

MONTHLY SNAPSHOT

Bronze:

The Bronze group has been working on freestyle flip turns and starts a lot over the last month and will be moving on to backstroke flip turns for those who are ready. We have had a specific focus on breaststroke mechanics recently and will continue to focus on breaststroke over the next month.

Silver:

The Silver Group has increased their endurance significantly over the past month. The most recent meets in Elkhart and Fishers demonstrated their abilities to persevere in the water during longer races. In practice, the kids have been very motivated and they listen well. It is impressive how well they get along and respond to increased yardage and new drills.

Gold:

Gold Group will start digging into tougher aerobic sets over the next couple of weeks. We will largely focus on maintaining technique through those sets. This group has also focused a lot on kicking and that will continue to be a big focus of ours moving forward.

Red:

The Red Group is continuing to focus on maintaining technique and intensity as we progress to longer swims in our main set. Additionally, we are focusing on faster turns and finishes.

White:

White Group will use these next weeks leading into December to continue building good habits in practice that translate to our races. As always we are continuing to further our aerobic development and maintain strong strokes throughout.

Blue:

These kids have had a couple of the best practices of the season recently. One with their attention to detail on stroke mechanics and another on just pure effort as a group. Whether it is one of Ciana's grueling IM practices, one of my daunting aerobic freestyle practices, or specific skills we are working on, this group is tackling the task at hand. Turn work has been in the specific skill we have been focusing on and I think we will start to see the results in meets here soon.

Senior 2:

We have seen some fabulous results in some challenging freestyle sets I use to gauge where the kids are at. As the Senior 2 kids are getting stronger in the water, we have transitioned into some IM and stroke aerobic training. We have also made it a point of emphasis to improve our turns spending 20-30 minutes twice a week focusing solely on turn work.

Senior 1:

Senior 1 Group is continuing to work on their aerobic capacity along with continued kick work. We are starting to add in some more stroke-specific training and a little more speed work. We got to see where we are by racing at the Irish Aquatics meet in Elkhart last weekend and things went very well with several really good early seasons, unsuited and unrested swims. We are looking forward to racing in our first prelims/finals meet at the Concord Meet in a few weeks.

Important Information

-Please take a moment to look at upcoming deadlines for meets. Deadlines approach quickly and we do not want you to miss out on the opportunity to swim some of these fantastic meets this year.

-Our calendar can change throughout the month. With meets and the ever-changing availability of lane space at South Side, it is imperative that you check the schedule regularly to stay apprised of any changes to practice times.

Family Challenge

Now that the season is in full swing, we challenge you to sit down with your athlete and write down three personal goals they have for the season.

Goals should be reasonable, intentional, and motivating. They should not only be performance-based, but encourage your athlete to think about things like attendance, practice habits, effort, and behavior as well. Revisit the progress on their goals regularly.



USA Swimming Registration

Please make certain you have completed your swimmer's USA Swimming Registration. For your 2023 registration to be correct, the USA Swimming online registration you had to get to the end at the checkout/payment screen. That is where you should have paid the \$17 IN Swimming Fee and the \$68 USA Swimming Fee. If you did not do that then your USA registration is NOT complete and you need to go back into your USA Swimming accounts and finish the registration. Please let me know if you are having problems.

-Coach John Gibson

Upcoming Events

November 4th-6th SCA Meet

November 11th-13th-Concord

(Registration passed.)

December 1st – 4th- Oly Invite

(Registration Deadline Nov 18)

December 9th – 11th-Holly Jolly Invite

(Registration Deadline Nov 11)

Swim-A-Thon



Thank you to all FORT families for making our Swim-A-Thon event a huge success! We beat our team goal, had wonderful food, the kids had fun, and many coaches took pies to the face! Our goal was to raise \$25,000 and we raised \$27,830! This fundraiser is an important part of our program's success. Not only does this event allow families to raise money for their expenses, but it provides funding for the team to cover costs such as lane space, equipment, and coaching fees which helps us to keep our annual fees down. We love seeing our FORT Family come together to make this team an amazing place for all athletes and their families!



November Birthdays

HAPPY BIRTHDAY from your FORT family!!

Rowan Pattison

Brenonna Spurgeon

Cora Papagiannis

Hanna Wright

Reagan Gerhardstein

Jade Morris

Spencer Roussel

Lainey Chapman

Amelia Grimes

Myla Coudron

Jackson Morris

Hayden Pattison