

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

- ◉ Championship season is right around the corner so I highly recommend coming to as many practices as possible.
- ◉ Due to Boys High School Sectionals this week, we will not be having practice on Thursday or Saturday.
 - I highly recommend coming down to watch the meet, there will be a lot of fast swimming and it is always a lot of fun! Hope to see you there!

GREEN 1 CREATURE OF THE WEEK

◎ Saathvik Reddy

■ Athlete

- Saathvik has made so much progress this season and has made many improvements to his technique as well as endurance.

■ Leader

- Saathvik frequently acts as his lane leader, and always keeps excellent track of the intervals and sets, helping those around him know what we are doing and when to go.

■ Role Model

- Saathvik always finds the fun in swimming, and no matter how hard a set is, always has fun and encourages others to do so as well.

GREEN 2 CREATURE OF THE WEEK

◎ Andy Xu

■ Athlete

- As an athlete, Andy did a great job of attempting and completing every set I through at him on the correct interval. It is evident he has progressed and I am looking forward to championship season with him and his teammates.

■ Leader

- As a leader, Andy listens whenever the coaches are instructing him and asking specific questions. If he keeps this up, only good things will come.

■ Role Model

- As a role model, Andy is consistently looking to get better. If a coach gives him specific instructions, he will ask the coach how he was doing, so he can make sure he doing things the right way.

MICHAELA'S CORNER

- ◉ This week in Green 1 we honed in on technique work and introduced some difficult sets to increase athlete's endurance.
- ◉ We did this by focusing on breaststroke, butterfly, and backstroke. Below are the specific strategies we used.
 - Breaststroke: this week we worked hard on positioning in the water with breaststroke, ensuring athletes keep their chins tucked while swimming and kick into a strong glide
 - Butterfly: swimmers worked on a difficult drill we call "Skippers" where they focus on the portion of butterfly in which they pull their arms down and breath quickly
 - Backstroke: Swimmers got to have a little fun balancing cups of water on their foreheads while swimming backstroke in order to make sure they keep their heads back and completely still while swimming!

MICHAELA'S CORNER CONT.- WELCOME COACH MADI!

- ◉ Some of you may have noticed a new face on deck, we are so excited to have Coach Madi Jones joining us! She is a junior studying Exercise Science/pre-Physical Therapy at the University of Evansville and is a member of swim team there as well.
- ◉ Coach Madi has many years of coaching experience and will be working with Green 1 on Mondays as a part of her internship hours with NSC. Welcome to the team Madi!

ANDREW'S CORNER

- 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.
- This week in Green 2 we worked on distance per stroke, turns, and descending work.
- Green 2 made significant progress with their turns and breakouts off their turns.
 - Since we worked mainly on turns last week, I thought it would be a good idea to extend our good habits into our breakouts off our turns.
 - If we want to give our athletes the best chance at succeeding in the pool then we need to try and maintain momentum through our turns.
 - Next week we will continue to reinforce these concepts.
- **Descending**
 - The concept of descending in swimming is increasing effort each rep until the last rep, they are swimming their fastest. This is important for training as they grow, but also for pacing in races.
 - In longer races, it is not necessary to try and go as fast as you can the first 50, rather conserving energy and building their races will give them more energy at the end of a race and a better chance of going a faster time.
 - We will also continue to highlight this skill over the next couple of weeks.