



# Girls Respect Conditioning

*Summer 2022*

**Coach:** Callan

**Date:** 7.5 – 8.11.22

## Overview & Purpose

This is an expansion from last Summer. The main goal of Respect Conditioning (RC) is to get you in shape and ready for the first day of your high school season in August. This is the perfect group for those who do not want to do meets this Spring and Summer. Also, for a lot of you in Summer school and who are working, RC will be the best option.

## Practices

- During July, practices will be Tuesday, Wednesday, and Thursday 6:30–7:30 AM. (Before Summer School starts).
- The first two weeks of August will be Monday, Tuesday, Wednesday, and Thursday 7–8:15 AM.

## Focus

- The first 4 weeks are to let you get back into swimming shape at your pace. Practices will be all about cardio and endurance.
- The last two weeks will begin more anaerobic focus along with beginning speed.

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## Registration

- The registration for Respect Conditioning will be a separate one that will open in early June. Around when school ends.

## Why RC Might Be For You

The biggest misconception that swimmers make is they have to swim year-round to get faster. This is not always the case. What high school swimming offers you is the chance to put all your effort and focus into 3 months. Instead of having a chance to be burnt out from the long course season, you can enter the high school season fresh, but still in good shape.

This long course season will be the first true long course season we've had in two years. Some of you have never experienced it as a Respect swimmer. I'll be honest. It's very challenging and demands a lot of time and energy. Along with the practice demands, meet participation is required. Not swimming in meets will jeopardize your roster spot for future seasons and will also have a negative impact on your training. Rather than have that happen, Respect Conditioning allows you to train with no meets to worry about.

If you have any questions about RC, please let me know. ([cheidkamp@glenbrook225.org](mailto:cheidkamp@glenbrook225.org))

