

WEEKLY UPDATE

Green Group

PRACTICE SCHEDULE

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

- ⦿ This is the last week of practice until April 9th! The Green Group coaching staff is very pleased with this winter season and are looking forward to an even better summer season. If you have not already, we all highly encourage our athletes to sign up for one of swim clinics at the beginning of April.
- ⦿ No practice Saturday due to Age Group State!

GREEN GROUP

CREATURE OF THE WEEK

◎ Heidi Giannini

■ Athlete

- As an athlete Heidi consistently gives her full effort no matter what the set.

■ Leader

- As a leader, Heidi does a fantastic job with listening to the coach's instructions. This week we focus a lot on technical aspects with our stroke, and not once did the coaches have to remind her to change her technique on the main set.

■ Role Model

- As a role model, Heidi did a great job of supporting her teammates during relays. Support is key for a group to flourish and improve.

ANDREW'S CORNER

- ◎ This week in Green, Kyle and I worked with White and all of Green group together, since Madi and Michaela were out of town.
- ◎ Each day we worked on a different stroke and mainly focused on the head and body position of each stroke. We then tested those skills each day in a set of three 50's to force the athletes to focus on the details in their strokes. You may find the drills that we did for each stroke below and what the focus was for the 3-50's.
 - Fly - Dolphin Kick on Side, Single Arm Drill, and then 2-2-2 Drill. The main focus for fly was the head touches the water before the arms, two hand touch and kick when our hands enter and exit the water.
 - Back/Free - the drills started off with Rock n' Roll for backstroke and Shark fin for Freestyle, but then both strokes continued with Six Kick Switch and then Triple switch, which is Six Kick Switch with three strokes. The main focus was streamline past the flags, tight streamline and rotation.
 - Breast - these drills + plus the 50's all focused on kicking your head down. The drills were front thumb locker, 2 kicks 1 pull and 3 second glide. Additionally the group focused on a two hand touch for the turn and a tight streamline off each wall.