

TO: Elite Group and College Swimmers
FROM: Pete Malone
DATE: Holiday Swimming – Thanksgiving, Christmas Plans - 2009
RE: November 2009

Welcome home for the holidays to the college swimmers. The Blazers Program is excited to have you involved while you are at home.

The Elite Group is in preparation for a great swim year. We are presently training hard and focused on our potential at the end of the year. I have included a copy of the Holiday schedule. We are training at the Roeland Park Aquatic Center. If our training does not match your desires, you might be able to train during open pool time. Please contact Facility Director at the Aquatic Center at 913-432-1377 - Lap Lanes are available during open swim hours.

Good luck in this coming College Championship season.

Sincerely,

Peter D. Malone
Head Coach/General Manager
K.C. Blazers Swim Team

**ELITE – BLAZERS
THANKSGIVING WEEK SCHEDULE – 2009
ROELAND PARK POOL**

		AM		PM	
Mon.	NOV. 23	5:00 – 6:45	POOL – R.P.	4:00 – 7:00	POOL – R.P.
Tue.	NOV. 24	5:00 – 6:45	WEIGHTS – ATC	4:00 – 7:30	POOL – R.P.
Wed.	NOV. 25	7:00 – 9:30	POOL – R.P.	2:00 – 5:00	POOL – R.P.
Thur.	NOV. 26	8:00 - 11:00 Optional	----Thanksgiving----	Short Course Nationals Swimmers & College or Make-up	
Fri.	NOV. 27	7:00 – 10:30	POOL-long course-R.P.	OFF	
Sat.	NOV. 28	5:30 - 7:15 7:00 – 12:00	WEIGHTS- ATC Swim Meet	Dual Meet 8:30 starts	POOL – R.P.

Note: Lap lanes for practice Saturday are open after 12:00 till 6:00 PM for those who need to make up or college swimmers. College swimmers could workout 7:00am till 9:00am while we warm-up at the other end of the pool.

2009 ELITE GROUP MID-DECEMBER & CHRISTMAS PRACTICE PLANS

I. INFORMATION

This is the only time, all through the winter season, where we can train and coordinate training with proper rest and nutrition.

Almost every swimmer will face exams the week of Dec. 14th or Dec. 21st. This situation generally causes some disruption to training cycles. Let's make sure that we cover our bases with great holiday time, good pre-planning and time management.

II. GOALS

- A) Ensure you attend 100% of all holiday practices to insure swimming excellence and team bonding.
- B) Team building by all centering their energy on training and swimming goals.
- C) Concentrated training and also quality time off.
- D) Provide opportunity for good sleep and proper nutrition plan.
- E) Long-Course training - Available – Most AM Sessions.

III. FACT

You are Elite Group members - you have earned the opportunity but also must accept the responsibility that goes with opportunity and privileges.

“WEEK OF DEC. 14, 2009 PRACTICE SCHEDULE” Roeland Park and ATC of JCPRD

CHART 1

		<u>AM</u>	<u>Notes</u>	<u>PM</u>	
Mon.	DEC. 14	OFF		4:00 - 7:00	POOL
Tues.	DEC. 15	Wgts. 5:00-6:45		4:00 - 7:30	POOL
Wed.	DEC. 16	OFF		4:00 - 7:00	POOL
Thurs.	DEC. 17	Pool 5:00-6:45 Wgts. 5:00-6:45		4:00 - 7:00	POOL
Fri.	DEC. 18	5:00-6:45		4:00 - 7:30	POOL
Sat.	DEC. 19	Wgts. 5:00-6:45 7:00-10:00 AM	POOL	OFF	

IV. 2009 CHRISTMAS TRAINING CAMP FOR ELITE & COLLEGE VISITORS

SCHEDULE CHART 2

Note: Please check with coach if out of school before December 18. Swimmers attend all scheduled practices.

		<u>AM</u>		<u>PM</u>	
Mon.	Dec. 21	7:00-10:00 AM LC		2-5PM	POOL - 3:00-5:00 PM S.C.
Tue.	Dec. 22	5:00 – 6:45-ATC 7:00-9:30AM LC	Weights/ATC Pool Practice	2 – 5 PM	POOL - 3:00-5:00 PM
Wed.	Dec. 23	7:00-9:30AM LC		2 – 5 PM	POOL - 3:00-5:00 PM S.C.
Thur.	Dec. 24	Optional 8-11AM	Make up for missed practices during exams		
Fri.	Dec. 25	OFF – Christmas			
Sat.	Dec. 26	OFF		2:00-5:00PM SC	POOL 3:00-5:00PM
Sun.	Dec. 27	OFF		2:00-5:00PM	3:00-5:00PM SC

SCHEDULE CHART 3

		<u>AM</u>		<u>PM</u>	
Mon.	Dec. 28	7:00 – 10:00 AM	POOL 7:30-10:00 LC	2:00-5:00PM	POOL 3:00-5:00PM
Tues.	Dec. 29	5:00-6:45AM 7:00-9:30AM	Weights POOL 7:30-9:30LC	2:00-5:00PM	3:00-5:00PM SC
Wed.	Dec. 30	7:00-10:00AM	POOL 7:30-10:00 LC	2:00-5:00PM	3:00-5:00PM SC
Thur.	Dec. 31	7:00-10:00 AM	Pool 7:30-10:00 LC	OFF	OFF
Fri.	Jan. 1	OFF			
Sat.	Jan. 2	5:30 – 7:15 7:00-10:00	WEIGHTS/ ATC POOL - 7:30-10:00LC	Makeup afternoon	
Sun.	Jan. 3	OFF	Makeup day – Talk to coaches to get plans.		

Note: We will return to school day training plans January 4.