

SILVER
1 April 2019

- 1) Welcome back! We will be on our regular spring training schedule immediately. We will swim Monday-Thursday 5:30-7:30 PM, Friday 5:15-6:45, Saturday TBA (either at Spire 9-11 AM or Hawken Upper 9:30 AM-12 PM—this Saturday we are at Hawken)), and lessons on Sunday. Practices will be of moderate intensity the first few days, but we will try to reach full intensity quickly. The summer LC season is short and there is no time to waste. For those of you yet to go on spring break, I remind you to swim as much as possible over your break both to retain conditioning for better performance this summer and to avoid injury when you return.
- 2) The regular spring schedule:

Monday-Thursday	5:30-7:00 PM
Friday	5:15-6:45 PM
Saturday	9-11 AM (at Spire) or 9:30-12 (Hawken Upper)
Sunday	None
- 3) A reminder about the meet schedule. Avoid early season meets, since they mean loss of practice time and offer little by way of performance reward. The earliest meet I would swim is the GLSS meet in mid-May. I strongly suggest that swimmers attend the Lakeside OVC meet the second weekend in June. This meet is outdoors—a serious consideration for swimmers who plan or hope to attend Junior/Senior Nationals at Stanford next summer (which also is outdoors)—and offers excellent competition. On the senior side, you can expect the University of Kentucky, the University of Louisville, Purdue University and Indiana University to attend, all excellent swimming schools and guaranteeing the presence of several Olympic swimmers. The age group competition also is excellent, and all of this is in the unique facility of “the Lake.” (If you have questions about the meet, ask Coach Rick.) Obviously swimmers should attend the LESD meet in June and AG Champs at the end of the season. Those who qualify should swim Zones and Sectionals.
- 4) Because of my coaching responsibilities it is difficult for me to supervise dryland before practice. I would like, however, for swimmers to do some dryland on their own. This should include stretch cords, 50 wall pushups, 20 regular pushups and stretching.
- 5) I would like to talk to parents at the end of practice on Tuesday. I will explain in detail what we do in practice, discuss meets and other issues and answer any questions parents might have.