

WEEKLY UPDATE

Green Group

PRACTICE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 7:00 PM (swim)	5:30 - 7:00 PM (swim)	5:30 - 7:00 PM (swim)	OFF	OFF	OFF	OFF

- ⦿ There is no practice on Thursday and Saturday do to high school Girl's sectionals.
- ⦿ Championship season is right around the corner so I highly recommend coming to as many practices as possible.

UPCOMING MEETS

- ◎ **2018 NSC Relay Sprintacular**
 - February 10, 2018 (12:00 PM)
 - Registration Deadline February 10, 2018
 - An impromptu time trial meet that we will be offering in lieu of our NSC Chill Out Classic.
 - The format of the time trial is as follows:
 - Swimmers may elect to swim any combination of events up to a total of 5 events, including repeating the same events up to 5 times.
 - Relays will be offered and created by the coaching staff.
 - At the conclusion of one round of events, we will immediately begin the next round of events.

- ◎ **SISC Conference Championships**
 - February 23 - 25
 - Jasper, IN
 - This is a prelims / finals meet that is open to all of our swimmers. It will be a great opportunity for our Creatures to show how much they have improved throughout the year.
 - **BE SURE TO RESERVE YOUR HOTEL ASAP** because rooms are going fast!

GREEN 1 CREATURE OF THE WEEK

◎ Ella Slesky

■ Athlete

- Ella works hard in practice every day and is always attentive to feedback and excited to learn more about being the best swimmer she can be.

■ Leader

- Ella pays close attention to sets and is always willing to explain sets to her teammates. She helps mentor the swimmers around her on a daily basis and does an excellent job demonstrating drills for the group.

■ Role Model

- Ella leads by example in her dedication and concentration. She works hard in practice and exemplifies how to work hard.

GREEN 2 CREATURE OF THE WEEK

◎ Ryan Xuo

■ Athlete

- As an athlete, Ryan challenged himself by going on the fastest interval possible for the days that we swam with white.

■ Leader

- As a leader, Ryan consistently pays attention when the coaches are talking. He also makes sure to ask a coach for clarification on a set, whenever he has questions.

■ Role Model

- As a role model, Ryan always pushes himself to be better in the pool. He is eager to learn and be the best version of himself. His persistence and hard work will payoff in the end!

MICHAELA'S CORNER

- ◉ This week in Green 1 we continued our technique work as well as worked on building back more endurance.
- ◉ We did this by focusing on Butterfly and Breaststroke technique and increasing yardage. Below are the specific strategies we used.
 - Butterfly: correct timing of breathing in Butterfly is key for a smooth, efficient stroke. To work on this we learned a new drill in which athletes practiced the pull down portion of a Butterfly stroke where they breathed as they pulled their arms down.
 - Breaststroke: our focus this week for Breaststroke was to have a strong pull and tucked head. Athletes had some fun strengthening their pull by sitting on a kickboard and attempting to pull themselves forward with strong arms. Swimmers then had to keep their strong arms while tucking chins down and swimming Breaststroke.

ANDREW'S CORNER

- ◉ This week in Green 2 we worked a little bit on every stroke.
- ◉ On the days that coach Michaela is not at practice, Green group will combine with White group and do a similar set together. To maximize the coach to swimmer ratio, Kyle will coach Green 2 and White group together for the main set and I will be coaching Green 1 for the main set.
- ◉ This week Green 2 made a huge improvement in their Butterfly. When swimming Butterfly the athletes have done a good job with their arms, but have had difficulty connecting their arms and legs.
- ◉ Tuesday, the swimmers learned how to use their legs more effectively when swimming Butterfly. I taught them to have two kicks per arm cycle. They will kick their hands in and kick their hands out. The key to this process is to make sure these kicks are fast and consecutive.
- ◉ I highly encourage every Green group swimmer to attend our Time Trial on February 10th. This is a great opportunity to get some cuts before SISC, Divisionals and State.