

Just a few quick notes to swimmers in Level 3-4-5

8-26-17

Welcome back! I'm looking forward to a new season of renewed fresh swimmers ready to break into better and better swimming. I will have multiple handouts over the next couple of weeks, and I don't want to overwhelm anyone with too much at one time.

If you miss any practices or come in late or have to leave early, just be sure to double check to make sure you haven't missed any handouts or announcements.

The first week or two of the season always has an influx of new swimmers, and returnees who might have been out for a while. Some families are on vacation. Most schools have started or are starting next Monday. This sometimes adds excitement, but also adds a little turmoil to things. Be patient. Things will settle in before you know it.

Here are a few important ones that you'll get next week:

Time stds sheets

Meet Schedule

Goal work sheets

There is a schedule online that currently goes through the next two weeks. The full September schedule will be out sometime next week.

We will be starting out with a lot of technique work in the first couple of weeks. It's easy to look at technique work as boring or unproductive, because it doesn't get your heart pounding. The boring part is only true if you're not focussed in on the task at hand. There are very (very very very) few swimmers who every make it to national levels with poor technique. And probably none with really poor technique. The better your technique, the better chance you have at becoming the best swimmer you can be.

So don't take the technique as, "aw that's easy, so I don't have to try". Instead, take it on as, "It's the best way to improve without having to do a bunch more yardage". I've attached a worksheet that I would like you to do prior to Monday in order to set you up to setting your goals next week.

Every time I go to big national level meets I am in awe of how great some of the top swimmers look, as well as the general look of the "average" stroke at that level. So take advantage of the opportunity!!!!

Move -ups:

Some of you will be moving levels next week. I would like to get a chance to talk with each swimmer on this individually. So I will start talking to you tomorrow (Friday) and continue on Monday and Tuesday. Until then, plan on your current level. 3.5's M-Th with L4. If I have you moving up, you can plan on that being permanent starting next Wed.

This Saturday:

Cowles Mtn – fun hike. Families welcome. Be there ready to go at 7:00 am. (yep that's early). Bring water bottles. This is not a "required" practice, it's more a just for fun thing. I encourage you to go if you can.

Next Saturday:

Beach Practice La Jolla Shores – 7:30-9:30 am. Similar to previous years, although we'll do a couple of new things, and a few things differently. I will have more info next week.

Homework – Due Monday 6-28

Name 3 things you are aware of that you need to work on for each stroke:

-first put your name here: _____

Freestyle:

1)

2)

3)

Back:

1)

2)

3)

Breast:

1)

2)

3)

Fly:

1)

2)

3)

Quiz time:

Your best 200 time for event 1 is 2:32 and event 2 is 2:16 Coach Dave says, “ you're going 6 sets of 3 50's on your 200 pace + 5, 4, and 3 by set ...first 3 sets stroke 1 and next 3 sets stroke 2 restart is 3:30”.

You're leaving second in your lane :05 seconds behind first.

When do you push off the wall? and when do you need to be in by in order to have “made” the set?

set 1 #1_____ #2_____ #3_____ in by _____

set 2 #1_____ #2_____ #3_____ in by _____

set 3 #1_____ #2_____ #3_____ in by _____

set 4 #1_____ #2_____ #3_____ in by _____

set 5 #1_____ #2_____ #3_____ in by _____

set 6 #1_____ #2_____ #3_____ in by _____

