

WEEKLY UPDATE

Green Group

PRACTICE SCHEDULE

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

- Championship season begins this week! Be sure to come to every practice to get the best results at meets.
- There is a pasta potluck for everyone on Wednesday, February 28th! All are welcomed.
- The last day for the competitive team will be March 15th.

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

◎ Athlete

- As athlete's did an incredible job of competing each and everyday this week at practice. There were several opportunities to race an they all stepped up.

◎ Leader

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

◎ Role Model

- As role models, the group held each other accountable when we had to start some sets over, making sure that everyone was doing everything correctly, so 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 breast stroke 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
 - Breast Stroke: we had some fun this week while working on trying to keep our chins tucked by holding a ball under our chins in breast stroke. We also re-visited underwater pull outs 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 Monday's our new coach, 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 this week a lot and their accountability for themselves has grown too. This is very promising, because it shows they are taking ownership for there actions in the water. This will only help them later on in their swimming career and in life.