

WEEKLY UPDATE

Green Group

PRACTICE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 7:00 PM (swim)	OFF	9-10:30am (swim)	OFF			

- Championship season is right around the corner so we highly recommend coming to as many practices as possible!
- We also encourage swimmers to participate in the Time Trial on February 10th.
 - This is a great opportunity to get some cuts before SISC, Divisionals, and State!

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

◎ Nathan Whitacre

■ Athlete

- Nathan is an extremely motivated swimmer, and attacks the hardest of sets with tenacity.

■ Leader

- Nathan is always eager to answer questions during practice even when others do not want to. He also often acts as the lane leader, motivating the other swimmers in his lane to work hard while also keeping track of the intervals.

■ Role Model

- Nathan's enthusiasm for swimming sets the example for other swimmers in the group and helps create a positive and fun team environment for all involved.

GREEN 2 CREATURE OF THE WEEK

◎ Jaclyn Hohne

■ Athlete

- As an athlete, Jaclyn attempted and completed the fastest intervals when given the opportunity. This week her effort helped encourage the group to strive to be the best swimmers that they can be.

■ Leader

- As a leader, Jaclyn starts at the front of the lane for kick sets. She does a great job of setting the tone for the rest of the group.

■ Role Model

- As a role model, Jaclyn continues to apply the tips and techniques that the coaches give her. Being able to accept and apply instructions is crucial for growth as a swimmer.

MICHAELA'S CORNER

- ◉ This week in Green 1 we continued our ongoing technique work as well as increased yardage to promote endurance.
- ◉ Below are the specific strategies we used to achieve improved technique and endurance:
 - Freestyle: we learned a fun new drill this week in which swimmers held a tight streamline and rolled in a circle while kicking. This helps promote balance in the water and increases swimmer's control as they rotate during freestyle swimming
 - Streamlines: we worked hard on maintaining tight streamlines this week, which included having to do a walking lap around the pool holding tight streamlines followed by streamline kicking.
 - Endurance: we had a couple of higher intensity sets with more speed work as well as yardage this week. Swimmers are encouraged to continue working hard even when they start to get tired.

ANDREW'S CORNER

- ⦿ This week in Green 2 we worked on distance per stroke, turns, finishes and pushing ourselves with interval and distance.
- ⦿ 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 significant progress with their turns and finishes. In order to improve these aspects of our races, we did a plethora of progressions involving practicing proper technique while in a race/relay setting.
 - While performing the turns at race pace, we asked the swimmers to not breathe inside the flags, streamline past the flags and not breathe off the walls.
 - While performing the finishes at race pace, we asked the swimmers to sprint until they touched the wall, keep the head down inside the flags and touch the wall with their head looking towards the ground.
 - 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.