

PEAK PEEK

Pearland Aquatics Age Group 2 Newsletter

September Events

The following team events will be held in September.

- September 16 - Team Day
- September 23 - PEAK Intrasquad meet
- September 30 - 10 & Under skills meet

October Meets

- October 14 - 15 - Open Meet.
Location TBA
- October 28 - ESA Halloween Meet

Questions?

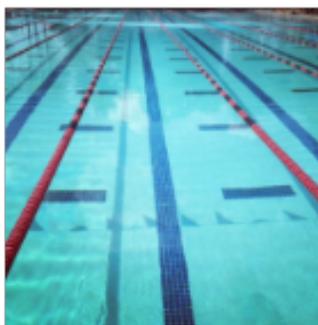
If you have any questions regarding Age Group 2, please direct them to me after practice or at

coachann@pearlandaquatics.org



A New Perspective

I hope you have all made it through the Harvey experience safely and with minimal loss. After the events of the last week, I am returning to the pool with different eyes. The commitment to swimming is incredibly demanding for all involved. The journey is long, and the rewards are sometimes slow in arriving. Your swimmer is just at the beginning of this journey, and like most



swimmers, is drawn to the sport because he/she finds joy in the water. Every time your swimmer attends practice, he or she should be there because of the joy it brings. As the coach, I can share my passion for this sport that has always brought me joy. As the parent, you can smile as you witness your child learn and grow as he/she does something that brings him/her happiness. Simply put, all of the concern we place on achievement, promotion, and competition means little. The most important thing for your child in this swimming journey is his or her joy. As we resume the normal pace of life, let's remember that if the kids are loving what they do, everything else will take care of itself.

Age Group 2 Equipment

- ✦ Goggles
- ✦ PEAK practice cap
- ✦ Water bottle
- ✦ Kick board
- ✦ Snorkel
- ✦ Fins
- ✦ Pull Buoy

Please label all equipment. Duct tape, nail polish, and permanent marker all make excellent labels to set your swimmer's equipment apart from the rest.

Dryland

Swimmers should arrive at every practice prepared for dryland. All weekday practices will begin with dryland. To be prepared, swimmers must wear close-toed athletic shoes, shorts, and t-shirts. Crocs, sandals, and flip-flops are not safe for land activities.

What to expect in September

During this month, we will be focusing on refining stroke technique and building aerobic endurance. Swimming training occurs in phases which last six to eight weeks. For the first six weeks, the main focus of the training will be on refining stroke technique in order to establish effective habits that can be sustained when the swimmer is fatigued or stressed during a race. During this period, there is more specific instruction than in later phases. Rather than swimming many yards with poor habits, we will be focusing on swimming perfectly over shorter distances. As we progress through this initial phase, the length and intensity of training sets will gradually increase. By the end of the first phase, swimmers will be ready to do more intense training with effective technique.

At the end of the month, we will evaluate each swimmer's technique in all strokes during the first PEAK Skills Meet. Swimmers will race each stroke and will receive a score based on specific skills evaluators will be looking for. This meet will be a valuable opportunity for your swimmer to learn his/her technical strengths and weaknesses at race speed.

A Few Housekeeping Notes

Practice begins at 6:30 on Monday and Wednesday and at 5:30 on Thursday. On these days, it is important for your child to arrive on time ready to do dryland. Swimmers who are late or unprepared for practice cause disruption because the attention of the coach must be diverted during instruction to address that swimmer's specific need. Please do not view dryland as optional. Swimmers who arrive after dryland has begun or who do not have proper athletic footwear will not be permitted to participate in dryland training.

Per the PEAK lateness policy, swimmer who arrive after 6:50/5:50 will not be permitted to practice at all. We do realize that unusual circumstances arise which cause swimmers to be late. In such cases, please notify me as soon as possible so I know ahead of time.