations such as USA-Swimming or ASCA. CommEd products are strategically targeted to the right audience at the right time. Topics depicted in the yearly plan are notional and are adjusted during the year based on membership needs.



## Technical Season Plan Summary (Tables)

- Blue Group – shown first
- Bronze Group – shown second

Mon	Fri	Week #	Phase Type	Phase Name	Blue EN1	Blue EN2/3	Blue SP1/2/3	Blue Drill	Blue Kick	Blue Swim	Blue Pull snork or scull	Blue Test	Meet	Comm
10-Sep	14-Sep	1	Core 1	Orange	80%	15%	5%	30%	20%	45%	5%			TBA
17-Sep	21-Sep	2	Core 1	Orange	80%	15%	5%	30%	20%	45%	5%	kick 200 #1		
24-Sep	28-Sep	3	Core 1	Orange	80%	15%	5%	30%	20%	45%	5%	6x50 free #1	WTRC New Swimmer	
1-Oct	5-Oct	4	Core 1	Orange	80%	15%	5%	30%	20%	45%	5%			TBA
8-Oct	12-Oct	5	Core 1	Orange	80%	15%	5%	25%	20%	50%	5%	6x50 stroke #1	WTRC Worley	
15-Oct	19-Oct	6	Core 1	Orange	80%	15%	5%	25%	20%	50%	5%			
22-Oct	26-Oct	7	Core 1	Orange	80%	15%	5%	25%	20%	50%	5%	kick 200 #2		TBA
29-Oct	2-Nov	8	Core 1	Orange	80%	15%	5%	20%	15%	55%	10%		KCST Lunsford	
5-Nov	9-Nov	9	Core 1	Orange	80%	15%	5%	20%	15%	55%	10%	6x50 free #2		
12-Nov	16-Nov	10	Core 1	Orange	80%	15%	5%	20%	15%	55%	10%		DR Jarnagin	TBA
19-Nov	23-Nov	11	Core 1	Orange	80%	15%	5%	15%	15%	60%	10%	6x50 stroke #2	Thanksgiving	
26-Nov	30-Nov	12	Core 1	Orange	80%	15%	5%	15%	15%	60%	10%	kick #3	WTRC Winter	
3-Dec	7-Dec	13	Taper	Red	70%	20%	10%	15%	15%	65%	5%		MAKOS	TBA
10-Dec	14-Dec	14	Holiday	Purple	80%	15%	5%	20%	15%	55%	10%	6x50 free #3		
17-Dec	21-Dec	15	Holiday	Purple	80%	15%	5%	15%	10%	65%	10%	6x50 stroke #3	CAC Distance (Sat)	
24-Dec	28-Dec	16	Holiday	Purple	80%	15%	5%	15%	10%	65%	10%	S.Sanders		TBA
31-Dec	4-Jan	17	Core 2	Orange	75%	20%	5%	20%	15%	55%	10%		CM Holiday	
7-Jan	11-Jan	18	Core 2	Orange	75%	20%	5%	20%	15%	55%	10%		KCST Bischoff/SOS Puppy	
14-Jan	18-Jan	19	Core 2	Orange	75%	20%	5%	20%	15%	55%	10%			TBA
21-Jan	25-Jan	20	Core 2	Orange	75%	20%	5%	20%	15%	55%	10%		DR Swim Age	
28-Jan	1-Feb	21	Core 2	Orange	75%	20%	5%	20%	15%	55%	10%		CM TYR	
4-Feb	8-Feb	22	Core 2	Orange	75%	20%	5%	15%	15%	60%	10%		Mary Lou Mini (Sun)	TBA
11-Feb	15-Feb	23	Core 2	Orange	75%	20%	5%	15%	15%	60%	10%		Regional Champs	
18-Feb	22-Feb	24	Core 2	Orange	75%	20%	5%	15%	15%	60%	10%		Marlins Mini (Sun)	
25-Feb	1-Mar	25	Core 2	Orange	75%	20%	5%	15%	15%	60%	10%			TBA
4-Mar	8-Mar	26	Taper	Red	70%	20%	10%	15%	15%	65%	5%		Junior Olympics	
11-Mar	15-Mar	27	Maintenance	Green	85%	10%	5%	25%	20%	45%	10%			
18-Mar	22-Mar	28	Maintenance	Green	85%	10%	5%	25%	20%	45%	10%			TBA
25-Mar	29-Mar	29	Break	Indigo	0%	0%	0%	0%	0%	0%	0%			
1-Apr	5-Apr	30	Break	Indigo	0%	0%	0%	0%	0%	0%	0%			
8-Apr	12-Apr	31	Core 3	Orange	70%	25%	5%	25%	20%	45%	10%			TBA
15-Apr	19-Apr	32	Core 3	Orange	70%	25%	5%	25%	20%	45%	10%	kick 200 #5		
22-Apr	26-Apr	33	Core 3	Orange	70%	25%	5%	25%	20%	45%	10%	6x50 Stk #1		
29-Apr	3-May	34	Core 3	Orange	70%	25%	5%	15%	20%	55%	10%			TBA
6-May	10-May	35	Core 3	Orange	70%	25%	5%	15%	20%	55%	10%			
13-May	17-May	36	Core 3	Orange	70%	25%	5%	15%	20%	55%	10%	6x50 Stk #2		
20-May	24-May	37	Core 3	Orange	70%	25%	5%	15%	15%	60%	10%			TBA
27-May	31-May	38	Core 3	Orange	70%	25%	5%	15%	15%	60%	10%	kick 200 #6		
3-Jun	7-Jun	39	Core 3	Orange	70%	25%	5%	15%	15%	60%	10%			
10-Jun	14-Jun	40	Core 3	Orange	70%	25%	5%	15%	15%	60%	10%			TBA
17-Jun	21-Jun	41	Core 3	Orange	70%	25%	5%	15%	15%	60%	10%			
24-Jun	28-Jun	42	Core 3	Orange	70%	25%	5%	15%	15%	60%	10%			
1-Jul	5-Jul	43	Core 3	Orange	70%	25%	5%	15%	15%	60%	10%			TBA
8-Jul	12-Jul	44	Core 3	Orange	70%	25%	5%	15%	15%	60%	10%		LC Regionals	
15-Jul	19-Jul	45	Taper	Red	70%	20%	10%	15%	15%	60%	10%		LC Jr Olympics	
22-Jul	26-Jul	46	Taper	Red	70%	20%	10%	15%	15%	60%	10%			
29-Jul	2-Aug	47	Taper	Red	70%	20%	10%	15%	15%	60%	10%		USA Zones	
5-Aug	9-Aug	48	Break	Indigo	0%	0%	0%	0%	0%	0%	0%			
12-Aug	16-Aug	49	Break	Indigo	0%	0%	0%	0%	0%	0%	0%			
19-Aug	23-Aug	50	Break	Indigo	0%	0%	0%	0%	0%	0%	0%			
26-Aug	30-Aug	51	Break	Indigo	0%	0%	0%	0%	0%	0%	0%			
2-Sep	6-Sep	52	Break	Indigo	0%	0%	0%	0%	0%	0%	0%			



Mon	Fri	Week #	Phase Type	Phase Name	Bronze EN1	Bronze EN2/3	Bronze SP1/2/3	Bronze Drill	Bronze Kick	Bronze Swim	Bronze Pull padd, snork, or scull	Bronze Min Vol p/hr	Bronze Max Vol p/hr	Bronze Test	Meet	Comm
10-Sep	14-Sep	1	Core 1	Orange	70%	25%	5%	25%	20%	50%	5%	1,600	2,600			TBA
17-Sep	21-Sep	2	Core 1	Orange	70%	25%	5%	25%	20%	50%	5%	1,600	2,600	kick 200 #1		
24-Sep	28-Sep	3	Core 1	Orange	70%	25%	5%	25%	20%	50%	5%	1,600	2,600	4x100 Free #1	WTRC New Swimmer	
1-Oct	5-Oct	4	Core 1	Orange	70%	25%	5%	25%	20%	50%	5%	1,600	2,600			TBA
8-Oct	12-Oct	5	Core 1	Orange	70%	25%	5%	20%	20%	55%	5%	1,600	2,600		WTRC Worley	
15-Oct	19-Oct	6	Core 1	Orange	70%	25%	5%	20%	20%	55%	5%	1,600	2,600	kick 200 #2		
22-Oct	26-Oct	7	Core 1	Orange	70%	25%	5%	20%	20%	55%	5%	1,600	2,600	4x100 Free #2		TBA
29-Oct	2-Nov	8	Core 1	Orange	70%	25%	5%	15%	15%	60%	10%	1,600	2,600		KCST Lunsford	
5-Nov	9-Nov	9	Core 1	Orange	70%	25%	5%	15%	15%	60%	10%	1,600	2,600			
12-Nov	16-Nov	10	Core 1	Orange	70%	25%	5%	15%	15%	60%	10%	1,600	2,600	kick 200 #3	DR Jarnagin	TBA
19-Nov	23-Nov	11	Core 1	Orange	70%	25%	5%	10%	15%	65%	10%	1,600	2,600		Thanksgiving	
26-Nov	30-Nov	12	Core 1	Orange	70%	25%	5%	10%	15%	65%	10%	1,600	2,600	4x100 Free #3	WTRC Winter	
3-Dec	7-Dec	13	Taper	Red	50%	40%	10%	10%	15%	70%	5%	1,400	2,400		MAKOS	TBA
10-Dec	14-Dec	14	Holiday	Purple	70%	25%	5%	15%	15%	60%	10%	2,400	3,000			
17-Dec	21-Dec	15	Holiday	Purple	70%	25%	5%	10%	10%	70%	10%	2,400	3,000	kick 200 #4	CAC Distance (Sat)	
24-Dec	28-Dec	16	Holiday	Purple	70%	25%	5%	10%	10%	70%	10%	2,400	3,000	T3000		TBA
31-Dec	4-Jan	17	Core 2	Orange	65%	30%	5%	15%	15%	60%	10%	2,000	3,000		CM Holiday	
7-Jan	11-Jan	18	Core 2	Orange	65%	30%	5%	15%	15%	60%	10%	2,000	3,000		KCST Bischoff/SOS Puppy	
14-Jan	18-Jan	19	Core 2	Orange	65%	30%	5%	15%	15%	60%	10%	2,000	3,000			TBA
21-Jan	25-Jan	20	Core 2	Orange	65%	30%	5%	15%	15%	60%	10%	2,000	3,000		DR Swim Age	
28-Jan	1-Feb	21	Core 2	Orange	65%	30%	5%	15%	15%	60%	10%	2,000	3,000		CM TYR	
4-Feb	8-Feb	22	Core 2	Orange	65%	30%	5%	10%	15%	65%	10%	2,000	3,000		Mary Lou Mini (Sun)	TBA
11-Feb	15-Feb	23	Core 2	Orange	65%	30%	5%	10%	15%	65%	10%	2,000	3,000		Regional Champs	
18-Feb	22-Feb	24	Core 2	Orange	65%	30%	5%	10%	15%	65%	10%	2,000	3,000		Marlins Mini (Sun)	
25-Feb	1-Mar	25	Core 2	Orange	65%	30%	5%	10%	15%	65%	10%	2,000	3,000			TBA
4-Mar	8-Mar	26	Taper	Red	50%	40%	10%	10%	15%	70%	5%	1,400	2,400		Junior Olympics	
11-Mar	15-Mar	27	Maintenance	Green	80%	15%	5%	20%	20%	50%	10%	2,000	2,400			
18-Mar	22-Mar	28	Maintenance	Green	80%	15%	5%	20%	20%	50%	10%	2,000	2,400			TBA
25-Mar	29-Mar	29	Break	Indigo	0%	0%	0%	0%	0%	0%	0%	0	0			
1-Apr	5-Apr	30	Break	Indigo	0%	0%	0%	0%	0%	0%	0%	0	0			
8-Apr	12-Apr	31	Core 3	Orange	60%	35%	5%	20%	20%	50%	10%	2,000	3,000			TBA
15-Apr	19-Apr	32	Core 3	Orange	60%	35%	5%	20%	20%	50%	10%	2,000	3,000	kick 200 #5		
22-Apr	26-Apr	33	Core 3	Orange	60%	35%	5%	20%	20%	50%	10%	2,000	3,000	4x100 Stk #1		
29-Apr	3-May	34	Core 3	Orange	60%	35%	5%	10%	20%	60%	10%	2,000	3,000			TBA
6-May	10-May	35	Core 3	Orange	60%	35%	5%	10%	20%	60%	10%	2,000	3,000			
13-May	17-May	36	Core 3	Orange	60%	35%	5%	10%	20%	60%	10%	2,000	3,000			
20-May	24-May	37	Core 3	Orange	60%	35%	5%	10%	15%	65%	10%	2,000	3,000	4x100 Stk #2		TBA
27-May	31-May	38	Core 3	Orange	60%	35%	5%	10%	15%	65%	10%	2,000	3,000	kick 200 #6		
3-Jun	7-Jun	39	Core 3	Orange	60%	35%	5%	10%	15%	65%	10%	2,000	3,000			
10-Jun	14-Jun	40	Core 3	Orange	60%	35%	5%	10%	15%	65%	10%	2,000	3,000			TBA
17-Jun	21-Jun	41	Core 3	Orange	60%	35%	5%	10%	15%	65%	10%	2,000	3,000			
24-Jun	28-Jun	42	Core 3	Orange	60%	35%	5%	10%	15%	65%	10%	2,000	3,000			
1-Jul	5-Jul	43	Core 3	Orange	60%	35%	5%	10%	15%	65%	10%	2,000	3,000			TBA
8-Jul	12-Jul	44	Core 3	Orange	60%	35%	5%	10%	15%	65%	10%	2,000	3,000		LC Regionals	
15-Jul	19-Jul	45	Taper	Red	50%	40%	10%	10%	15%	65%	10%	1,600	2,600		LC Jr Olympics	
22-Jul	26-Jul	46	Taper	Red	50%	40%	10%	10%	15%	65%	10%	1,600	2,600			
29-Jul	2-Aug	47	Taper	Red	50%	40%	10%	10%	15%	65%	10%	1,600	2,600		USA Zones	
5-Aug	9-Aug	48	Break	Indigo	0%	0%	0%	0%	0%	0%	0%	0	0			
12-Aug	16-Aug	49	Break	Indigo	0%	0%	0%	0%	0%	0%	0%	0	0			
19-Aug	23-Aug	50	Break	Indigo	0%	0%	0%	0%	0%	0%	0%	0	0			
26-Aug	30-Aug	51	Break	Indigo	0%	0%	0%	0%	0%	0%	0%	0	0			
2-Sep	6-Sep	52	Break	Indigo	0%	0%	0%	0%	0%	0%	0%	0	0			