

# WEEKLY UPDATE

Green Group

# PRACTICE SCHEDULE

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

- Championship season is here so I highly recommend coming to as many practices as possible.
- All swimmers are encourage to attend practices. We will be doing relay exchanges every day for those swimmers going to State.

# GREEN 1 CREATURE OF THE WEEK

## ◎ The Group

### ■ Athlete

- The group has done a great job of working hard. There is not doubt their hard work will pay off.

### ■ Leader

- As leaders the group does a fantastic job of encouraging everyone during their sets.

### ■ Role Model

- As role models the group is always doing their best to pay attention when the coaches are talking. It is key for athletes at this age to pay attention as much as possible when the coaches are giving instructions.

# GREEN 2 CREATURE OF THE WEEK

## ◎ Jade Fei

### ■ Athlete

- As an athlete Jade consistently gives her full effort on every set the group attempts.

### ■ Leader

- As a leader, Jade does a fantastic job with attention to detail. This shows particularly during our drills, as she is one of our athletes that normally demonstrates to the group, what the drills are supposed to look like.

### ■ Role Model

- As a role model, Jade is a team player. Her support for her teammates is contagious and helps the group work at a high level.

# MICHAELA'S CORNER

- This week in Green 1 we honed in on technique work and fine tuned the group's turns.
- Additionally we focused on proper pull outs.
  - Open turns: Athletes worked on staying low on the wall. In order to minimize time on the wall it is important keep the head low on the wall.
  - Flip Turns: Athletes worked on tucking their chin once their head is below the water.
  - Starts: Swimmers worked on keeping their heads down and entering the water in a tight streamline out of their dives.
  - Finishes: athletes had to make sure they were finishing fast into the wall with their heads down, it is also important to hit the wall hard with fingertips to make sure you get the touchpad
  - Pull Outs: Athletes worked on holding a streamline for two seconds, pull down, hold for two seconds and finally keep the head down and take a stroke.

# ANDREW'S CORNER

- ◎ This week in Green 2 we worked on the our starts, turns and implementing proper technique in longer sets.
  - For open turns, the main focus was maintaining proper technique at race speed and staying low on the wall.
  - We also worked on streamlining past the flags and not breathing right off the wall. This is important, because it helps athletes maintain speed.
  - Flip turns our main focus was bringing our knees to our chest. I have told our athletes many times, it is important to be in a small ball, in order to get off our walls as quick as possible.
  - With starts our group worked on jumping out as opposed to down. Often times, swimmers will just try to fall in the water as quick as possible, rather than jumping out. If the swimmer goes to deep then the risk starting behind in their race.