

IDAHO FALLS SWIM TEAM, PIRANHAS
Training Schedule for Nov. 28 through Feb. 12, 2012

<u>GROUP</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>Piranha Power</u>	5:30-7:15 a.m. 4:30-6:00 p.m.	4:30-6:30 p.m.	5:30-7:15 a.m. MANDATORY	4-5:30 p.m. (meeting until 6:20)	5:30-7:15 a.m. 4-5:30 p.m.	Practices on Saturday will be: POWER – 11-1 p.m. SR. / Pre-SR / AG1 – 11-12:30 p.m. AG2/JP1 – 11-12 p.m. Check each week for changes to this schedule.
<u>Senior</u>	4:30-6:00 p.m.	5:30-7:15 a.m.	4:30-6:00 p.m.	5:30-7 p.m.	4-5:30 p.m.	
<u>Pre-Senior</u>	5-6 p.m.	4-5 p.m.	4:45-6 p.m.	OFF	4-5:15 p.m.	
<u>Age Group 1</u>	3:45-5 p.m.	5:30-7:15 a.m.	4:30-6 p.m.	5:30-7:15 a.m.	4-5:30 p.m.	
<u>Age Group 2</u>	OFF	3:45-5 p.m.	3:45-4:45 p.m.	5:30-7:15 a.m.	4-5:15 p.m.	
<u>Age Group 3</u>	OFF	3:45-4:45 p.m.	3:45-4:45 p.m.	3:45-4:45 p.m.	4-5 p.m.	
<u>Jr. Piranha 1</u>	3:45-4:45 p.m.	OFF	3:45-4:45 p.m.	3:45-4:45 p.m.	4-5 p.m.	
<u>Jr. Piranha 2</u>	3:45-4:30 p.m.	3:45-4:30 p.m.	3:45-4:30 p.m.	OFF	4-4:45 p.m.	
<u>Jr. Piranha 3A</u>	4:30-5:15 p.m.		4:30-5:15 p.m.			
<u>Jr. Piranha 3B</u> <u>Mountain View – PIRANHA</u> <u>Swim School Group</u>		8:45-9:30 a.m.	8:45-9:30 a.m.	8:45-9:30 a.m.		

- This is a DRAFT training schedule for Nov. 28 thru February 12, 2012. I do not anticipate any changes, maybe a few tweaks here and there. Continually check the calendar on the website, I am trying to update it daily if needed.

*** Practice from November 10-28 will remain the same as we are currently running. Exception: Pool Closure the 11-20 and Thanksgiving, no practice 24-25-26.**

* There will only be one POWER training group. There will be a limit on the number of swimmers admitted into the group; 15-20 swimmers. All will have to complete test sets 1-4 and any others they can get done. Check the website for dates and times test sets will be offered during December.

- The SENIOR training group is very large so we are going to split it into two, Pre-Senior and Senior. The difference being: experience, skills, and desire to list a few.

* Idaho Falls Swim Team, PIRANHAS are venturing out – PIRANHA SWIM SCHOOL! We will start small and hope to grow our entry level 8 & under program. This introductory level is critical to the proper growth and development of competitive swimmers. Check the website for registration information into this program.

- WHAT GROUP IS MY SWIMMER IN? This is the question of the day; check the IFST website for an updated training group description.

- If you have a swimmer turning 9 years old prior to March 1, 2012; they will begin this schedule in Age Group 3 or Age Group 2 based on prerequisite skills and coach recommendation.

- If you have a swimmer turning 13 years old prior to March 1, 2012; they will begin this schedule in Pre-Senior or Senior based on prerequisite skills and coach recommendation.

- This is the BUSIEST time of the year for many reasons; please keep an eye on the calendar located on the team website. It is being updated as needed.

- Meets and days off are listed on the team calendar – please check the calendar on the website.

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 11/18/2011

