Wednesday, March 31st – 2:45-5:15PM

CULTURE OF EXCELLENCE – Have a Purpose – Stay Focused! TIGERS! PRIDE!

3:00 Dynamics

3:05 Quote: “Successful and Unsuccessful people do NOT vary greatly in their Abilities. They vary in their Desire to Reach their Potential.”

3:20 #PlayByTheRuleWU

800 w/ 4x (150 Free Swim w/ 12/10/8 stroke max by 50 + 50 Streamline Flutter Kick on Back) x 3:20

3:40 #sKILLs

3x

6’ x 6:30

RD 1 – 25 Frontal Scull w/ Flutter / 25 Swim w/ Fists / 25 Popov / 25 Swim on the Rails

RD 2 – 50 Dolphin w/ hands flat on width of board / 50 Flutter on Back w/ hands in 11 – hold board

RD 3 – w/ Fins – 100 w/ Dolphin on Side – Bottom Arm Extended R/L by 50 + 100 w/ 50 S-D-S Fly + 50 Low Stroke Ct. Free!

4:30 #FreeWill(e)

4 x 200 x 2:45 / 2:55 Free - Fists 50 / 50 w/ Touch and Pull / 50 w/ 5 Ct. Glide / 50 Free on the Rails

2 x 50 x 1’ Arm Lead Dolphin 25 / S-D-S 25

3 x 200 x 2:35 / 2:45 Free w/ Paddles/Buoy 1st 100 / 50 w/ Balanced Legs / 50 w/ Leg Drive Low Stk Ct.

4 x 50 x :55 Arm Lead Dolphin 25 / 25 Breast w/ Dolphin K

2 x 200 x 2:25 / 2:35 Free w/ Paddles + Buoy at ankles 50 / 50 Light Kick / 50 Build Kick / 50 Strong Kick

6 x 50 x :50 Side Dolphin R/L Arm Lead w/ small board by 25

1 x 200 x 2:15 / 2:25 Free w/ Paddles w/ Build Legs by 50! Stroke Cts.!

8 x 50 x :45 Dolphin 25 choice / 25 Swim Back – Strong!

4:40 #It’sColdOUTside

From Block…

Feet 1st Jump

4 Streamline Jumps…button UP!

Flip IT on #4

Eggbeater w/ hands OUT 10…2nd Yellow!

Breast Pull / Dolphin Kick to 25!

Get OUT!

Repeat w/in lane!

5:00 #1475

KDS – ? (1 Guess) x 75 x 1:15

IM Order 3 of each + 2 Bonus!

5:15 Team Information + Tiger UP!!!