

WEEKLY UPDATE

Green Group

PRACTICE SCHEDULE

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

- ⦿ Championship season is right around the corner so I highly recommend coming to as many practices as possible.
- ⦿ This weekend is the last chance for our swimmers to achieve Divisionals cuts before the Divisionals meet, so let's get fired up for some fast swimming!

UPCOMING MEETS AND 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** as rooms are going fast!
- ◎ 2018 SCY Divisional Championships
 - March 2 - 4
 - Terre Haute, IN
 - The 2018 SCY Divisionals meet will be prelims/finals. You must qualify for this meet to participate. If you are unsure whether or not your swimmer has cuts, please feel free to contact one of the coaches.

UPCOMING EVENTS

◎ Indiana Swimming Green Flag Clinic

- When: April 7th
- Where: Castle High School Natatorium
- NSC is happy to help host the Fitter and Faster Swim Tour with Indiana Swimming. This clinic will be part of the Green Flag Series created by Indiana Swimming and is designed for swimmers who have been competing for 3 years or less. More information to come soon!

UPCOMING EVENTS

◎ Cody Miller Clinics

- When: May 5 - 6th
- Where: Castle High School Natatorium
- NSC is proud to announce that we will have Olympic Gold Medalist Cody Miller come to our pool and hold two clinics for us! The first clinic will be for improving our kicks and the second clinic will be for elite breaststrokers. More information can be found on our website.

GREEN 1 CREATURE OF THE WEEK

◎ Katherine Xu

■ Athlete

- Katherine is always an extremely attentive listener in practice and works hard on what she is told to do.

■ Leader

- Katherine demonstrates her dedication to fellow teammates and does an excellent job perfecting her drills, leading the way for how the group should work as well.

■ Role Model

- Katherine takes on the hardest of practices with determination and never complains even when she is getting tired. She sets an excellent example to the group.

GREEN 2 CREATURE OF THE WEEK

The Group

◎ Athletes

- As athletes, the group did an incredible job of competing each and everyday this week at practice. There were several opportunities to race and they all stepped up.

◎ Leaders

- As leaders, the group did a great job of cheering on their teammates when practice got a little tougher. Having the support of a teammate always makes it easier for athletes to push themselves in practice.

◎ Role Models

- As role models, the group held each other accountable when we had to start some sets over. They would make sure that everyone was doing everything correctly so that they would not have to start the set over again.

MICHAELA'S CORNER

- ◉ This week in Green 1 we honed in on technique work and also worked on breath control while swimming
- ◉ We did this by focusing butterfly and breaststroke while also working on sets where swimmers were asked to hold their breath
 - Butterfly: our focus was on having the best kicks possible while swimming. It is important to kick twice per arm stroke, once while pulling your arms down and another time to kick your arms out and around
 - Breaststroke: we had some fun this week while working on trying to keep our chins tucked by holding a ball under our chins in breaststroke. We also re-visited underwater pullouts as I noticed a lot of swimmers not doing them during the meet this past weekend.
 - Breath Control: I asked the swimmers to count their strokes and try breath every 7, 5, and 3. We also sacrificed some air by doing sprints with no breathing between the flags and the wall. But no worries, swimmers got some air back at the end of practice in the form of airhead 😊

ANDREW'S CORNER

- ⦿ This week in Green 2 we worked on descending work and racing.
- ⦿ On Mondays our new coach Madi Jones will be assisting Green group. She is a current student athlete at UE and Michaela and I are happy to have her assistance.
- ⦿ On Monday, I saw a lot of progress with our groups Butterfly. We began working on proper technique and kicking.
 - For technique, we made sure to kick our hands in, pull and then kick our hands out.
 - For kick, we got our fins on and did some dolphin kick on our back. To ensure proper form, I told the swimmers to put a kickboard over their knees. The challenge was to keep the knees from hitting the board but still be able to see their fins.
 - At the end of practice we played a 'king of the hill' game which allowed for our swimmers to get some more racing in while also having fun.
- ⦿ The other two days, focused mainly on racing the person next to you and descending in practice. The swimmers understanding of descending has improved substantially this week and their accountability for themselves has grown too. This is very promising, because it shows they are taking ownership for their actions in the water. This will only help them later on in their swimming career and in life.