

**SILVER**  
**8 April 2019**

- 1) It was a good first week of practice. We had fairly solid attendance and we did get a great deal of work done. Most of it was in kicking and technique improvement as we eased into the season. Each week will see an increase in intensity, with longer sets and faster send-offs. As always, I remind swimmers to attend as many practices as possible, to focus in practice, and to bring the same intensity to a workout that they bring to a meet. In many ways, it is that last point that ultimately separates the most successful from the less successful swimmers.
- 2) The regular spring schedule:

Monday-Thursday	5:30-7:30 PM
Friday	5:15-6:45 PM
Saturday	9-11 AM (at Spire) or 9:30-12 (Hawken Upper)
Sunday	Regular lessons

[We are at Spire 9-11 on Saturday.]
- 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) Remember, I would like swimmers to execute some dryland before practice. This should include stretch cords, 50 wall pushups, 20 regular pushups and stretching. Similar training at home can be useful. Pushups, pull ups and rope climbing are especially beneficial.
- 5) One topic that I missed last week in my talk with parents was swim camps. Parents often ask about them (and one did after the meeting). My general advice is no. Camps are useful if the swimmer is on a club lacking adequate coaching or in desperation if the swimmer has suffered a loss of interest in swimming. Most of the time, however, they are a waste of time. Swimmers usually return in poorer physical condition than they left (it takes the coaches about a week to figure out their training needs) and camps are in business to create “fun,” which promotes return business, not hard training. I will provide a few extra practices over the summer, which will provide additional opportunities for swimmers with no loss of conditioning!