WEEKLY UPDATE

Prep Group

PRACTICE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 – 5:55p (dryland development) 5:55 – 7:00p (swim)	5:45 – 5:55p (dryland development) 5:55 – 7:00p (swim)	5:45 – 5:55p (dryland development) 5:55 – 7:00p (swim)	5:45 – 5:55p (dryland development) 5:55 – 7:00p (swim)	OFF	OFF	OFF

- Schedule Notes
  - Let's attend as many as we can so that we can continue to learn as grow as swimmers before our break.
  - The last day of the competitive team is March 15th.

CREATURE OF THE WEEK

- Sylas White
  - Athlete
    - Sylas has done an amazing job this week of incorporating the timing drills into his swimming and we have noticed great improvements in his technique.
  - Leader
    - Whether leading his lane or working with those in his lane to better their execution of the current drill, Sylas is always following our expectations and helping those around him to improve in the water.
  - Role Model
    - Sylas always comes to practice with an outstanding attitude and encourages the rest of the team to do their best. During sets and drills, he is always following expectations and setting a great example.

NICK'S CORNER

- Weekly focus
  - This week was spent introducing the group to a lot more yards than previously covered at practice while continuing our work on proper timing and technique in all strokes.
  - We started introducing swimming sets similar to what would be seen in a Green group practice a few weeks ago and as the technique in the group has improved, we have decided to use this time at the end of the season to increase endurance to prepare for longer events by greatly increasing the yardage covered.
- Coach availability
  - Monday – Nick and Skyler (after dry land)
  - Tuesday – Nick and Skyler
  - Wednesday – Nick and Skyler (after dry land)
  - Thursday – Nick and Skyler