

## MONTHLY SNAPSHOT

### **Bronze:**

The Bronze Group has moved into bigger sets that are strengthening the athlete's endurance. These have been challenging sets, especially for the upper elementary kids, but they are all rising to the challenge. We have also been working on our underwaters and learning how to be strong off of the walls.

### **Silver:**

The Silver Group continues to get stronger and stronger in the water. Their endurance is result of the hard work and dedication to getting better. The whole group is excellent when it comes to listening and application. There is a healthy competition that exists within the group, and when the sets are over, the kids become best friends again!

### **Gold:**

Gold Group had a great month of winter swimming. We started the month by writing out goals on notecards, both for practice and meets. We then shared one goal with the group and placed an ornament (their favorite or one that described them) on our Gold Group Christmas tree. We then started back at the basics and worked our way to more challenging things at the end. We finished the month with a session of diving board relays, a well-earned treat.

### **Red:**

The Red Group has demonstrated their drive and determination over the past month. They are preparing for meets by setting competitive goals and have been rising to the occasion for difficult practices. We will continue to revisit stroke fundamentals and increase our training load through the next month.

### **White:**

White Group has been doing a set of 100's kick since the last week of September. They are always best average. This means that they are going the fastest speed they can hold for the number we are doing that week. We began at 8 x 100 on a 2:15 interval. Some did well and more struggled. The next week we would do 9 and then the one after do 10. We do 10 a few times then go back down to 8, now on 2:10, and follow the same process. We are about to begin 8 on a 2:00 interval and it is one of the best sets that they do. Kids are holding better averages now than they were back on the original interval. I am very proud of them for their work and effort on this set and on everything else this winter. We are excited for the next few months of meets!

### **Blue:**

Blue Group closed out 2022 with some exceptional workouts really taking advantage of their time off of school and getting a lot of quality swimming in over the holiday break. They were introduced to the crossover (back to breast) turn which we will continue to work on before we implement it in races. We are excited to see them race in their upcoming meets!

### **Senior 2:**

Senior 2 made it through the gauntlet of doubles over the holiday break and they are all stronger from it. It has been great to see this group work together and support each other through every practice. We have been adding a bit more speed work to the practices as we transition into the end of the season over the next few weeks. We should see some exciting racing!

### **Senior 1:**

SR1 put in some outstanding training over Christmas Break, they worked extremely hard and attendance was good. They have had some recent "tuneup" meets where they swam well considering where they are in their training. They will now start to spend more time working on speed while continuing to maintain their aerobic conditioning.



### WUTS

We have had a lot of people asking “What is WUTS mean on the calendar?” WUTS stands for Warm Up To Swim. This is what you see our kids doing outside before practice or on deck before warm-ups at a meet. The athletes get a diverse warm-up quickly and effectively on land before hitting the water. This compliments and supports what we do in the water while helping them become better athletes as a whole and simultaneously helping with injury prevention.

Our WUTS always includes a few key components. We address the heart, the hips, and the shoulders every day. The athletes have learned sets of movements called “modules” and they move through 3-6 modules every WUTS. These modules focus to connect the shoulder and the hip through the core. This helps them move through the water more efficiently. You will often see the kids using stretch cords and mini-bands or see them skipping, jumping, crawling twisting, and lunging during WUTS.

Team Spirit Picture of the month!  
We love seeing the kids supporting each other!



### Upcoming Events

Jan 27<sup>th</sup> – 29<sup>th</sup> Gold Fever Invite  
(deadline passed)

Feb 10<sup>th</sup> – 13<sup>th</sup> Franklin 14 & Under  
(registration deadline Jan 16<sup>th</sup>)

Feb 19<sup>th</sup> 12 & Under SYOA Meet @ Carroll  
(registration deadline Feb 15<sup>th</sup>)

Mar 4<sup>th</sup> – 5<sup>th</sup> Divisionals @ Elkhart  
(registration deadline February 22<sup>nd</sup>)

### **SCRATCHING FROM FINALS**

Dear Parents and Athletes,

We have had some kids unsure of how to handle qualifying for finals on a prelim-finals meet. First, if you sign-up for a prelim-finals meet, it is assumed you plan to compete in finals if you qualify. If for some reason you are unable to participate in finals, it is important that you understand the process to scratch. Every meet handles this differently, reading your meet pack thoroughly will help you know the expectations of each meet. Most require the athlete to scratch within 30 minutes of the results being posted. If you do not scratch you are expected to swim that event. There are repercussions if you do not show up to swim. First, you are taking an opportunity away from another athlete to swim in that event. Second, you may be denied your opportunity to race in subsequent events for the duration of the meet. Finally, in some cases, the team can be fined. Please take the responsibility of scratching from finals seriously.

### **Christmas Success!**

Thank you to everyone who supported, volunteered, and donated to our holiday events! We were blown away by the participation we had from familie, confirming once again, that we truly have an amazing swim community. We look forward to providing more opportunities to connect in the future!



### January Birthdays

- |                 |                  |                  |                |
|-----------------|------------------|------------------|----------------|
| Ewan Reynolds   | Charlotte Kouse  | Jenna Harmison   |                |
| Jordyn Glassley | Isabelle Bremer  | Delaney Jacobs   |                |
| Lucy Dunn       | Lyly Lydon       | Ellison Moreland | Nate Marshall  |
| Oliver Grobarek | Eli Baker        | Olivia Harley    | Emma DeBow     |
| Josie Degitz    | Georgia Pattison | Brittin Gustin   | Rylan Heckaman |

**HAPPY BIRTHDAY from your FORT family!!**