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Practice

The importance of practice within this swimming program is vital. Studies have shown that missing one day of swimming is the equivalent to missing 3 days of every other sport (with the exception of speed-skating). During workout we develop a much needed aerobic and anaerobic base, master skills and drills, learn stroke technique and race tactics. You need to be at workout to achieve the conditioning necessary to swim at the highest levels. Each swimmer should arrive at practice on time dressed and ready to work. Arriving late or without necessary practice gear (goggles, cap, towel, suit, etc.) is unacceptable. Swimmers who have to miss a practice or who will be late to practice need to contact the coach prior to practice Call #(_____.) If your well enough to go to school, your well enough for practice. Sick or injured players should attend practice sessions unless prescribed treatments call for another course of action. But for the most part we want to see you and we want you to be a part of the team!

Horseplay will not be tolerated during practice sessions, 3 strikes rule applies. 1) Verbal warning 2) Pulled out of water for a talk 3) Dismissed from workout as unexcused.

Meets

Swimmers are expected to arrive at the pool for home meets early enough to dress the pool and set up camp. Be ready to warm up at least 15 minutes prior.

While on road trips, swimmers will show proper consideration for teammates, coaches, and the general public by keeping noise to a minimum, respecting others, keeping their area clear of litter and personal items, using personal earphones for personal music. Just basic respect...

Injuries/Treatment Coach is not a doctor!!

Coach is not a doctor! It is your responsibility to immediately get diagnosis and treatment of injuries as an important part of individual and team success. Therefore, swimmers are expected to report any injury or illness to the coach and parents immediately. Treatment and guidance from a doctor is to be followed, a coach can help but it is not his/her responsibility to "fix" an injury. Swimmers must advocate for themselves and parents are to take the responsibility to work with the athlete, doctor and finally the coach to insure proper treatment is accruing with their child.

Athlete Booklet

I put this booklet together so you could understand what sets we do in this program and familiarize yourself with them. I want you to take the responsibility to learn. But I also put this together as a touch stone for you to continually come back to during the course of swimming. The swimming season is long and likewise, I hope your swimming career is long. Ideally you might want to read this a couple times a season. Do not be overwhelmed by this packet. It is a resource. When things get off track for you and the body fatigues as it should, come back to the basics. Focus only on the things in your control! Make the most of everything you can. Question: When you throw a cat up in the air, why does it land on its feet? (Yes I had a very experimental childhood) Answer: Because it wants to.

Athlete says "how can I get faster coach?" And I say "You have to want to get faster first." It's not about your parents. It's not about your friends. It's about you as an athlete. It's about focus everyday. It's about succeeding and failing time after time and still finding the heart to keep reaching for something more. I have found that the best swimmers are the ones who always seek out ways to get better. Something for you to think about: Champions are not always the ones in the winner's circle. Champions are the ones who make the most of the talent they have. Champions come to work out every day, sometime 2x a day; they don't get out early because they have a date, dinner plans or whatever else. Champions are on time. Champions are prepared; they show up with good attitudes (PMA= Positive mental attitude). These are the true foundations to success!

I can lead a swimmer to the pool, but I can't make them swim. Listen... on deck, I'm not a swimming coach, I'm a stroke coach of swimming. The difference is you as an athlete. Learn all you can. Take pride in that word and yourself as you swim. Say it--- Athlete! Drills are not a means of getting to the other end of the pool. Drills are meant to have you focus on one aspect of the stroke. A good rule of thumb is: if you're not thinking in a drill; you are doing it WRONG! Drills are so important. I would bet when we have an Olympic champion in our swim program; when it comes time to do drills, he/she would place themselves somewhere in the middle or end of all the swimmers pushing off. Because most of the people in a giving lane/workout are swimming drills just to get to the other end. Don't just get to the other end. Focus, focus, FOCUS!!

In a race, you must go from being the best starter, to the best at underwater kicking, streamline, break out, then to stroker, turns, back to best underwater and streamlining, back to stroker and finally a smart finisher. All of the "secrets" are in the littlest of details. In the details there is speed to be had.

Athlete says "how do I get faster coach?" You should know the answer. Look, learn, watch, copy, improve, push, try, fail, relax, succeed, race, focus-focus, have heart, have fun and use coaches as a tool in your swimming process. As an athlete you have to also do for yourselves. Own your swimming success!! Race!!

Coach Brandon

The “next step”.

Swimming equipment is a huge training tool needed by every swimmer to improve strokes and speed in the water. Oftentimes as a coach there’s a shortage of equipment or it simply takes too much extra time to track down and gear up every swimmer. Below I have listed equipment your swimmers will need ASAP and bring to workout daily. Birthdays, Christmas or other holidays are great times to buy your athlete the equipment he/she will need to improve.

Basic

Team colored meet day suit. Team cap. ***Before you rush out and buy a “team suit” talk to head coach—our program is a part of a sponsorship program and we get discounts based on how many suits we order a year!!!***

Water bottle (everyday and regardless of age—start teaching them young)

Mesh bag \$9, Kickboard \$9, pull buoy \$6, “Optimus training fins” \$29, “catalyst brites” hand-fins \$ 14.95
Cords (free at a doctor’s office?? “Freestyle snorkel” made by FINIS \$30)

Extra (not must have’s right away)

“Freestyle snorkel” made by FINIS \$30, Fore-arm fulcrum \$16, Finis tech-toc metronome \$26, Zoomers \$30, Finis hydro hips, \$27, stretchcordz drag belt-tow tether \$24, breaststroke fins \$50, speed training fins (blade hydrodynamic fin design balances propulsive force while maintaining kick tempo) \$40

Contact information you need:

Web: Metroswimshop.com

Phone: 908-647-8121 and toll free (800) 526.8788

Email: info@metroswimshop.com

The program. Learn it!!

200 SKID: S = 200 swim, K = 200 Kicking fly kick on back w/arms in tight streamline, I = 200 IM SLOW drill (only the drills we talk about) D = DPS-DOx2 4 X 50 @ :55, S= 200, 8 X 25 @ :30 Drag race Speed set.

Target- set 2 or 3 things to focus on during a set or week. These are goals you set daily.

DPS-DOx2= Distance per-stroke x # drop off. You count the number of strokes in a given 25yards, then drop off one or two as specified x1 or x2 strokes each 25yards.

After 4 laps, reset your count and repeat accordingly.

Speed set= 4x25'sx2 or 4x50, always equal 200yd. 1st = 1/3 FAFP then shut it down w/ EZ BA or Flow drill, 2nd = 2/3 FAFP then shut it down "Flow drill", 3rd= FAFP the whole way, 4th = EZ swim or drill home.

FAFP= Fast AS Freaking Possible! I'm asking you to go more than all out speed. Slip into "the Zone". *FAFP is a state of mind* as well as speed. Don't think... just go!!!

Campfire K= Your kick is in a box and splashing about the size of a campfire.

FAST =83% to 90.5% of max speed. Still think at this speed...One more ounce of effort would push you into FAFP, but we want you still thinking.

Descend= DEC get faster as the set goes on. Example: 4x25's dec. @ :30 1st smooth, 2nd mild, 3rd FAST, 4th FAFP

Negative split= The splits for the set get faster each time. Example: 200 negative split might read like this- 1st 100 :59.57, 2nd 100 :56.23 or something like that.

Broken swim= Is a FAFP swim at PR (personal record 103% or 105%) pace. Example: If you're swimming a broken 100, 1st 25 w/ rest:25, 2nd w/ :20 rest, 3rd w/ 5 sec rest.

Shoe box Kick= small fast kick

Shimmer= small kick, hip action with body movement underwater.

BP= Breathing pattern. Example BP3 means breath every third stroke. Everyone in workout should have a BP3 at all times. This teaches us bi-lateral swimming (Swim evenly on both sides). We might race differently but we train BP3 at all times!!!!

BC= Breath control. You can only take #? Of breaths in a given distance. Example: 4x50 BC 4-2 @ 1:15 means only take 4 breaths 1st 25 and 2 breaths the 2nd 25. 100's might read: 4-4-3-2 these are the # of breaths for each 25.

Tempo- The time it takes to recover your arms from start to finish of a given stroke. Your heart beat has a tempo or beat. Can you find it?

Float one out= EZ swim to middle, drink H2O, catch your breath BUT be back soon to start the next set.

Flip on the caboose- when a swimmer falls off send off and is behind.

*Flip on the caboose means swim out to the last person in the ranks and flip as they pass and get on his/her feet to get back on send off.

Buckeye turn- (B-eye) In and out of the flags must be under water. This means normal swimming, submerge under the water and swim to the wall or pool floor to do a turn

Fire stone= Kick set w/ 25s. Starts on the wall w/ a hard kick, when I yell go, you sprint to the other side, hold BP-3 and start kicking on the other wall. No rest until I get tired (evil swim coach laugh mmhaha!) or I say Rest.

Tombstone= Kick with the board under water broadside. It'll feel like your kicking a tombstone to the other end. This is resistance kicking.

Cold fusion- FAFP K from a dead start.

Push through= Example: 4x100 push through by 25. The first 25 is fast, the rest is pace. On the second 100, the 2nd 25 is fast and so on down. The fast part of the set gets “pushed through”, so on the last 100, the last 25 will be fast. Now think about how you would do a push through with 200s, 300s, and 400s. Hint: 200 you push 50s, 300 you push 75 and 400 you push 100s.

OTB= Oxygen deprivation (temporary) breath control. Swim underwater with streamline fly kick 25yards/ or flags, and swim fast home with BP3 or a BC set by coach.

Breakout= FAST 3 strokes off the start or wall. Short and most forward moving ST's. Having a great breakout is so important to good swimming.

Streamline- A tight body with tight arms **locked** over head in a tall torpedo like shape. Learn to grow 2 inches taller than you really are and squeeze. (cut the water). The biceps are squeezed over the ears. The head is neutral and the chin is NOT up or down. This chin position is supine.

6/6 = a six beat kick that allows us to roll side to side during the shift of freestyle or Back. No one kick is over exaggerated more than the other, kick from the core and hips.

FL=Fly swim

BR=Breaststroke

BA=Backstroke

FR=Freestyle

ST=Stroke only, fly, back or breast no freestyle

Ch=Choice you get to pick any stroke

IM= Individual medley, FLY, BA, BR, FR in that order only...

R-IM= Reverses Individual medley. FR, BR,BA,FL in that order only.

SC= Sculling

EZ= easy swim most of the time cool down or Drill.

EVF=Early vertical forearm

Your coach should write the work out on the board. If not, ask for it!! Here are the drills, BP's, race thoughts, and over all style of our program. Some of the things in the next few paragraphs are opinion and can be experimented with and some can't. You as the swimmer are responsible for remembering your past splits in races and what a coach has asked you to work on. A coach can't remember everything. This is why after a race you should talk to the coach. The coach can give you drills to fix something in your stroke or help set new targets. **YOU** are responsible for your own success! Use coaches as the tools they are...

Colors= **Breakdown fast w/high heart rate** **Power/drive** **Flow w/low heart rate**

-Work out w/ BP3 all the time

-Fly- BP is one up and one down at all times, race and workout. 200 fly might be a different BP: 2 up and 1 down. If you can't do whole stroke fly in a workout or a set, you must swim one arm: Left, 2x (both arms), Right arm, 2x, L,2x,R, 2x, L and so on

-Starts. Over all, I recommend a track start. Unless you can jump well for your gender and age. The two foot start is good for breaststroke and fly, because it places you in deeper water from the start and allows you to get to your under water work sooner.

!Deep water is fast water!

-Train fly kick off all walls in workout. Fly K is such an important skill to master!! Do it!

Team **Pride** and *Swagger* reminder system.

C.O.A.C.H = **C**ompanioned, **O**bserver, of **A**thletes **C**ommunicating **H**onestly.

A.T.H.L.E.T.E.S=

Attentive, **T**eachable, **H**onest, **L**oveable, **E**nergetic, **T**enacious, **E**xecutive/**S**hareholder.

Typically when dealing with behavior problems you're given: 1st a verbal warning, 2nd time you'll be pulled out of the water and 3rd time you'll be asked to leave practice for the day; coach will call home. Workout is about giving an honest effort, communicating and hard work. The following is a reminder system designed to improve practice. Your coach can tally behaviors seen during workout and assign extra work to help remind you of targets you need to think on during practice.

Examples of things NOT to do at each level:

Level 1: Showing up late without calling, fixing goggles on the wall, more than one cramp a day, taking a breath first stroke off wall, not streamlining pasted flags, going to bathroom during workout.

Level 2: Not flip turning or one hand touch in open turn, touching bottom, flipping mid pool, not finishing to wall, (JR & SR groups not streamlining pasted flags) Saying no to coach or not listening to coach. Bad attitude or complaining.

Level 3: Pulling on lane lines, arguing with coach, disrespectful to teammate.

Reminder system

Level 1: Wall sits or streamline extension @1:10 Reminders accumulate

Level 2: 22 flip turns, or 22 finishes, open water kicking @1:10 or 2x FAFP 100's @ Coach or add extra to everyone during sets

Level 3: 300 Fast BA or 200 Fly or OTB's or whatever evil thing the coach or team leaders can come up with.

Freestyle thoughts

Keep the body line tight and straight like a pole. Keep the kick in a box, no scissor kick (scissor K makes you unbalanced). The head is natural or a little down. Water will hit the crown of the head. (You should not be looking forward!) When you breathe, one goggle should be in the water, also don't look back in the breath. Try not to disturb the water at the catch; we don't want air bubbles in the path of our swim. At the catch, slip your hands in with your wrist bending to a 38 degree angle. Think of the pool as Jello and you pull your body over it. Don't pull the hand through the water; pull your body over your hand. (Jello pool) Hands closed and relaxed. Come over the elbow. Think of swimming over a barrel, make that elbow come up to get over a barrel. We will have more power in EVF. Scull and keep pressure on the hands as we pull through the stroke. Again think of swimming in Jello, keep the pressure on the hands at all times. Arms in the recovery are catapulted forward. There're two types of recovery. One is the classic with high elbows over head, the arm bent at the elbow. The other is what I call gorilla style; the arms recover with little or no bend at the elbow. (NOT like a windmill or gorilla) I tend to think the gorilla style is faster, it takes extra steps out of stroking. It allows your hands to enter more in the catch of the stroke, less mechanical than the classic style.

FR at a distance

50 yd = all out with BC2-2 Or 3-2. One breath before you need it. Think turnover with slight chance of spin/slipping in the water. Got to have good start and wall, pop up quicker on the wall than what "feels" natural. Good finish. Breakouts are very important in this race. No breath in the breakout.

100 yd= all out w/ no slipping. Pick only one side to breath, I recommend the weak side. The object is to stay feed with oxygen. If you breath because you need air, it's too late. Talk to your coach and count breaths at the first of the year, work on what BC you should hold. Good start, turns and finish.

200 yd= is again all out but more a build of thoughts and legs. This is the most painful race when done right. Your BP should be set early and carried throughout the race even perhaps out of the turns. Your legs and only your legs should be built by the 125 mark. You never get to go slow, but for all purposes you need to think your legs have built to the max at the 125. Great splits for this race are 1.1 seconds over your best 50, the second 50 can jump up 2 seconds, the 3rd 50 repeat and hold. The 4th 50 is your 2nd fastest split of the 200. Say my best time in the 50 is 20.0. For my 200 splits I would swim 21.1, 23.1,23.2, and then anything in the 21's or low 22's. Bury the head just passed the halfway point before the flags coming home at the finish and make all the pain mean something with a great finish.

500 yd= a controlled sprint. BP will be set right from go and not broken. I like breathing every 2 and on the strong side. Set a rhythm. 2-3-4 BP's are also good. Use a box kick. You can breathe inside the flags. Should be close to 200 pace, then start negative splitting by 50, pick up your tempo and remember to bring the legs in a box K.

1000 & 1650 yard is a pace event. Set rhythm with BP 2 or 3 on the strong side or get into BP2/3. You hold splits by 100. Start to negative split at 400, 500, or 600. The sooner the better, but it depends on going out speed and conditioning. Play with this and learn your own pace and tempo.

Drills for freestyle.

-Kick 4 point, front, side, back, side and back again, think smooth and hold body line.

-3sec/6 sec on the side. Break wrist 5in at catch. Eyes look down or 45 degrees.

(Body line is held on the arm pit) Swim over the barrel

-Single arm pocket. One arm strokes while the other arm is in the pocket of your suit. BP3. (The BP is very important to this drill. You have to work the shift in order to get breath.)

-bow drill- 45 degrees, set up the catch and 3sec at the pause.

Good extra work would be: Head up both as a flow and as a breakdown

-blasting tombstone kicking.

-SC with elbow almost even under the H2O, break the wrist w/ EVF (Snorkel is great)

-snorkel swim, look at the catch (Advanced. EVF quarter pull, drive the opposite hip w/ a K at the same time the hands fire.) timing hands w/ kick and hips to get the shift.

-Swim FR like it looked like BA

-snorkel one arm in the pocket, SC EVF (Advanced is w/ K, snorkel EVF out front and opposed hand SC's at the finish on the other side.)

Backstroke

13in at the catch from shoulder, hook the hands and anchor that hand, push the hand square through the stroke. Legs provide the power. Hold the body line. Swim taller than you are with a wide catch. Head is neutral. Bow the shoulders slightly, but DON'T lift the head. Knees stay under the water, kick boils the water, arms enter outside the shoulder. Think of yourself as a boat where the oars/hands enter the water at the side. Good placement might feel wider than what "feels" natural. Also don't over roll past 45 degrees. Toes pigeon toed and kick flows from the hips. Get a little extra from your kick simply by remembering to kick down as well as up. Kick inside a square (never wider- if you kick wider, you're off balance somewhere.) Hands exit with thumb and enter with pinky. Swim this stroke a couple inches taller than you are. Think wide again, when you swim taller the rib ends still don't pop out because the arm placement is wide enough. Scoop like a question mark; accelerate the hands at the finish, press only to get back into the scoop. The number one problem with backstrokes is they enter too high above the head, get wide, set the catch early. Set tempo from hips not the shoulders. The best tempo is about 1.2 to 1.5 for your arm cycle. Play with your tempo. To start, you should count your strokes when you reach the flags but it is best when you just feel the wall coming. I like to train with feet aids/fins in this stroke.

Backstroke distance and start

Think about form first before you think about speed. Start- hands come around, then jump back and throw your head back. Your feet may change because of how slippery the wall is, that is why we worry about form first. Try this drill: jump your butt out, butt flop

50= 1.1 tempo. Work turn over and your underwater off the start and wall. Tempo does not skip, arm might slip. (remember, slipping is bad but sometimes it can't be helped so the "feel" might not always be there)

100 yd= 1.3 yard FAFP work just like it was a 50, but the difference is: you have 3 walls to work off of, which means three chances to get ahead of everyone else because NO ONE works as hard and fast as you do off the walls.

200 yd= is a build with the legs. The kick flows from the hip as if you had fins on. Swim taller. Keep the same long ST with same 1.5 or 1.7 tempo. 200 splits are same as FR

Drills for Backstroke

-Vertical catch up swim (Good w/ fins)

-Bottle/cup on your head- half full cup of water on your head

-R arm L arm German 90 – stop at 90 slowly place hand in and work scoop

-Pull on lane-line and focus on pull through

-3/3 scull scoop park at 90= three scoops each arm

-Russian twist 2 (not corkscrew) go back the same way you came

-single arm 6/6 (we can't see the palm) 6in to 8 in deep

-scull 3 phases of the stroke (top, middle, finish) no legs

Extra with coach

Coach fishing a swimmer

Head lift and low for body line.

Spin drill .4 to .6 tempo

Breaststroke

Learn from the legs forward, then never let the water go; both with the hands and feet. **Kick the hands forward** and reach out front, there is a slight pause as the kick snaps and finishes behind you. A lot of swimmers let water go of the water with their kick and hands. Snap the kick. This is a timing stroke. To breath, shoulders rise not the head. I tend to think breaststroke is best swam in a classic style. Eyes are 45 degrees down, NOT looking forward, you should look like your falling forward. Don't manufacture your hips. Hands never go more than 3 inches deep at the catch (we swim east and west, not north and south). Hands do not go under the body, we don't want to get stuck under our body, it's dead water. The more you're stretched out over the water, the faster you will go. The kick must sustain us during this reached out state. Knees are not wide nor are they poking holes in the bottom of the pool. Work the edges of your kick. The leg recovery is just wider than your shoulders. Try to swim the stroke with a pull buoy to work the edges of your snapping powerful kick. Quick hands, hands house over top of the water (house holds the water better than praying hands). There's no sudden movement at anytime during this stroke. Pull, kick and stretch. A great way to know if your breaststroke is getting better, try DPK kicking and try to drop kicks. The technique does not change at different distances, just the extension out front.

BR50 yd= Explode all pullouts. Think turn over, great hard pull outs with your first stroke narrow and breakout. You may have just a little slipping at this distance. 50 is all about Kick speed and hand speed. You're aloud a dolphin kick when the hands part during the pullout.

BR100 yd= Explode all pullouts. No slip. Snap kick and work the edges and kick the water up at the finish of the kick. Hard fast walls, your pull outs are longer, stronger and

better than everyone else. This race is won and lost in the pull outs and finish, it's just that simple. You have got to get good at pull outs and close your race perfectly!

BR200 yd= DPS. Explode all pullouts. Extend just a little more, keep the legs strong. At 125 pick it up. Turns are not a time to rest, lots of swimmers rest on the wall in the 200, walls are the time to capitalize on your opponent. Smile inside when you do turns because you know everyone else is slowing up/resting on the wall and YOU're not, you are getting an advantage while they fall behind.

In the IM, people tend to get slow on the breaststroke and the walls. This is the best time to get extra edge and win a race early.

BR Drills

-Head up w/FR kick shoot hands

-100's 3-2-1- swim (DK slip under, by 25's, 3 k's under H2O, 2, 1, swim) Hold the line

-2up/2down or 2 pullouts (stroke/swim under the h2o)

-qt pull with FR Kick (advanced) qt pull w/ no kick. NONE.

-Sculd with head up, palms down and no K (advance is on arm, other arm in pocket)

-Snorkel, do all 3 SC point, then pull the stroke, keep arms flat.

-Snorkel, hands at hips, hold body line and touch hands with heels, snap down

Extra with coach-

-Great pre meet for Breaststrokers= Egg kick in deep end. Vertical BR K in deep end, heels to butt and snap the K. Vertical kicking helps us set the ankles quicker.

Good Tip= If your knees are coming under when you swim and poking holes in the bottom of the pool, practice kicking close/vertical on the wall. The pain of hitting your knees will teach you. Mmhaha

-Knees too wide, use a buoy and kick w/superman arms, work the edges. Also kicking on the back without letting the knees come out.

-Upside down BR swim. Good for holding the line (pause 3sec)

Dec 4x100. 4, 5, 6, swim only by 100 Then Dec 100's 4ST's only (works Power)

-One leg kicking on the lane line/ iso the leg and switch

Pullouts with bucket. The rope has no slack in it.

-Head up, with hand fins and Kicking w/pull buoy

-Tombstone kick is great

-Paddles, don't put finger in the straps w/Dolphin body movement with pull pattern

Butterfly

Good high catch w/soft hands going in. Legs drive the swim, the arms just add power but not tempo. Swim this stroke in parts or w/ fins so you don't swim it wrong and build bad habits. Swim with a BP1 up/ 1 down, all the time. Push the head and take low breaths, hold the line w/ the head. This is really a great stroke and all too often swimmers are too afraid of it. The best butterflyers have a great dolphin kick—period!!. I'll say that again, ***The best butterflyers have a great dolphin kick! Keep pressure, kick equal on both sides of the feet.*** Press through the stroke. Recover the stroke with the head holding the line, hands thrown low and close to the water w/ straight arms. Relax in this stroke and you will not fatigue as easy toward the end of the race. Hold the

line, deviating off the line causes more drag. Stay relaxed through the back muscles. We should swim this stroke shallow and powerful. Stroke shallower because it does not allow you to rest at the catch. Like the breaststroke, butterflys tend to rest on the walls. Again, smile inside because you DO NOT rest on your walls like other swimmers. The only way to get better at fly is to swim it a little faster in workout. Too often, swimmers let the fear of this stroke give them a one beat kick in workout. It's easier to swim this stroke faster than it is to swim it slower. In a race, we control how far we come off the wall w/ under water kick, we change the force or explosion of our stroke. We must finish or close this stroke well by not falling apart. Timing of the breath is a common problem. Breath shortly after the catch and have that head back down before hands recover.

50yd=Use the water. FAFP we can slip, tempo might "feel" off or too fast at first. BC3-2.
100yd=BP 1 up/ 1 down. Break pattern only off walls. This is a rhythm. We like to have this rhythm because of how hard we work off the walls, we will need the oxygen. The last 25 of your race you should think about your hips, change your mindset completely.
200yd=NEVER break BP2 up 1 down. Don't save up cus' there's no such thing in this event. Off the walls are not shoe box kick, we will need the oxygen. First 25 of the race does not happen, 75 is build up. The rest of the 25s start to negative split, bring the hips. Stay strong, keep the hips so the stroke does not fall apart.

Fly drills

-Swim fly head up with FR kick.

-Pocket fly soft hands. hand in the pocket, stroke w/ other, hips up!

-Racing drill hold the line, recover hand skims the surface as it comes around, this sets a good catch. This flattens you out (remember the hands skim H2O) place the hands

-2x ST's then throw the head at the finish of the stroke, kick yourself back to the ST

-Swim whole stroke w/ snorkel (fins is extra)

-Press and release hands at side. The kick does not really move you forward in this drill. The movement of having your head and body in one press and release movement will move you slowly down the pool. Sometimes we have to swim slow with the right body line in mind before we add other elements of the stroke an speed. Really think during this drill.

-Advanced to press and release w/ arms up and pinkies out. Good flexion in shoulders.

-Rip an ride- great w/ fins FR-K and snorkel 4 count. hands recover under water and rip w/slight head throw, slip hands back up under the water and repeat.

Extra with coach

-With fins is a great way to learn this stroke

-Scull with a snorkel is great, dig fingers out to work catch 2)

Next 3-SC one pull/ 3) High catch w/FR kicking, recover under and rip power.

-25 kicks in 9 or 10 seconds vertical kicking, waves are bad, ripples are good

-Buckets off the walls and explode, feel pressure on both sides of feet!!!

-Whale K on BA, Fish K on Side (hold line, follow the black line), Dolphin K on front

-DK vertical kicking 18 K's in 6 sec. WE want rings NOT ripples/waves.

Turns

Turn speed is the same in all events and distances. EXPLODE off the wall and don't breathe unless instructed by coach. Races are won and lost in turns. At the elite level, swimmers are about the same speed but the best gain tenths of seconds off the walls. Add the tenths of seconds up and that's who's more ahead at the finish. At the beginner level, you can have a fast swimmer leading the race but come out a body length behind after the turn. The first thing you have to do is come in to the wall fast to come out fast (tennis ball effect- the faster you throw the ball in a wall, the faster it will come off). If you slow down in the turn, the wake hits your back and swamps your swim. You have to beat the wake in and push off square, streamline through the wake in order to split/cut the wake in time. You practice turns everyday in workout, start to think about them while you are swimming.

IM Turns

Don't rest!! **Set all your turns up at a distance**, plan your turns...

Fly to back-drop the shoulder and dolphin off

BA to BR-one hand, be quick and have a great pull out (I don't like bucket turns)

BR to FR- hold the line with full extension, drop the shoulder and go FAFP.

Long axis turns (Free & Back)

Never breathe or pick your head up to look for the wall before you turn; use the black T on the bottom of the pool. Backstrokers use the flags to get a feel of where the wall is, increase your KICK so you don't DQ. Pull through. Start this process with the upper abs; ever so slightly submerge your head just before you begin to flip in a tight ball. (the tighter the ball, the faster the turn) Flip and back scull toward the face, push off firmly. The legs are firm at 95 degrees for a good push off. Think about how your legs would be if you wanted to jump your highest. Your legs should be spring loaded before you hit the wall. (Don't jump off the wall, spring off just before your feet touch, get the body tight, streamline and hold body line because you are about to go fast) **Breakout half knife (half streamline arm still on head) and don't look up.**

Drills

(close the eyes in BA at the flags- do you cheat your turn?)

-Arms behind you, kick board in each hand and flip over without the scull, you must stay tight.

-Practice submerging the head

1) Lay flat and flip in the open water without a wall

2) Buckeye flip turn off the bottom of the deep end

3) Face busters-Swim in and flip over but don't push off the wall. This will let you feel the wake coming in behind you, when you get tight that wake will help rotate you.

4) Buckeye turn again off bottom of deep end.

5) Do a turn but stay on your back

6) jump turn, one ST with a jump off the bottom

7) SC 4ft off wall and Cold fusion your stroke

Short axis turns or rhythm ST (Fly & Breast)

DON'T spring load the arms. This turn starts at the knees. We don't grab the wall. Don't pull forward to spring off, short axis turns are sharp and on a flat line. Elbow and knee, then brush your hair back. Stay low, sip your breath, be narrow and unfold in a small space. Hit the wall with the right timing; in order to do this you have to gage the distance while you're swimming, it is better to shorten or lengthen a stroke while swimming than it is to make adjustments on the wall.

Drills

During every set, work on this turn with a T-bird start.

- 1) Lay flat in the water and draw the knees up to do a full back tumble in the water. You have to stay tight to do a full circle. DON'T use the arms to help the rotation.
- 2) Do 1) again but on the lane rope to have your arms more isolated.
- 3) On the wall no breath, unfold and stay low as a drill, push off on the BA.
- 4) Kick board limbo on wall, use tubing and place it 2-1/2ft out on the lane ropes
- 5) Buckeye turns
- 6) On belly face down in streamline position. Throw knees into chest and somersault, finish on stomach. Step2, do again but w/half somersault and end on back and incorporate arms and knees. Step3 Black T jump into wall feel the speed.

Starts

You'll never go faster in a race than off a start and a turn. Use your turns as weapons to gain an advantage in races. Starts are a great chance to get ahead; have an attitude of winning on the blocks. When you are behind the blocks you must start to slip into "the zone". To slip into the zone do the same thing every time you're behind the block. DON'T be looking around for mom or dad, we're NOT talking to other people. We are thinking about our race.

Muscle memory and visualize. Relax and watch yourself swim down the pool as the previous race comes to a close or as the referee is bringing order to quite the crowd. You will find the best starters give us very little splash, think of your start as slipping into the water.

Young and old swimmers look for a hoop in the distance, see yourself jumping out and through it at the correct angle. Take a chance; make your hoop out there a little ways.

This attitude of winning starts with racing to the first wall. You need to have a quick twitch reaction off the blocks, enter the water out an away from the blocks. Your tight and rigid body enters; it's important to be tight because it will propel you farther down the pool, which in turn means less distance for you to work. Thus, saving energy. YOU must be tight like a spear. What goes faster in the water?: a spear or a limp spaghetti noodle? Your body must be tight like a spear and hold that rigidity throughout the entire start!! Once in the water, get ready to work underwater, *kick through the breakout, half knife*. Your first stroke is called the breakout, the breakout stroke should be shorter and quicker in tempo and the most forward moving stroke of the swim.

Two feet forward start. Or conventional. This is a good start for breaststroke and flyers. The reason: it puts you in the water deeper; which allows you to use your pullout or fly kick better. Deep water is fast water, think of it being thicker (that's why your ears pop when you touch the bottom of deep pools). In the conventional start, your head is weighted down and natural. Lean a little forward. If I had a piece of paper I could slide it under the backs of your feet. You should feel like you're going to almost fall in. When the gun goes off, allow yourself to fall and at the same time twitch and pull forward.

Track start (one foot forward one foot back) this is universally the fastest and best start for most swimmers. The advantage to this start is: it gets you in the water faster. This start allows you to be shallower in the dive and therefore allows you to do your pop up/breakout stroke sooner.

Start drills

-One leg dives

-Gunslinger-Coach claps hands and swimmer shoots into streamline

-dive through a hoop with the hoop at a 45degree angle (open end facing you).

-dive down and out to the bottom of the pool, hold body tight and hold body line

-dive out, see how far you get. Have someone on the side mark how far you glide without using your kick and try to better it just by changing your angle of entry.

Relay start we'll use running relay

One foot forward, one foot back, arms out over the water, hands almost in a triangle to frame the swimmer swimming in, swing around to generate momentum, step up and jump out. Never watch the finish; you should be out over the water at that point. It is the swimmer swimming in to have the responsibility to have a good finish. 9 times out of 10 I will blame the swimmers finishing if a relay gets disqualified. Finish long and on the side, grow and throw your hand in the wall.

-Drills-

-Dive and glide without a running relay, then one with, measure the distance and difference of both.

-Put a matt in the water long ways and have a blind finish.

Backstroke start-butt away from heels, back straight, feet high and head looking straight. Jump into one hole, under the water about 4 ft, hold the line and don't bow Drill= butt hop

Finish

Not much to say. Don't breathe in the flags, hold form and finish fast. Assume all swims are going to be a race at the end, you cannot see all the swimmers in the pool so race the end. BR & Fly set the finish up 5 strokes out away from the wall. Freestyle is head down and get to the side. Backstroke is perfect count w/ half dolphin kick coinciding w/ a reaching hand (don't go deep). Make your race effort worth something, finish fast.

Final word

In drills, ask yourself why or what the point of the drill is and then ask yourself if you're doing it right. If you don't know the point of a drill, ask your coach, if it's still unclear, ask again. And if you still don't get it, ASK again or ask them and another coach!!! Use your coaches as tools in your swimming. There are so many things a coach is doing at a given time, if you are having a hard time understanding something or something feels off, ask coach to take a quick look. Always look for ways to get better. Read, watch yourself on video, talk to other swimmers, watch other swimmers, there are so many things out there, you just have to look and seek. Only the best...

Dear: Athlete

Congratulations, you have been chosen to be the team captain. This job you will have to perform is by no means easy. You will have to be a leader who learns and believes in the program set forward by the Head Coach and assistants. There may at times be extra time involved and required. You will have to meet as a group, once every two weeks to discuss **Motivation of the Team** and **MAGIC**. Making A Greater Individual Commitment. Take some time to think about being a captain. If you decide that this is too much of a time commitment that's just fine.

Overview of Being a Captain Means:

1. Being a Role Model for others to follow.
2. Continue to study and learn the system.
3. Believing and sharing in your teammate. Help them change their thoughts about themselves for the better.
4. Running warm ups, abs, and just about anything else the coaching staff ask of you through the year when needed.
5. Insuring each member of the team feels welcomed. Know everyone by name (This may mean sitting away from "everyone" else that you normally would, just to get to know someone new, shy or just having a hard time fitting in).
6. Always having a **PMA** (Positive Mental Attitude).
7. Taking a major part in team get togethers and outings..
8. Keeping the coaches informed of what is happening behind the scenes.
9. Leading cheers and motivating others.
10. Writing a Captain's Letter to the team to open the season.
11. Helping promote meets each week.
12. Putting on a "show" at times!
13. Planning some fun events for the season.
14. Organizing team meetings and pre-meet preparation.

If you are still interested, please sign below and give it to Coach Brandon ASAP. You are only One, but you can help set the stage for a State Championship Team.

Sign below if you accept this role as a team leader and all its responsibilities...

Captain _____

I look forward to your leadership and working with you to make this team the best it can be...

Coach Brandon Rannebarger

A letter on leadership from Coach B. (Only Captains will get a signed copy of this letter)

Congratulations again on being elected team Captain. Your role as Captain on this team is vital to the success of everyone around you. Your title 'Captain' is more than just another thing you get to add to resumes and college applications. You are going to earn every bit of your title. Remove the word NO from your vocabulary now! There will be times where you're going to be pushed in ways you disagree with or don't fully understand. My only advice to you during these times is to: step back, have faith, have a PMA, roll with it and put on "the show". We are the best... Period.

From day one, you need to start motivating others and even look for your replacements both as leaders and captains to come. Always remember to earn your respect, realize that others are always watching. Empower and include everyone to the best of your ability. Make it your goal to change peoples' perceptions of themselves to be more positive. When we grow as a person we will grow as an athlete. Don't always target people "you know" or "easiest" to talk to. I have learned great leaders sometimes come from the least expected places.

The skills you need to be an effective leader:

1-Listen first

2- Listen again!!!

3-Repeat back with understanding what you just heard

4-Work only in solutions

Know and understand that there are 3 stages to change, they are:

1-Change is proposed and everyone says "you're crazy, that won't work, it can never happen!"

*2-The forces against change **WILL** throw all their weight against you in an effort to stop you/it.*

3-Change is inevitable and often thankless. Everyone will say "yes, we knew and believe all along"

**Note to remember when you're and agent of change and everyone is against you-when people are against you, you're already on your way to stage 3. LISTEN & SOLUTION are key!!*

Your job as captain is to find the positive in everyone/everything. It is a privilege to always be dealing in the positive; let go of everything else and never deal within the realm of drama. You can approach anything one of two ways: threatened or challenged. It is the challenges and how we eagerly meet them that define us, never a given result. Find a place within yourself where success and failure don't matter. It is this place where you can engage in battle without compromise.

The difference between a good and great leader is: a great leader knows when to lead, when to listen and when to follow...Great leaders don't care who receives credit. Great leaders never let the results over shadow the process. Do your job!! Often times the road to success will not give you any neon sign welcoming your arrival or even thank you. I will be sure to thank you now. From the bottom of my heart, I thank you... Your service, loyalty and hard work are greatly appreciated and valued.

Only the best,
Coach B

Race Approach Day!!

Yes we are getting in the water so you will need your suit under your clothes

Race approach day is a teaching approach day dedicated to showing athletes what **Pride & Swagger** look like and teaches athletes how to slip into the "Zone". In the "zone" refers to a state of mind where an athlete focuses, calms themselves and gathers relaxed confidence as they mentally prepare to race! I plan to have a "race approach" day before most meets.

The athletes will be needing: shoes, team colored sweat pants or warm up gear, parka, gloves, some head phones or music of some kind, a sock hat, 2 pair of goggles, 2 x team caps and team colored towels— and just about anything else you can think of that a swimmer needs at a meet. Race approach day is a unique and special day where the older athletes model pre-race routines. After the modeling of a pre-race situation, the older swimmers will be assigned groups of younger swimmers. Within those groups, the older swimmers will share race thoughts, tactics to envisioning a race and some personal pointers.

** (A note to young swimmers, on race approach day, try to get in different SR leader groups so you can hear many different types of personal tips from SR leaders on the team. If you're placed in someone's group and you've already been with that person on a previous race approach day—tell coach and change groups!!)****

Race approach day lay out: We must start on time

*3 min. Coach or team leader talk about what to bring to a swim meet. (Lots of H₂O, sports bars, bananas, bagels, dry clothing and extra towels ext...)

*4 min Meet official talks about what they look for during a race and some common DQ's

*2 min Sportsmanship SR Skit 4min JR groups practice (See 2nd page)

*2 min Race countdown- SR leaders (dressed in team gear) behind the blocks, watch as they stretch and envision the GREAT race they are about to perform. **Swagger!** ITS OK TO step away from friends here

*4 min to get into JR groups and talk personally with SR leader

*12 min Team warm up- 2x 50 DPS @ RG and 4x25 drill @ RG and 4x25 drag race.

*5 min of turns (middle 25's, both ways) watch for a FAFP underwater kick, streamline and breakout!!!

*10 min Starts- half 25 FAFP/ half EZ DPS. Watch for a great jump OUT! And FAFP underwater kick, tight streamline and fast breakout!!!

*3 min CHAMPION finishes. Envision successes and fast finish. Stay on the back in backstroke, two hands in fly & breast. FR NO breath in red-zone!

*13 min fun relay practice 'Running relay. SR leader's choice (do widths, have the relay decided on before-hand)

*3 min recap and LOUD team cheers!!

*10 min Visualization exercise (see 2nd and 3rd page)

Sportsmanship SR Skit

Some of the SR group leaders will do a skit/s dealing with sportsmanship. The JR groups will watch first hand “poor” sportsmanship from what could be teammates, parents or competitors from other swim programs. The JR groups will then be able to watch proper responses (tong-foo) to “poor” sportsmanship and even be shown healthy exit strategies.

The skits can change from time to time based on what the SR group leaders want to address on a given ‘Race approach day’. Recommended topics or ideas: Teammate to teammate, parent to athlete, teammates parent to athlete, competitors from other programs trash talk, teammate upset after a race –lashing out at coach or teammate (how to give time and comfort), fake teammate drama.

Parents can help their kids understand that good sportsmanship includes both small gestures and heroic efforts. It starts with something as simple as shaking hands with opponents before a meet and includes acknowledging good races made by others and accepting wins or loses gracefully.

Visualization Exercise

JR group will sit in a line on the side of the pool and will be asked to close their eyes. The group will then be walked through a number of visualization exercises. We will be visualizing our race, what the sounds are, what the smells are, what the temp is, what we’re wearing, what our start looks like, what our kick underwater looks like, what our stroke looks like, our turns/walls, finish and sportsmanship---all look like in our minds eye/screen.

Seeing is receiving. If you can see what you want to happen in your "mind's eye/screen," then you're more likely to achieve it. The brain is an incredible mechanism. It registers everything that happens to us, stores that information in our memory cells, and retrieves that information when it's called upon -- consciously and subconsciously. It doesn't ascertain if what it sees is real or vividly imagined. Approximately 80 percent of our learning and how we experience life comes in through our visual channel. Thus, there is incredible power in the visualization process if we'll use it to our benefit. Professional athletes use visualization all of the time -- to picture themselves winning a race or hitting a home run.

- First, find a quiet place away from distractions. Get into a comfortable position and relax your body. Take a number of slow, deep breaths. Release tension, concerns, and anxieties as you exhale. (They'll be waiting for you when you've completed the exercise -- if you still want them.) Clear the screen of your mind's eye. See the number one (or any other non-emotive symbol) on your mind's screen. Focus your attention on the number one. Allow other thoughts and feelings to dissipate.
- Next, allow the number one to fade out as you begin to visually create what it is you want to accomplish with this exercise. Visually create each figure, the scenery, the setting, filling your picture with the minutest details. Add vivid

colors to your picture. Make the colors bright and dramatic. Once your picture is in technicolor, add the sounds that are associated with your picture. You might hear yourself saying words, others talking, SPLASH sounds in the water. Once the volume is turned up, fill your picture with the aromas/smell and tastes that are associated with it, such as the smell of 'pool'. Add the sensation of touch. What does the picture feel like in the sense of textures and temperature? Now, enjoy the full picture you've created.

- Add the critical element to your visualization -- your emotions. It's the emotional element that expertly transfers your picture into your brain's memory cells. With your picture in full array, add to it the emotions you want to feel when you find yourself in this situation. Whatever the emotions -- pride, confidence, patience, gratitude, love -- feel them fully. Allow your body to actually respond to the feelings associated with your picture. Smile, beam, gesture, whatever way you express your emotions. Hold your feelings in concert with your picture. Fully be in the picture you've created for yourself.
- Once you've held your picture strongly on your mind's screen for a few minutes, let it fade gradually until you return to your focus symbol -- the number one. Then commend yourself for using this tool for affecting change in your life.

The use of visualization can serve many purposes: enhance your performance and level of skill development, practice a new behavior, get rid of obstacles and fears, induce relaxation, improve your self-talk, reach goals, as well as affect the healing process.

Ideas and steps:

1. Reframe old situations. If you had a bad race; go back and fix it in your mind's eye/screen. Move yourself out of the victim's role.

2. Change old habits. You are fully aware that old habits are difficult to change even when you know they act as roadblocks to achieving your best. Beginning with one habit, picture yourself behaving in the desired manner. So, if your goal is to have better turns, create pictures of yourself doing better turns. The more you visualize yourself practicing your new habit, the easier it will be in reality. Change in any habit requires persistent effort and ardent desire on your part.

3. Eliminate fears. Fears act as a restriction. They tend to immobilize you. Yet, fear is your own creation. It's a **F**alse **E**xpectation **A**ppearing **R**eal. (FEAR) Whether you're afraid of failing, succeeding, the unknown, or rejection; fixating on the fear is nonproductive.

4. Boost self esteem. When you're making changes in your behavior and way of thinking, how you feel about yourself tends to play a part. Using this visualization tool can be an effective method of enhancing your positive feelings. Be sure to feel the uplifting emotions that come from being the best you can be.

5. Inducing Relaxation. When you can't physically get away to the place where you feel at peace, create it on your mind's eye/screen.

To Become a Champion

- 1. Be able to perform at your best when under stress. This only comes by having daily focus in workout.**
- 2. Know why and what each stroke drill is designed for, help teach it to others.**
- 3. Pick at least *Three* things daily to improve on during work out or even in different sets. Remember: doing the small things correctly add up to the big....**
- 4. Streamline x 1000 to perfection.**
- 5. Do the set the way it is being asked to be done!!**
- 6. Be a good teammate.**
- 7. Get yourself in top physical condition. Eat/drink right.**
- 8. Maintain a Positive Winning Attitude. (Believe always: “I will dominate my Opponents”)**
- 9. Be coachable.**
- 10. ‘That extra little thing!!!’**

Year-Long Goals

Goals-Commitments – Mission – Responsibilities – Purpose – Process

Name: _____ Year _____ Email _____

Phone #'S _____ / _____ Locker _____

What is your main goal for this season? *(Write this goal down in the space below or on a separate sheet of paper and put it somewhere that you can see everyday during the season—Mirror--Fridge) (Be A Champion!!)*

List your goals in the categories below and the certain dates you hope to reach them.

Swimming _____

Academics _____

Other _____

Describe what you think you need to do to achieve these goals.

Swimming _____

Academics _____

Other _____

List your strengths and weaknesses in your swimming and conditioning:

Kicking _____

Pulling _____

Stroke technique _____

Conditioning _____

Please take your time filling out these forms. People who have goals and write them down are 95% more successful than those who don't. Photo copy this sheet and give it to a coach ASAP!

Workout log (Copy this page many times and keep a log if you want) Date _____

WU- _____

PRE- _____

MAIN- _____

TEC/kicking _____

What are your personal targets _____

WD- _____

Total _____

Things of note:

Event _____ Seed _____ Finial _____ Name/date _____

Distance	50	100	150	200	250	300	350	400	450	500
Splits										
F-Split										
ST rate R/R										
# ST's										
Target										
Swimmer say's after										
Coach say's after										

Event _____ Seed _____ Finial _____ Name/date _____

Distance	50	100	150	200	250	300	350	400	450	500
Splits										
F-Split										
ST rate R/R										
# ST's										
Target										
Swimmer say's after										
Coach say's after										

Event _____ Seed _____ Finial _____ Name/date _____

Distance	50	100	150	200	250	300	350	400	450	500
Splits										
F-Split										
ST rate R/R										
# ST's										
Target										
Swimmer say's after										
Coach say's after										

Build for the future by looking back

Name _____ Date _____ Favorite ST & event at this time _____

1) What goals did you achieve this season that you set at the start of the season?

2.) What goals did you NOT achieve this season that you set at the start of the season?

3.) Rate your effort in the following training areas this past season (0 to 10 w/ 10 being the highest)

A _____	Stretching	N _____	Anaerobic high quality sets
B _____	Cords	O _____	Power set/ buckets
C _____	Lifting	P _____	Pulling Sets
D _____	Core	Q _____	Sculling
E _____/_____	#X Attendance (# X's a week?)	R _____/_____	Drills/ & understanding
F _____	Maintaining focus on goals	S _____/_____/_____	Starts / Turns / finish
G _____	Positive mental attitude	T _____	Rest/sleep
H _____	Regular season meet performance	U _____	Nutrition
I _____	Championship meet performance	V _____	Kicking sets
J _____	Endurance Sets	W _____/_____	Stroke count/ DPS #
K _____	Aerobic endurance sets	X _____	Team bond
L _____	Explosive seed sets	Y _____/_____	Meets attended /# of
M _____	Race pace sets	Z _____	Focus under pressure

4.) What did you do best based on the scores from above and what areas do you feel are important?

5.) What could you have done better, based on the scores above and what areas do you feel are important?

6.) Rate the following areas according to their importance for you to become the best you can become in swimming. (1 to 10 w/ 10 being the Least Important)

A _____	Mental approach to swimming	F _____	Hidden training (Nutrition & rest)
B _____	Goal setting	G _____	Handling adversity
C _____	Following Coach's training	H _____	Self discipline
D _____	Dryland Training	I _____	Inner toughness
E _____	Swimming Training	J _____	Stroke Technique

Sit down and share this with a coach soon, we want to hear your thoughts.

Pool side drill sheets/photo copy this

Freestyle thoughts

Keep the body line tight and straight like a pole. Keep the kick in a box, no scissor kick (scissor means you're unbalanced). The head is natural or a little down. Water will hit the crown of the head. (You should not be looking forward!) When you breathe, one goggle should be in the water, also don't look back in the breath. Try not to disturb the water at the catch; we don't want air bubbles in the path of our swim. At the catch, slip your hands in with your wrist bending to a 38 degree angle. Think of the pool as Jello and you pull your body over it. Don't pull the hand through the water; pull your body over your hand. (Jello pool) Hands closed and relaxed. Come over the elbow. Think of swimming over a barrel, make that elbow come up to get over a barrel. We will have more power in EVF. Scull and keep pressure on the hands as we pull through the stroke. Again think of swimming in Jello, keep the pressure on the hands at all times. Arms in the recovery are catapulted forward. There're two types of recovery. One is the classic with high elbows over head, the arm bent at the elbow. The other is what I call gorilla style; the arms recover with little or no bend at the elbow. (NOT like a windmill or gorilla) I tend to think the gorilla style is faster, it takes extra steps out of stroking. It allows your hands to enter more in the catch of the stroke, less mechanical than the classic style.

Drills for freestyle.

- 1-Kick 4 point, front, side, back, side and back again, think smooth and hold body line.
 - 2-3sec/6 sec on the side. Break wrist 5in at catch. Eyes look down or 45 degrees.
(Body line is held on the arm pit) Swim over the barrel
 - 3-Single arm pocket. One arm strokes while the other arm is in the pocket of your suit. BP3. (The BP is very important to this drill. You have to work the shift in order to get breath.)
 - 4-bow drill- 45 degrees, set up the catch and 3sec at the pause.
Good extra work would be: **Head up** both as a flow and as a breakdown
 - 5-blasting tombstone kicking.
 - 6-SC with elbow almost even w/ h2o, break the wrist w/ EVF tips down(Snorkel is great)
 - 7-snorkel swim, look at the catch (Advanced. EVF quarter pull, drive the opposite hip w/ a K at the same time the hands fire.) timing hands w/ kick and hips to get the shift.
 - 8-Swim FR like it looked like BA
 - 9-snorkel one arm in the pocket, SC EVF (Advanced is w/ K, snorkel EVF SC out front and -- opposed hand SC's at the finish on the other side.)
 - 10-Bodyline- Flat back, look at bottom of pool, slow kick to find buoyancy point.
 - 11)-Touch-Touch-Swim. Touch out front, touch in the back and swim, the goal is 8-10st total.
 - 12)-Pocket free w/ BP-3 SLOB-SROB
 - 13)-Catch and vault- Set the catch with a fist hand and start the pull, recover hand vaults over the catch hand
- Recovery/tempo- Time it takes to enter the water and enter it again with the same hand.
Body line- Light kick with head down, flat back with the skin just breaking the surface of the water.
Center line- 4 points of body line 1Center-2 LSide-3Rside and 4back. (Don't use hands, we need to Establish core! Hold 6 sec)

Pool side drill sheets

Backstroke

13in at the catch from shoulder, hook the hands and anchor that hand, push the hand square through the stroke. Legs provide the power. Hold the body line. Swim taller than you are with a wide catch. Head is neutral. Bow the shoulders slightly, but DON'T lift the head. Knees stay under the water, kick boils the water, arms enter outside the shoulder. Think of yourself as a boat where the oars/hands enter the water at the side. Good placement might feel wider than what "feels" natural. Also don't over roll past 45 degrees. Toes pigeon toed and kick flows from the hips. Get a little extra from your kick simply by remembering to kick down as well as up. Kick inside a square (never wider- if you kick wider, you're off balance somewhere.) Hands exit with thumb and enter with pinky. Swim this stroke a couple inches taller than you are. Think wide again, when you swim taller the ribs ends still don't pop out because the arm placement is wide enough. Scoop like a question mark; accelerate the hands at the finish, press only to get back into the scoop. The number one problem with backstrokes is they enter too high above the head, **get wide**, set the catch early. Set tempo from hips not the shoulders. The best tempo is about 1.2 to 1.5 for your arm cycle. Play with your tempo. To start, you should count your strokes when you reach the flags but it is best when you just feel the wall coming. I like to train with feet aids/fins in this stroke.

Drills Backstroke

- 1-Vertical catch up swim (Good w/ fins)
- 2-Bottle/cup on your head- half full cup of water on your head
- 3-R arm L arm German 90 – stop at 90 slowly place hand in and work scoop
- 4-Pull on lane-line and focus on pull through
- 5-3/3 scull scoop park at 90= three scoops each arm 2nd step- 3-scoop pause shotgun arm
- 6-Russian twist 2 (not corkscrew) go back the same way you came
- 7-single arm 6/6 (we can't see the palm) 6in to 8 in deep
- 8-scutt 3 phases of the stroke (top, middle, finish) no legs
- 9-Underwater backstroke. BP-3 Slow and keep head neutral .
- 10- body line 12-12 kicking hold a center line (45 degrees and through the shift)
- 11- Single arm back- pitch the thumb (DON'T bring shoulder to chin) Just wide and roll

Extra with coach

Coach fishing a swimmer

12-Head lift and low for body line.

13-Spin drill .4 to .6 tempo

Set the head(water can flow over forehead)

Catch water just outside shoulder line, hands are placed, shift hips NOT shoulders. (should not see rib-ends) Great kick with knees not coming out of water. V-the hands and push through.

Use dolphin off walls and keep tempo at race 1.2 to 1.5 Tempo changes at different distances.

Pool side drill sheets

Breaststroke

Learn from the legs forward, then never let the water go; both with the hands and feet. **Kick the hands forward** and reach out front; there is a slight pause as the kick snaps and finishes behind you. A lot of swimmers let water go of the water with their kick and hands. Snap the kick. This is a timing stroke. To breath, shoulders rise not the head. I tend to think breaststroke is best swam in a classic style. Eyes are 45 degrees down, NOT looking forward, you should look like your falling forward. Don't manufacture your hips. Hands never go more than 3 inches deep at the catch (we swim east and west, not north and south). Hands do not go under the body, we don't want to get stuck under our body, it's dead water. The more you're stretched out over the water, the faster you will go. The kick must sustain us during this reached out state. Knees are not wide nor are they poking holes in the bottom of the pool. Work the edges of your kick. The leg recovery is just wider than your shoulders. Try to swim the stroke with a pull buoy to work the edges of your snapping powerful kick. Quick hands, hands house over top of the water (house holds the water better than praying hands). There's no sudden movement at anytime during this stroke. Pull, kick and stretch. A great way to know if your breaststroke is getting better, try DPK kicking and try to drop kicks. The technique does not change at different distances, just the extension out front.

BR Drills

- 1-Head up w/FR kick shoot hands
- 2-100's 3-2-1- swim (DK slip under, by 25's, 3 k's under H2O, 2, 1, swim) Hold the line
- 3-2up/2down or 2 pullouts (stroke/swim under the h2o)
- 4-qt pull with FR Kick (advanced) qt pull w/ no kick. NONE.
- 5-Scull with head up, palms down and no K (advance is on arm, other arm in pocket)
- 6-Snorkel, do all 3 SC point, then pull the stroke, keep arms flat.
- 7-Snorkel, hands at hips, hold body line and touch hands with heels, snap down
- 8-Accordion Drill- Hands flat to the head and kick them forward (timing!!)
- 9-Kick on back w/ BR kick. Chest out, hands at side (foot-speed)
- 10-Goggle drill 1-2-3 Hold glide 1sec,2sec,3 sec
- 11-Knees too wide, use a buoy and kick w/superman arms, work the edges. Also kicking on the back without letting the knees come out.
- 12-Upside down BR swim. Good for holding the line (pause 3sec)
- Dec 4x100.** 4, 5, 6,swim only by 100 Then Dec 100's 4ST's only (works Power)
- 13-One leg kicking on the lane line/ iso the leg and switch
- 14 Pullouts with bucket. The rope has no slack in it.
- 15-Head up, with hand fins and Kicking w/pull buoy
- 16-Tombstone kick is great
- 17-Paddles, don't put finger in the straps w/Dolphin body movement with pull pattern

Bodyline- just like freestyle but hands are out front and hands sledding out front. 2nd step-light pull head down with NO kick (hands no deeper than 4 in)

Pool side drill sheets

Butterfly

Good high catch w/soft hands going in. Legs drive the swim, the arms just add power but not tempo. Swim this stroke in parts or w/ fins so you don't swim it wrong and build bad habits. Swim with a BP1 up/ 1 down, all the time. Push the head and take low breaths, hold the line w/ the head. This is really a great stroke and all too often swimmers are too afraid of it. The best butterflyers have a great dolphin kick—period!!. I'll say that again, ***The best butterflyers have a great dolphin kick! Keep pressure, kick equal on both sides of the feet.*** Press through the stroke. Recover the stroke with the head holding the line, hands thrown low and close to the water w/ straight arms. Relax in this stroke and you will not fatigue as easy toward the end of the race. Hold the line, deviating off the line causes more drag. Stay relaxed through the back muscles. We should swim this stroke shallow and powerful. Stroke shallower because it does not allow you to rest at the catch. Like the breaststroke, butterflyers tend to rest on the walls. Again, smile inside because you DO NOT rest on your walls like other swimmers. The only way to get better at fly is to swim it a little faster in workout. Too often, swimmers let the fear of this stroke give them a one beat kick in workout. It's easier to swim this stroke faster than it is to swim it slower. In a race, we control how far we come off the wall w/ under water kick, we change the force or explosion of our stroke. We must finish or close this stroke well by not falling apart. Timing of the breath is a common problem. Breath shortly after the catch and have that head back down before hands recover.

Fly drills

- 1-Swim fly head up with FR kick.
- 2-Pocket fly soft hands. hand in the pocket, stroke w/ other, hips up!
- 3-Racing drill hold the line, recover hand skims the surface as it comes around
- 4-2x ST's then throw the head at the finish of the stroke, kick yourself back up to the ST
- 5-Swim whole stroke w/ snorkel (fins is extra)
- 6-Vertical swimming fly in deep end (don't push off bottom)
 - 7-Press and release hands at side. The kick does not move you forward. Head and body in one press and release movement will move you slowly down the pool. Swim slow w/ the right body line before we add other elements of the stroke an speed.
- 8-Advanced to press and release w/ arms up and pinkies out. Good flexion in shoulders.
- 9-Rip an ride- great w/ fins FR-K and snorkel 4 count. hands recover under water and rip w/slight head throw, slip hands back up under the water and repeat.
- 10- 3/10 Sub dive. 3 ST's up, 10 FAST DK under. Work the Kick out

Extra with coach

- *With fins is a great way to learn this stroke
- 10-Scull with a snorkel is great, dig fingers out to work catch 2) Next 3-SC one pull/ 3) High catch w/FR kicking, recover under and rip power.
 - 11-25 kicks in 9 or 10 seconds vertical kicking, waves are bad, ripples are good
 - 12-Buckets off the walls and explode, feel pressure on both sides of feet!!!
 - 13-Whale K on BA, Fish K on Side (hold line, follow the black line), Dolphin K on front
 - 14-DK vertical kicking 18 K's in 6 sec. WE want rings NOT ripples/waves.
- Make it a goal to kick 27 kicks in 10 sec's or 18K in 6sec's (every forward kick is one)

Extra meet day warm-up/down and STROKE secrets

Common misconceptions- We all know that working hard in practice every day and keeping focus, setting targets and swimming the sets the way they should be swam makes us better. However, I often see swimmers take for granted the extra little things:

*Keep the feet covered and keep the body warm. Being cold taxes your energy and tightens muscles. Tight muscles prevent us from having full range of motion and increase our injury chances.

*Keep the RIGHT fluids in your body. It's said that more than 90% of us are dehydrated, now think about an athlete during competition (sweat & fight or flight). Understand that lots of fluids flush lactic-acid out

*The type of food going in your body. "Cup of noodles" is BAD!! It's full of salt, salt dehydrates us. Eat clean carbohydrates, look for the colored food chart choices in this packet and stick to that.

*Don't underestimate visualizing your race. Pull away from your friends and take time to focus before your races!!!

*Watch the fastest heats. What are they doing different that is making them so fast??

*No WD pool=take contrast showers. Start w/cold for :30 sec, then hot for :60 sec. Repeat 2 to 4x

*#1 biggest misconception= don't underestimate how important being a good teammate is!! Having the support and supporting others is a huge boost. **You don't have to be a captain to be a team leader.**

Help your teammates and support them, it will come back to you tenfold!!!

**Becoming better people will make us better swimmers.*

It's important to come up with some of your own routines, don't K too much, 500yd K is too much!

Free- WU 4x 100 @ 10+ CI DEC. Spin drill. Do some buckeye turns in deep water. Do 25's working the "jackknife breakout", then stroke slow and visualize as you go into EZ bow-drill. Find the high body-line "feel" that!!! Keep the kick in a box and no scissor kick.

Back-WU 4x 100 @ 20+CI. Then 3x spin drill!!! ?x50's @:30 rest Russian twist 2, "feel" the catch. Check your stroke count with some turns. Think about cold-fusion DK off walls

Breast- WU4x100 @ choice rest. Do 25 w/ FR kick riding the glide and 25 DPS. Egg kick in deep end. Vertical BR K in deep end, heels to butt and snap the K. Vertical kicking helps us set the ankles quicker.

Fly- WU 2x50 EZ DK @:20/:30? Rest. 2x50 racing fly drill @ :20 rest. 3x50 @:30 rest 15yd FAFP "shoebox" w/ one breakout stroke (Don't stop your K at the breakout, kick out of the water) Drill CH the rest of the way. Do breaststroke turns

Warm down= *Is so very important! Always warm down until you're the right color and your heart-rate is back down. 600 yards is a good WD regardless of the distance you just swam. Drink lots of water to flush the system. Its also a good time to put a little food in. If you just raced free or back, breast stroke is a great way to warm down. Backstroke if you just swam Breaststroke.*

Meet day Nutrition

*Pre-meet meal-approximately 3 hours before/ Choose one from the following

- 2/3 size regular meal
- Quality carbs
- medium serving lean protein
- avoid high fat heavy foods/ this includes heavy sauces
- High antioxidant fruit or veggie
- Fluids (no caffeine)

*Top off energy ideas- Consume within 1 hour mark if your stomach can handle it

- 30 Grams of carbs
- 2 cup Hammer drink or Gatorade or sport drink
- Half sport bar
- Banana, handful grapes or Berries
- Half bagel
- Graham crackers or gold fish

*Long Break

- Fluids- 3 cups water, sport drink for every one pound lost
- Carbs-sport bar
- Gummy fruit snack
- Berries
- Pretzels
- Orange slices

Post meet/recover after workout!! **-Consume as soon as possible after**

- Shake with protein and carbs or recovery beverage
- Lean meat/ subs
- Non-breaded Chinese w/ rice
- Pasta with chicken
- Roasted chicken with potatoes and veggies
- cheese pizza
- milkshake made with yogurt

*****REPLACE FLUIDS!!! 3 cups Every Lb lost*****

Pre-workout fuel and Food

*Strength Training

- 1 Spot bar
- half cup nuts
- 1 cup yogurt
- small bowl cereal/oatmeal
- 1 PBJ on wheat
- 16 oz chocolate milk
- 1/3 meat sub
- Grilled cheese

Workout/practice

- 3 cups Hammer drink/Gatorade/sport drink
- 2 cups drink and one banana
- 20 oz juice and 2 fig Newtons
- 1 sport bar add one water
- 1cup sport drink and peanut butter crackers
- 1 apple, some saltines and water 2 cups

Green =Good ideal choice within moderation

Yellow=Ok choice within moderation

Red=Least ideal choice

Carbohydrates

Green	Yellow	Red
Acorn Squash	All-Bran cereal	Baked russet potatoes
Black bean	apple	candy
Butter bean	baked beans	cartoon cereal
Broccoli	banana	French bread
Carrots	brown rice	French fries
Cherries	Cheerios	Colden grahams
Chick peas	cream of wheat	hash browns
Cucumbers	fiber one cereal	mashed potatoes
Egg noodles	grapes	puffed rice
Green beans	multi-grain bread	refried beans
Kidney beans	new boiled potatoes	sweetened drinks
Lentils	oat bran	white/bread/rice/flower
Lettuce	orange	
Mushrooms	pita bread	
Nectarines	raisin	
Whole oatmeal	rye bread	
Onions	special K	
Pears	sweet corn	
Plums	sweet potato	
Spinach	tortillas	
Split peas	unsweetened juice	
Summer squash	whole grain bread/wheat-flower/pasta	
yam		

Things to remember:

- 1) Incorporate fruits and vegetables when choosing carbohydrates. Put color on your plate.
- 2) Fresh produce is best!

Green =Good ideal choice within moderation

Yellow=Ok choice within moderation

Red=Least ideal choice

Proteins

Green	Yellow	Red
Chicken breast	2% milk	75% lean ground beef
Cod	85% lean ground beef	bacon
Eggs	low-fat cheese	beef or pork ribs
90% lean ground beef	low-fat pudding	chicken w/skin
Lean ground turkey	ricotta cheese	fried chicken
Low-fat cottage cheese	skim mozzarella	fried fish
Salmon	trimmed steak or pork	ham on a bone
Skim milk	turkey bacon or sausage	ice cream
Skinless white turkey		regular cheese
Tilapia		whole eggs/milk
Tuna		
Tuna in water		
Yogurt from skim milk		

Fats

Green	Yellow	Red
Almonds	natural peanut butter	butter
Avocado		candy
Olive oil		coconut oils
Walnuts		coffee creamer
		Fried foods
		Low-fat mayo
		Ranch dressing
		Whipping cream
		Whole milk

Age Group Training Plan

Category	Actual swimming	9-10 Yr	11-12 Yr	13-14 Yr	Rest & Recover	Pain	Example Sets	Coach
WU-WD	15/30min	500/2000	600/3000	1000/4000	RG-Any	Zero	500 SKID	Drill and Recover
EN-1	15/60min	500/2000	600/3000	1000/4000	10 to 30	2	3x200 15 Rest	Develop Economy, Maintain aerobic
EN-2	15/60min	500/2000	600/3000	1000/4000	10 to 30	3	5x400 20 Rest	Improve threshold, aerobic endurance
EN-3	8/30min	400/800	600/1000	800/2000	30 to 2M	6	3x200 Rest 30 5 over CI	Improve aerobic power and threshold
SP-1	3/12min	LOW	200/600	300/800	1-1/1-2	8	2x100 -5/-10 CI	Improve Lactate tolerance
SP-2	2/6 min	LOW	200/400	200/600	1-2/1-8	9	4x50 FAFP	Improve ability of lactate and tolerance
SP-3	5 Min	100/200	100/300	100/400	2 min to Body RG	4	4x 25 Half/FAFP Half/EZ OR Broken	Improve max sprint speed and POWER! w/Tec

Aerobic = Enough oxygen. WU, WD, EN-1, EN-2, Some of EN-3, All of SP-3 and flow drills.

Team vocabulary= DPS-DOx1 and 2, DPS-Holds, BP3, Pace work, Push Throughs, Descending 50's

Anaerobic = NOT enough oxygen. Some of EN-3, all of SP-1 & SP-2.

Team vocabulary= FAST, FAFP, BC, OTB, BP5, tempo/turnover.

Threshold= Referrers to anaerobic threshold, this defines the maximum swimming speed that one can sustain for at least 30 Min continuously.

Lactate= Non-acidic form of lactic acid.

Lactic acid= A product of the lactic acid energy system that when allowed to accumulate in muscle and blood, it will cause the pH to drop and result in muscular fatigue.

Buffer Capacity= The ability of muscle to neutralize lactic acid and thereby prevent pH from dropping when lactic acid accumulates. You increases your Buffer capacity by sprint training, increase muscle protein.

Example set for 9-10 Age group

WU	10x50 FR @ 1:00 (Emphasize warming up and DPS and Technique).
PRE Set/OR Skill set	Speed set OR 6x 25 FAFP half/EZ @ 1:30 OR Drill no interval
MAIN	8x100 1-4 @ 2:15 25 FR / 25 BR drill SNAP KICK and RIDE GLIDE!!! 5-8 @ CI
Skill Set	400 Drill of the day 25/Kick, 25/drill
Fun Set	(Change, Be Creative!!) Relay, swim tug of war, drag race, tread water
WD	4x50 Flow drill 25 swim 25, OR BA Total = 2100yr

Using the Chart

All ranges are set off of 9-10 column.

- 1) Choose the type of set we want to target(WU-One of the EN's or one of the SP's). Coach should be thinking of why.
- 2) Decide how long you want them to swim, try to stay in the recommended range.
- 3) Pick an appropriate repeat distance within the range. Add it up on the far right.
- 4) Choose a rest interval and think about how hard you need your athlete swimming pace wise— write a few numbers down. (In this step you only need to **try** to stay close within the recommended interval.
- 5) Convert the rest into a send off.
- 6) Coach this set, afterward record the success and failure.

Early season Plan

En-2. Lets get that aerobic base. This is the time to focus on endurance training. We do not want too high of intensity at this time in the season. Long swims with less rest. Also you should look to do lots of kicking. Start teaching our vocabulary and set the drills for the year.

Mid season

Begin to train anaerobically with EN-3, SP-1 and SP-2. Now is the time to break out the stop watch and teach race pace, start with 50's, move to 100's and 200's. Talk about a different race strategy and teach it for a week. 400IM, 500 FR. A few weeks before peek of training start pulling hard and more power movements (buckets and resistance).

End season

At the peek or just after. More speed work. En-2 once or twice a week. Lots of SP sets. Less kicking but do it at high effort. Broken swims and SP-3. Fins can help.

Training for High school, Gold, Jr. and Sr. Swimmers

Category	Actual swimming	Yards	Speed	Rest & Recover	Pain	Example Sets	Coach
WU-WD	Any	200/1500	60%	RG-Any	Zero	200 SKID Speed set	Drill and Recover
EN-1	15/60min	300/4000	60/70%	10 to 30	2	12x200 15 Rest	Develop Economy, Maintain aerobic
EN-2	15/60min	100/2000	70/85%	10 to 30	4	8x400 20 Rest	Improve threshold, aerobic endurance
EN-3	8/30min	100/1000	85%	30 to 1:30M	6	6x200 Rest 30 5 over CI	Improve aerobic power and threshold
SP-1	4/12min	50/200	90/95%	1-1/1-2 Work To Rest	8	12x100 2min/rest Hold 3 sec from 2 nd 100 of your 200	Improve Lactate tolerance
SP-2	2/6 min	50/100	100%	1-2/1-8	9	6x50 FAFP	Improve ability of lactate and tolerance
SP-3	5 Min	100/200	106% of best 100	2 min to Body RG	4 FAFP	10x 25 12half/FAFP Half/EZ OR Broken	Improve max sprint speed and POWER! w/Tec

Aerobic = Enough oxygen. WU, WD, EN-1, EN-2, Some of EN-3, All of SP-3 and flow drills.

Team vocabulary= DPS-DOx1 and 2, DPS-Holds, BP3, Pace work, Push Throughs, Descending 50's

Anaerobic = NOT enough oxygen. Some of EN-3, all of SP-1 & SP-2.

Team vocabulary= FAST, FAFP, BC, OTB, BP5, tempo/turnover.

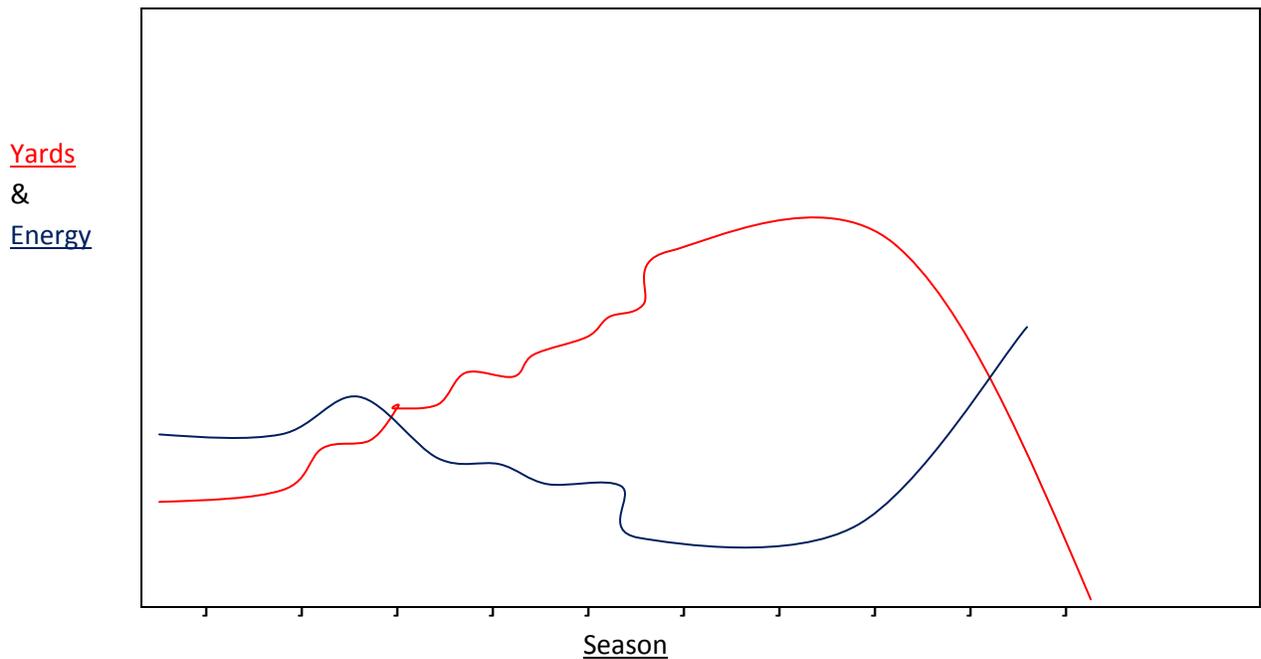
Threshold= Refers to anaerobic threshold, this defines the maximum swimming speed that one can sustain for at least 30 Min continuously.

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Lactic acid= A product of the lactic acid energy system that when allowed to accumulate in muscle and blood, it will cause the pH to drop and result in muscular fatigue.

Buffer Capacity= The ability of muscle to neutralize lactic acid and thereby prevent pH from dropping when lactic acid accumulates. You increase your Buffer capacity by sprint training, increase muscle protein.

Understanding Taper.



On the left side you have yards (red) and energy (blue). On the bottom you have the season laid out in chunks of time. As the yards go up (red) you will notice the energy (blue) somewhat mirrors the yards and goes down. At the end of the season (State) we try to set a taper. The taper is where the two lines meet and make an X at the end of season. The art of taper is trying to time peak energy with the same days or window that State is. There is a lot of responsibility needed from the athlete during the time of taper. The athlete must try to control the extra energy by still eating normal sized meals, hydrating better, going to bed at a good hour and not wasting energy on horse play/running.

The word taper in swimming is a word we all come to know early in our swimming career. A taper is "the reduction of workload during a period immediately prior to a major competition." As a swimmer goes through their swimming career they may encounter different ways to accomplish a taper. There is no one way to do a taper, nor a magic formula. One of the most important things that a swimmer must do during a taper, any taper, is to believe in themselves, their abilities, and the work they have done over the course of the season. They must also instill the belief in their coach as a professional with the swimmers best interest always in mind.

The taper is used in swimming by groups of all ages and is a common practice everywhere. A taper is the need to recover following prolonged periods of high-volume/high-intensity training. The purpose of the taper is to allow the swimmer to adapt to, or super compensate for the level of work accomplished in the training program. (Super compensation can be defined as optimal and maximal recovery). An important ingredient of the taper is the work that has gone into swimming before the taper even starts. Tapering allows the swimmer to adapt to perform as the result of regular season training. What we as coaches are trying to say is that the work

you do during the season is like money you place in a bank; at the end of the season a swimmer can go to that bank, collect all of his/her money with interest as the pay-off for the hard work done in season. Bottom line, you can get what you put in and more!!

During a taper the work volume can be reduced along with the intensity of work. The frequency of practices and focus during a practice should remain at the same level as the regular season. The reduction in volume of work will not result in a decreased performance ability. All performance factors are maintained at this important period of time. The amount of work volume dropped during the taper may/will vary from coach to coach - swimmer to swimmer. This only plays a small part in heightening performance capacity. The length of a taper will vary too. As studies have shown, peak performance can be accomplished at a 60 percent reduction of work volume. This can be done over a long period of time or a relatively short period. Studies also show the same taper can be effective for the high volume and lower volume groups.

During the first three weeks of a taper changes that occurred were "increases in power, neuromuscular efficiency, anaerobic contribution of the swim, fast twitch muscle recruitment, and mechanical efficiency."

Shaving down has been a long-time companion of the taper. Shaving down for a swim meet is for gaining an advantage of a few tenths of a second. Just what does shaving body hair do? Shaving results in faster swims independent of training. The advantages of shaving are related to a decrease in drag to be overcome by a swimmer. The final result is that less power application in the pull pattern is required to overcome that drag.

The final aspects of a taper, and by far not the least, is the mental side. In the final stages of a season a positive self image is needed to help create the desire to succeed and have the confidence to do so. Many swimmers may feel as if they are under stress at this time. Mentally or emotionally they may be trying to solve problems that come about during school or training. These problems may be amplified at this time. Parents tread carefully. Sometimes too much motivation or too much anxiety for results, or pressure by parents/coach can come into play in a negative way. It is important to have a clear mental picture of technique before the swim is executed successfully. Experiments in several sports have shown that it is possible to improve performance by sitting in a chair relaxed for five minutes a day and visualizing one's self performing desired techniques.

Now you are ready to go out and execute your taper taking full advantage of the knowledge of what it is you are about to do. You have that winning edge over your opponent and the clock. Be focused, be aware of your body and most importantly be confident that you *will* do well!!

Lane Standards and Qualifying Times

The following are guidelines for various swim lanes. Swimmers will be grouped based on their ability to hold pace as listed in the following. Swimmers must also be mechanically efficient (not DQ) and do pullouts. They also must be efficient at reading the clock and pass a team vocabulary test.

Beginner/Intro:

Fundamentals of all four strokes. Basic intro to starts and turns. Move up based on how many swimmers test up to bronze. Coaches vote swimmers up on who seems to be the most ready.

- Should practice 2 or 3 times per week
- Practice is 45 to 1 hour minutes
- Practice consists lots of: drills, kicking and racing. The goal is to learn to love racing and have fun at the same time
- Must be able to swim 25 free style with attempts at rhythmic breathing
- Must be able to swim 50 back stroke

Bronze:

Conditioning, stress on individual development.

- Should practice 3 or 4 times per week
- Practice 45 minutes to 1 hour
- Does not touch bottom and actively tries to execute turns consistently during practice. Knows backstroke count and two hand touch in BR & Fly
- Are encouraged to attend meets
- Must be able to swim 150 yards non-stop, rest
- 3 X 100 freestyle @ 2:10, rest
- 3 X 100 IM @ 2:30

Silver:

Mechanically efficient, technique of all four strokes. Must do pullouts.

- Attend practice at least 4 times per week. Efficient at reading the clock
- Practice for 1 ½ hours.
- Verbal test: what is Dec, build, push-through, name 2 breakdown and flow drills for each ST, also what is the focus of these drills? BC v.s BP? FAFP v.s FAST? Broken swim? Explain speed-set? List 3 personal WO targets of current struggles? **Must score 8/12**
- Positive peer interaction, be goal oriented, is familiar with swimmer's book
- Attends abs and dry-land WO 2x week
- Attends meets and 2 out of town meets
- Average age range will be 10-13 years of age.
- 7 X 100 freestyle @ 1:50, rest
- 7X 100 IM @ 2:05

Gold:

Highly refined strokes. Must do pullout past flags.

- Attends practice 5 or more times per week
- Practice for 1½ to 1¾ hours
- Verbal test: what is Dec, build, push-through, 2 breakdown and flow drills for each ST, also what is the focus of these drills? BC v.s BP? FAFP v.s FAST? Broken swim? List 3 personal and current targets? **Must score 11/12** Should have parent, coach and swimmer sit down/call to set (ISGP) Individualized Swimmer Goals and Plan
- Attends meets and tries to attend most out of town meets
- Is aware of State times
- Normal yards swum during practice 2500 to 4000
- 8 X100 Freestyle @ 1:40, rest
- 8 X 100 IM @ 1:50

Junior:

Highly refined at strokes. Must pullout w/ kick glide. Attend practice more than 5 times per week

- Practice for 1½ to 2 hours including some morning (lifting) and dryland
- Goal of 3 state qualifying times. Set personal and team goals and targets
- Is involved with mentoring younger swimmers and is a role model
- Average age range 12-15 years old (at coaches discretion)
- Normal yards swum during practice 2500 to 5500
- 9 X 100 freestyle @ 1:30, rest
- 9 X 100 IM @ 1:40

Senior:

Swimmer demonstrates commitment to swimming and team with 90% attendance. Shows community and team leadership. Pullouts at/around 15 meter-mark.

Practice 1½ to 2 hours including morning lifts and dryland

- Strive for varsity high school membership, state qualifying times, sectional, zone and senior national qualifying times. Sets personal and team goals and targets
- Minimum of 13 years old (coaches discretion)
- Normal yards swum during practice 2500 to 6500+
- 10 X 100 freestyle @ 1:20, rest
- 10 X 100 IM @ 1:30

Swimming Core List

Pick one from each list to do before, during or after lift.

Rotational Exercises

- 1-Seated V Twist 3x12 ea
- 2-Hanging Knee up/straight 3x12 ea
- 3-Twist Crunches 3x12ea
- 4-Russian Twist 3x12
- 5-Windshield Wipers 3x10 ea
- 6-Bench Ab Twist 3x 10 ea

Lumbar Exercise

- 16-Hyper on floor 3x 10
- 17-Hypers 3x 10
- 18-Reverse Hypers 3x10
- 19-Goodmornings 3x 8

Rectus Abdominus Exercises

- 7-Hand toe Crunch 3x15
- 8-LMR reach Crunch 3x8 ea
- 9-Hanging Knee ups 3x12
- 10-Crunches 3x20
- 11-Toe0 w/weight ups 3x15
- 12-V-ups 3x12
- 13-Regular Abs 3x30
- 14-Leg Raises 3x20
- 15-Side holdes/thinker 3x 30s each way

Dear Athlete,

These are important steps in bettering yourself. Have meaning while you workout and be mindful that these exercises are making you better. Core is so important to swimming. The last set should be difficult to finish in the prescribed reps, add weight to insure that this happens.

****If you are not dog tired** after EACH lifting set, you need to lift better and harder!!**
The lifting is set into 2 phases. The first 8 weeks are a build of sorts, the second 8 weeks you add weight/take more rest (:30) and lift faster. Keep cycling the workout and keep good records. The 2nd time through (weeks 9 through 12, DOUBLE the reps) (out of season, cut reps in half and add weight to gain power) then work through the cycle again. Make your numbers make sense by adding or subtracting weight based on the next set of reps required.

Print 2 of each following lifting sheets (2 because you'll have 1 for each phase)

Swimming Lifting/Mon

Jog 3 min

Stretch

Shoulder per-hab 2x15

NAME _____

Exercises	P-1Build		P-1Build		P-1Build		P-1Build		P-2 Fast		P-2 Fast		P-2 Fast		P-2 Fast		
Date																	
3 Core #S																	
Bar Bench Press	8 wu		8 wu		8 wu		8 wu		8 wu		8 wu		8 wu		8 wu		
									6		6		6		5		
	10		10		10		8		6		5		5		5		
	10		8		8		6		5		5		5		5		
		10		6		8		5		5		5		4		4	
Dumbbell (DB-1) Row	10ea		10 ea		10ea		8 ea		Stay heavy 8 ea		Stay heavy 8 ea		Stay heavy 8 ea		Stay heavy 8 ea		
	10		8		8		6		6		6		6		6		
	8		8		8		5		6		6		5		5		
Leg Extension	10		10		10		7		7 ea		7 ea		6 ea		6 ea		
	8		8		8		6		6ea		6ea		5ea		5ea		
	6		6		6		6		6ea Light Alternating legs		6ea Light Alternating legs		5 ea Light Alternating legs		5 Light Alternating legs		
Triceps Super set w/standing chin pull	8		8		10		10		12		10		10		10		
	8		8		10		10		12		10		8		8		
	8		8		10		10		12		10		8		8		
Lunges Forward	10 ea		10ea		10ea		8ea		8ea		8 ea		8ea		8ea		
					10ea		8ea		8ea		8 ea		8ea		8ea		
	10 ea		10ea		10ea		8ea		8ea		8 ea		6ea		6ea		
Rest Interval	:60 2 nd 1:30	:60 2 nd 1:30	:60 2 nd 1:30	1:15 2 nd 2	1:15 2 nd 1:30	1:15 2 nd 2	1:15 2 nd 1:30	1:15 2 nd 1:30	1:15 2 nd 2	1:15 2 nd 2	1:15 2 nd 2						

Swimming Lifting/Wed

Jog 3 min

NAME _____

Stretch

Shoulder per-hab 2x15

Exercises	P1 Build		P-1Build		P-1Build		P-1Build		P-2 Fast		P-2 Fast		P-2 Fast		P-2 Fast			
Date																		
3 Core #'S																		
Pull ups Overhand As man as Possible (AMAP)	AMAP		AMAP		AMAP		AMAP		AMAP		AMAP		AMAP		AMAP			
	AMAP		AMAP		AMAP		AMAP		AMAP		AMAP		AMAP		AMAP			
					AMAP		AMAP			AMAP			AMAP			AMAP		
	TOTAL		TOTAL		TOTAL		TOTAL		TOTAL		TOTAL		TOTAL		TOTAL		TOTAL	
Leg Press (Deep = Come all the way down) OR Squat	8WU		8 WU		8 WU		8 WU		8 WU		8 WU		8 WU		8 WU		8 WU	
	10		10		8		8		8		8		5		8		8	
	10		8		8		8		6		6		5		8		8	
	10		8		8		8		6		6		7		8		8	
DB shoulder press (front of head only)	10		10		10		8		8		6		6		6		6	
	10		10		8		8		6		6		6		6		6	
	10		10		8		8		8		8		8		8		8	
								8		6		6		6		6		
								6		6		6		6		6		
Ham lift OR Leg Curls	12		10		8		8		12		10		8		8		8	
	12		10		8		8		12		10		8		8		8	
	12		10		8		8		12		10		6		6		6	
Bicep Curls Bar or DB	8		8		10		10		12		12		8		8		8	
	8		8		10		10		12		12		8		8		8	
	8		8		10		10		12		12		8		8		8	
Rest Interval	:60		:60		:60		1:15		1:15		1:15		1:15		1:15		1:15	
	2 nd 1:30		2 nd 1:30		2 nd 1:30		2 nd 2		2 nd 2		2 nd 2		2 nd 1:30		2 nd 2		2 nd 2	

Swimming Lifting/Fri

Jog 3 min

NAME _____

Stretch

Shoulder per-hab 2x15

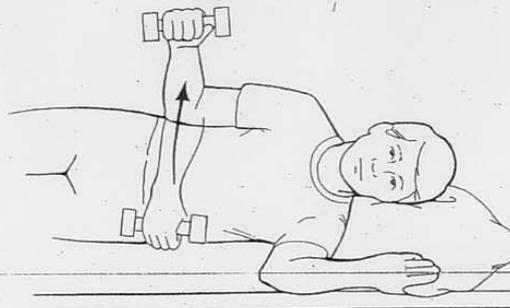
Exercises	P-1 Build		P-1 Build		P-1 Build		P-1Build		P-2 fast		P-2 fast		P-2 fast		P-2 fast	
Date																
3 Core #S																
Step Ups	10 wu		10 wu		10 wu		10wu		8 wu		8 wu		8 wu		8 wu	
DB or Bar	10		10		10		10		8		8		6		6	
	10		10		8		8		8		6		6		4	
					8		6		6		6		4		4	
Lateral Lung	8ea		8 ea		8 ea		8 ea		Stay fast 6 ea		Stay fast 6 ea		Stay fast 6 ea		Stay fast 6 ea	
Bar or DB Step into Push & up fast	8		8		8		6		6		6		5		5	
									6		6		5		5	
	8		8		8		5		6		6		5		5	
Incline Bench	10		10		10		10		8		8		8		8	
	10		10		8		8		8		8		8		6	
	8		8		6		6		6		5		5		5	
Lat Pulldown	10		10		10		10		10		8		8		8	
	10		8		8		8		8		8		8		6	
	8		8		8		6		6		6		6		5	
									6		6		5		5	
DB Lateral Raises	8		8		10		8		10 ea		10 ea		10 ea		10 ea	
Super set w/ DB chin Row	8		8		10		8		10 ea		10 ea		10 ea		10 ea	
	8		8		10		8		10 ea		10 ea		10 ea		10 ea	
Rest Interval	:45 2 nd :60		:60 2 nd 1:15		:60 2 nd 1:15		1:15 2 nd 1:30		1:15 2 nd 1:30		1:15 2 nd 2		1:15 2 nd 2		1:15 2 nd 2	

Shoulder Pre-Hab. Program



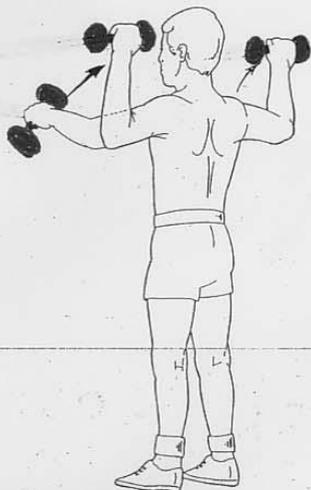
SHOULDER ABDUCTION

1. Hold _____ lb weight in _____ hand
 2. Place arm at side with thumb turned downward
 3. Raise arm upward, to just below shoulder height as shown
 4. Make sure the arm is positioned 30 degrees forward as you raise it (see small diagram)
 5. Hold _____ seconds
 6. _____ repetitions, _____ times a day
- Goal _____



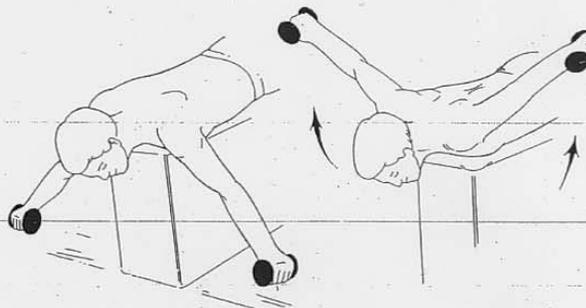
SHOULDER EXTERNAL ROTATION

1. Hold a _____ lb weight in your _____ hand
 2. Lie on side so that arm holding weight is on top
 3. Rotate arm upward, keeping elbow bent as shown
 4. Hold _____ seconds and slowly lower
 5. _____ repetitions, _____ times a day
- Goal _____



SHOULDER EXTERNAL ROTATION

1. Anchor rubber tubing to solid object
 2. Grasp rubber tubing in both hands
 3. Hold arms elevated with elbows bent and fists pointing forward as shown
 4. Rotate arms upward from the starting position
 5. Hold _____ seconds, slowly relax
 6. _____ repetitions, _____ times a day
- Goal _____

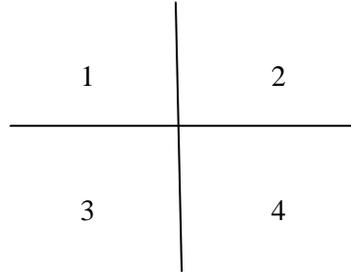


SHOULDER HORIZONTAL ABDUCTION

1. Hold _____ lb weights in hands
 2. Lie on belly over bench as shown
 3. Raise arms upward
 4. Hold _____ seconds and slowly lower
 5. _____ repetitions, _____ times a day
- Goal _____

On deck jump rope/dryland program

The jump rope is meant to be fun but also competitive. Jumping rope is an excellent way to develop speed, quickness, coordination and concentration. The jump rope routine is based on a cross layout format- 4 quadrants. Quadrants are numbered 1, 2, 3, 4 from left to right



The progression of routine should be followed in order of 1- 8

1	Regular Jump	x 30	x 50
2	Side to side (4-3)	x 20	x50
3	Up and back (4-1)	x20	x50
4	Boxer shuffle (2 on Rt. Foot, 2 on Lt. foot)	x 30	x 50
5	Up and back one foot (4 -1)	x10	x 25
6	Side to side one foot (3-4)	x10	x25
7	Triangle (1-2-4)	x20	x50
8	Four square (1-2-3-4)	x20	x50

Bonus jump = as many regular jumps as you can get in 30 sec (100 is the # to beat)

X30 leg lifts

X100 abs

X20 leg lifts

X100 abs

X2 (60sec) planks. w/20sec rest between

X3 (1:20) wall sits. w/30sec rest between

X2 pull cords. 6min at mark one, 4 min at mark 2 and 1min at mark 3.

Flexibility

A flexibility training program is defined as a planned, deliberate and regular program of exercise that can permanently and progressively increase the usable range of motion of a joint or a set of joints over a period of time. A flexibility training program therefore consists of stretching excises designed to improve the range of motion an athlete has at a particular joint or group of joints.

Having adequate flexibility allows the athlete to perform fluid, coordinated movements by decreasing his or her own internal resistances to movements. Having good flexibility also helps prevent injuries because the athlete is better able to tolerate the extreme positions and a large range of motion about the joints that player are sometimes forced into.

There are several benefits of performing stretching excises before and after each training session (practice or lifting) and before and after each competition. These benefits include but are not limited to: muscular relaxation, increased over all fitness, relief of muscular cramps, relief of muscle soreness, injury prevention and mental preparation before competition and or training.

Stretching should be done on a daily basis through the entire off season program. As just mentioned, stretching should be performed both before and after each training session or competition. Each stretching session should last between 5 and 20 minutes and should include the major muscles and joints used in the sport.

Ask coach about ankle flexibility exercises.

Swimming RECRUITING for College

For your swimmer to be eligible to play and or receive athletic scholarship money they must be cleared by the NCAA clearing house. For NCAA eligibility a student's Grade Point Average (GPA) is factored in with his SAT or ACT scores. The higher the GPA the lower the SAT or ACT score needed for eligibility. The GPA is calculated by using core courses only: math, social studies, English, science, and foreign languages (if taken).

The normal core course requirements are (Double check with your school AD. These change from time to time.

-4 years English

-3 years math

-2 years social sciences

-2 years natural/physical science (all are lab courses)

-5 additional courses: at least 1 year in English, math or natural/physical science; AND 4 years of additional courses in any of the above areas, foreign language, or doctrinal religion/philosophy.

In order to start this process, **see your counselor** as soon as possible. If you have any questions, please feel free to contact me any time.

STEPS:

1. Take the PSAT test during the fall of your Sophomore year for practice.
2. Retake the PSAT tests during the fall of your Junior year for scholarship money, and practice for the SAT.
3. Take both the SAT (www.collegeboard.com) and ACT (www.act.org) tests during the spring of your Junior year. Check the web sites for dates and sites.
4. Register with the NCAA Clearinghouse during the spring of your junior year or the fall of your senior year. See your counselor immediately and visit www.ncaaclearinghouse.net.
5. Focus on the ACT or SAT which ever one you did the best on. Take the ACT or SAT as many times as you can to get your best score. There are free web sites that you can practice for the test. www.number2.com Check with your counselor.

Good web page

law.missouri.edu/devine/college.htm

<http://jobs.berecruited.com/>

<http://www.ncaa.com/schools/index.html>

<http://www.collegeswimming.com/>

Tips for swimmers with Aspirations and Goals to swim in College

Freshman Year: Focus on academic performance and time management skills

1. Take challenging academic courses (Honors, college prep classes etc.)
2. Get involved in school!
3. Participate in multiple sports. Play Football, Soccer, or run Cross Country in the Fall!!!!
4. Participate in as many other school activities as you can manage including school clubs, choir, band, orchestra, speech, drama, etc.
5. Enhance your leadership skills in every way possible. Consider student council.
6. Participate in civic duty and community volunteer opportunities.
7. Become involved in off-season programs during the winter, spring and summer seasons.
8. Swim in summer
9. Swim USA Swimming and go to meets often

Sophomore Year: Focus on academic performance

1. Take the PSAT test
2. Stay involved!
3. Continue to participate in multiple sports
4. Continue to participate in other school activities and clubs
5. Commit to the off-season weight training and conditioning program
6. Gather information on your top 5 colleges of interest
7. Work on becoming a student of the sport of swimming by reading books, magazines, and videos. Check with your coaching staff for information.
8. Swim Summer
9. Swim USA Swimming and go to meets often and all big meets

Junior Year: Focus on academic performance

1. Retake the PSAT test for scholarships and to practice for the SAT test.
2. Take both the SAT and ACT tests in the spring.
3. Meet with counselors to stay on track academically.
4. Continue to participate in multiple sports.
5. Continue to participate in other school activities and clubs.
6. Develop an athletic and academic resume.
7. Intensify your commitment to lifting and your overall strength and conditioning development
8. Make copies of individual video for college coaches. Make a HIGHLIGHT TAPE!
9. Begin to contact college coaches with the help of the swim coaches.
10. Schedule visits to your top 3 colleges of interest.
11. Register with the NCAA Clearinghouse during the spring.
12. Swim Summer
13. Swim USA Swimming and go to meets often and all big meets
14. Swim out of local area, different state and maybe country.

Senior Year: Focus on academic performance

1. Register for the NCAA Clearinghouse immediately during the fall.
2. Retake the SAT and/or ACT tests to improve your scores for scholarships.
3. Provide leadership in your school and in the pool.
4. Obtain copies of your transcripts from the counseling office. (secretary)
5. Complete all college applications before the 2nd semester begins.
6. Obtain 3 letters of recommendations from teachers, coaches, and professionals that you know. Give them your resume and provide envelopes for them to seal a letter of recommendation for you. Give them a date that you want to pick it up or have them mail it for you.
7. Swim in Senior Nationals and all other big meets your can. Video it...
8. Help Coach/ swimming.

Swimming in College advice

Three pieces of advice going into it:

1. Expect to do some homework and work on your correspondence. Get some help, but college coaches want to hear from and about you. Your parents have a part in this, but it is up to you to compete for a spot in a college program. Compete!
2. Take your ego out of the process as much as possible (athlete and family). The goal is to find the right place for you, with the correct mix of academics and athletics. Find that place, and then work out the details.
3. While in high school, you are not a member of the NCAA, or bound by any of its' rules. The colleges and coaches are bound by rules, and will let you know what they can and cannot do as they go.

High School work schedule:

Freshman/Sophomore Year:

What you should be thinking/doing

- Set up academics
- Eligible for AP or IB programs?
- Where do most graduates go?
- Get to know your counselor, and let them know your goals (don't worry they can change).
- PSAT or the ACT equivalent.
- Consider SAT/Act Prep classes (rule of thumb it is worth 100 pts on the SAT)
- Let your coaches know your goals/map out strategy.
- Start thinking about colleges, and programs of interest.
- Whenever possible, take an unofficial visit. Particularly easy if we attend meets at/near institutions of interest to you, or accompany a parent on a business trip and make a visit.
- If at a national/sectional meet, you can approach a college coach as long as these two items are true:
 - You have completed your last event for the meet.
 - Your coach has released you to go talk to that college coach.

What Colleges can do:

Send you a questionnaire or profile in the mail through school or club. Fill them out, and return them. The school will add you to their mailing list and you will get information about that School and Team. You can always let a school know you are no longer interested later.

Keeps track of swimmers of interest to them, both locally and nationally.

Can talk to swimmer or parent if you initiate, either by phone or in-person.

Cannot return a phone message left, you must successfully initiate contact.

Junior Year:**What you should be thinking/doing**

-Should have a list of schools that you have whittled down a little bit. No magic number, but something you have been working on.

-As part of the process, you have researched the conference results for each school of interest, and are comfortable you can compete at that level and above for that school. Results easy to find through websites. Coaches want athletes who can score at the conference level. If not the first year, then the second year. You may have to sell yourself a little if that is not the case.

-Make sure academics are set and match up with schools you are looking at. It is okay to reach for a school you really want to attend! Compete.

-Register with the NCAA Clearinghouse through your High School Guidance Office. This establishing your academic eligibility for College Athletics.

You have, to the best of your ability, tried to make an unofficial visit to your Top Choices. Communicate to the coaches when you are planning to be on campus, they may be able to meet with you and tour the facilities, and maybe set you up with an academic advisor/admissions person for more information.

-Check out the applications for your Top Choices a year out. Are there essays? What are they like?

-Take ACT/SAT. Take early in the year, so you can consider retaking without going into your senior year.

-Let coaches help you by letting the college coaches your Top Choices know of your interest, and act as your advocate.

What Colleges can do:

-Send you a media guide/questionnaire.

-Correspond by US Mail and Email (personal and bulk letters), not limited at all.

-Some colleges will arrange a 'junior' day unofficial visit that you may want to attend.

This one is new, tricky and only applies to the top 1-2% of recruits:

-College coach can make one phone call to an athlete in March of their Junior year, in order to set up:

-One visit in April of the recruits' junior year that must be at the recruits High School. College coaches can meet with Athletes and Parents, as well as school personnel and coaches.

-A lot of college coaches will take advantage of the call in March, but the visit

in April has not become a widespread practice as of yet.

Senior Year:

Most of the work should be done by now!

What you should be thinking/doing

- Have your list whittled down to 5+/-.
- Work with your parents, counselors, our coaches and your Top Choices to determine if you are interested in Fall Decision or Spring Decision.
- Most schools will have to offer you Fall Decision for it to be an option. Spring Decision (April) may be better situation for most, if you can wait.
- Applications should have been acquired through the summer, completed and submitted in a timely manner. Most will require your high school to fill out a section, as well as teachers. Give them plenty of time to complete, and monitor their progress in relation to due dates.
- Schools may offer you an 'Official Visit'. Set up a schedule of visits in the fall. Most visits happen then, regardless of Fall/Spring Decision, and you are limited to 5 official visits to 5 separate Universities. Set up any Unofficial Visits.

What Colleges can do:

- As of July 1, after junior year, college coaches are allowed to contact a recruit by phone, one call per week. Not all schools will call once each week.
 - Set up their Official Visits.
 - Walk the athletes through their Applications, and keep apprised of its progress.
 - Set up In-Home visits with some of their recruits.
- Let the coaches' work as your advocate during the process!

Visit to campus that is not financed at all by the institution. You can still see coaches and administrators, and athletes. You may make an unlimited number of Unofficial Visits, though college coaches are limited to a certain number of contacts (face to face) with each recruit.

Trip to campus financed by the host school, including transportation, meals and housing. The trip is limited to 48 consecutive hours. Parents may accompany at their own expense. Limit of 5 visits to 5 different Universities.

- So you've had a pretty good swimming career at the high school and club scene. Maybe you can take it to the next level.
- College swimming and diving offers many options on many different levels -- and, accordingly, many scholarships to many talented athletes. Though the grants don't add up to the numbers passed out in football or basketball, swimmers have opportunities to get recruited and become a college student-athlete.
- But just how many opportunities are there?

Here is a breakdown of college swimming and diving, from the number of programs out there to the number of scholarships they have to work with. Increasing your knowledge of the recruiting process can only help in your quest to become a college athlete. Use this as a guide to help get you started:

NCAA Division I

-How Many Schools: There are 194 women's programs and 139 men's programs in Division I. This includes national powers like Auburn and Texas.

-Scholarship Count: Women's programs are afforded 14 scholarships. Men's programs have 9.9 to work with.

-Scholarship Breakdown: Partial scholarships are common in swimming and diving, especially with roster sizes that can double scholarship allotments.

NCAA Division II

-How Many Schools: A total of 72 schools sponsor women's swimming and diving, while 56 schools have a men's program. Drury University in Springfield, Mo., is known as a Division II power.

-Scholarship Count: Men's and Women's programs both have 8.1 scholarships to pass out.

-Scholarship Breakdown: Like Division I, partial scholarships are allowed. As with other --- Division II sports, partial scholarships are the most common type of grant passed out in swimming and diving.

NCAA Division III

-How Many Schools: There are 242 women's teams and 197 men's teams in Division III. The biggest power, unquestionably, is Kenyon College in Ohio, which has won more than 50 combined national championships in the last 30 years.

-Scholarship Count: Scholarships are not offered in Division III athletics.

-Scholarship Breakdown: Though no athletic grants are available, student-athletes can receive academic scholarships to help with costs.

NAIA

-How Many Schools: NAIA swimming has 23 men's programs and 30 women's programs.

-Scholarship Count: Swim programs are allowed eight scholarships.

-Scholarship Breakdown: Students meeting high academic standards can receive aid without it counting against the team's limit.

NJCAA

-How Many Schools: There are 19 junior colleges with a women's program and 18 with a men's program.

-Scholarship Count: NJCAA programs can hand out 15 scholarships.

-Scholarship Breakdown: Jucos can offer full or partial scholarships, making the already-cheap path even more affordable.

Sheet1

	A	B	C	D	E
1	<u>KATS RECORDS</u>		EVENT		
2					
3	<u>GIRLS NAME</u>	<u>TIME</u>	<u>AGE 8 AND UNDER</u>	<u>BOYS NAME</u>	<u>TIME</u>
4			25 FREE		
5			25 BACK		
6			25 FLY		
7			25 BREAST		
8			50 FREE		
9			50 BACK		
10			50 FLY		
11			50 BREAST		
12					
13	<u>GIRLS NAME</u>	<u>TIME</u>	<u>AGES 9-10</u>	<u>BOYS NAME</u>	<u>TIME</u>
14	ANNIE FLYNN	30.66	50 FREE	COLE LACKEY	30.66
15	CHRISSIE HENNING	34.04	50 BACK	JAY CUMMINGS	36.04
16	CARRIE RAETH	28.96	50 FLY	COLE LACKEY	34.54
17	CHRISSIE HENNING	37.62	50 BREAST	JAY CUMMINGS	39.08
18	ANNIE FLYNN	1:10.00	100 FREE	COLE LACKEY	1:09.34
19	CHRISSIE HENNING	1:16.60	100 BACK	JAY CUMMINGS	1:19.22
20	JENNA NEWGARD	1:30.39	100 FLY	COLE LACKEY	1:20.92
21	CHRISSIE HENNING	1:24.19	100 BREAST	LARIK HALL	1:20.64
22	ANNIE FLYNN	2:33.90	200 FREE	DAVID EDWARDS	2:39.80
23			500 FREE		
24	CHRISTINA WETTACH	1:20.06	100 IM	JAY CUMMINGS	1:18.33
25	CHRISSIE HENNING	2:42.73	200 IM	COLE LACKEY	2:44.84
26			200 FREESTYLE RELAY		
27			400 FREESTYLE RELAY		
28			200 MEDLEY RELAY		
29					
30	<u>GIRLS NAME</u>	<u>TIME</u>	<u>AGES 11-12</u>	<u>BOYS NAME</u>	<u>TIME</u>
31	JENNY WILLIAMS	27.25	50 FREE	DAVID EDWARDS	26.06
32	AMANDA HARTMANN	30.36	50 BACK	JAY CUMMINGS	31.82
33	AMANDA HARTMANN	29.92	50 FLY	CORY RAETH	28.74

34	JENNA NEWGARD	34.58	50 BREAST	CORY RAETH	33.28
35	JENNY WILLIAMS	59.51	100 FREE	DAVID EDWARDS	58.08
36	CHRISSIE HENNING	1:07.47	100 BACK	JAY CUMMINGS	1:08.24
37	AMBER WALTER	1:06.98	100 FLY	DAVID EDWARDS	1:04.32
38	JENNA NEWGARD	1:16.65	100 BREAST	DAVID EDWARDS	1:14.36
39	AMANDA HARTMANN	2:09.74	200 FREE	DAVID EDWARDS	2:03.70
40			200 BACK		
41			200 FLY		
42			200 BREAST		
43	KRISTIN RYGG	6:03.32	500 FREE	DAVID EDWARDS	5:31.49
44			1000 FREE		
45			1650 FREE		
46	AMBER WALTER		100 IM	DAVID EDWARDS	1:05.42
47	AMANDA HARTMANN		200 IM	DAVID EDWARDS	2:18.82
48			400 IM		
49			200 FREESTYLE RELAY		
50			400 FREESTYLE RELAY		
51			200 MEDLEY RELAY		
52			400 MEDLEY RELAY		
53					
54	<u>GIRLS NAME</u>	<u>TIME</u>	<u>AGES 13-14</u>	<u>BOYS NAME</u>	<u>TIME</u>
55	AMBER WALTER	24.80*	50 FREE	SAM DAUENHAUER	24.40
56			50 BACK		
57			50 FLY		
58			50 BREAST		
59	AMBER WALTER	54.66	100 FREE	DJ NELSON	53.36
60	AMBER WALTER	1:02.29	100 BACK	SAM DAUENHAUER	59.42
61	AMBER WALTER	59.05*	100 FLY	DAVID EDWARDS	59.17
62				SAM DAUENHAUER	59.17
63	JENNI NERISON	1:10.87	100 BREAST	DAVID EDWARDS	1:08.10
64	AMANDA HARTMANN	2:03.46	200 FREE	DJ NELSON	1:56.68
65	AMANDA HARTMANN	2:18.95	200 BACK	SAM DAUENHAUER	2:11.08
66	AMBER WALTER	2:13.29*	200 FLY	DAVID EDWARDS	2:11.58
67	KRISTIN RYGG	2:38.85	200 BREAST	DAVID EDWARDS	2:25.99
68			100 IM		

69	AMBER WALTER	2:13.84*	200 IM	DAVID EDWARDS	2:13.45
70	AMANDA HARTMANN	4:57.18	400 IM	DAVID EDWARDS	4:49.33
71	BRITNEY SMITH	5:32.06	500 FREE	DJ NELSON	5:15.59
72	KRISTIN RYGG	11:30.94	1000 FREE	DJ NELSON	11:00.84
73	KRISTIN RYGG	18:48.71	1650 FREE	DAVID EDWARDS	19:59.90
74			200 FREESTYLE RELAY		
75			400 FREESTYLE RELAY		
76			200 MEDLEY RELAY		
77			400 MEDLEY RELAY		
78					
79	<u>GIRLS NAME</u>	<u>TIME</u>	<u>AGES 15-16</u>	<u>BOYS NAME</u>	<u>TIME</u>
80	AMBER WALTER	24.75	50 FREE	SAM DAUENHAUER	22.59
81			50 BACK		
82			50 FLY		
83			50 BREAST		
84	JENNI NERISON	55.40	100 FREE	DJ NELSON	50.90
85	AMBER WALTER	1:01.17	100 BACK	SAM DAUENHAUER	57.11
86	TAMMY STEWART	58.71	100 FLY	MATT HARTMANN	54.56
87	JENNI NERISON	1:09.24	100 BREAST	LARIK HALL	1:03.29
88	KRISTIN RYGG	1:57.76	200 FREE	DJ NELSON	1:53.31
89	JENNI NERISON	2:17.81	200 BACK	DJ NELSON	2:08.94
90	TAMMY STEWART	2:09.32	200 FLY	SAM DAUENHAUER	2:13.17
91	AMANDA HARTMANN	2:32.15	200 BREAST	LARIK HALL	2:18.79
92	KRISTIN RYGG	5:13.24	500 FREE	DJ NELSON	5:12.29
93	KRISTIN RYGG	10:54.09	1000 FREE	DJ NELSON	10:50.25
94	KRISTIN RYGG	18:14.04	1650 FREE	DJ NELSON	18:11.47
95			100 IM		
96	AMANDA HARTMANN	2:13.00*	200 IM	MATT HARTMANN	2:02.88
97	AMANDA HARTMANN	4:46.72*	400 IM	MATT HARTMANN	4:46.26
98			200 FREESTYLE RELAY		
99			400 FREESTYLE RELAY		
100			800 FREESTYLE RELAY		
101			200 MEDLEY RELAY		
102			400 MEDLEY RELAY		

103					
104	<u>GIRLS NAME</u>	<u>TIME</u>	<u>AGES 17-18</u>	<u>BOYS NAME</u>	<u>TIME</u>
105	CARRIE RAETH	25.76	50 FREE	Phil Rempe	22.09
106			50 BACK		
107			50 FLY		
108			50 BREAST		
109	BRITTNEY SMITH	55.68	100 FREE	DJ NELSON	49.75
110	AMANDA HARTMANN	1:02.32	100 BACK	DJ NELSON	56.28
111	CARRIE RAETH	1:01.80	100 FLY	Phil Rempe	54.88
112	JENNY NERISON	1:08.95	100 BREAST	DAN DISTEFANO	1:03.24
113	BRITTNEY SMITH	2:01.54	200 FREE	Phil Rempe	1:51.34
114	JULIE HERRON	2:20.66	200 BACK	DJ NELSON	2:05.90
115	KRISTIN RYGG	2:28.04	200 FLY	DJ NELSON	2:12.14
116	AMANDA HARTMANN	2:27.52	200 BREAST	DAN DISTEFANO	2:16.46
117	KRISTIN RYGG	5:22.00	500 FREE	DJ NELSON	5:18.93
118	JULIE HERRON	11:19.15	1000 FREE		
119	JULIE HERRON	19:07.71	1650 FREE	DJ NELSON	17:46.37
120	AMANDA HARTMANN	2:11.56*	200 IM	DJ NELSON	2:08.27
121	AMANDA HARTMANN	4:45.46	400 IM	DJ NELSON	4:42.78
122					
123	* INDICATES STATE RECORD				
124					

Glacier Swimming Records

Boys

B. Hoffman, S. Bumgarner,
P. Rempe, K. Brady 1:45.85

P. Rempe 1:52.89

Phil Rempe- 2:04.45

Phil Rempe- 22.18

Phil Rempe- 54.13

Phil Rempe- 50.34

Phil Rempe 5:58.98

K. Brady, B. Hoffman
C. Clark, P. Rempe 1:37.88

Phil Rempe 59.79

Seth Bumgarner- 1:03.14

S. Bumgarner, B. Hoffman
K. Brady, P. Rempe 3:31.52

Event

200 Medley Relay

200 Free

200 IM

50 Free

100 Fly

100 Free

500 Free

200 Free Relay

100 Back

100 Breast

400 Free Relay

Girls

M. Scroggs, K. Iblings,
C. Morison, S. Hammett 2:00.22

Clair Morison-2:05.12

Kelsey Iblings- 2:21.60

Clair Morison-27.65

Clair Morison-1:03.49

Kelsey Iblings 1:00.04

Clair Morison- 6:16.89

S. King, S. Hammett
K. Iblings, C. Morison 1:48.82

Maxie Scroggs 1:07.53

Kelsey Iblings 1:14.73

T. Heck, K. Iblings,
M. Scroggs, C. Morison- 4:01.75

Flathead High Swimming Records

<u>Boys</u>	<u>Event</u>	<u>Girls</u>
B.Brady, B. Fisher, T. Streit, D. Brown 1.43.24	200 Medley Relay	J. Scaccia, J. Newgard M. Lavin, Jenna Thiel 1.52.01
DJ Nelson 1.53.33	200 Free	K.Rygg 1.57.76
DJ Nelson 2.08.27	200 IM	A. Hartmann 2.11.56
B.Brady 22.00	50 Free	A. Walters 24.75
M. Hartmann 54.38	100 Fly	J. Scaccia 58.85
DJ Nelson 49.75	100 Free	A. Walters 52.8
DJ Nelson 5.12.93	500 Free	K. Rygg 5:22.00
B. Fisher, A Unterreiner T. Streit, B.Brady 1.33.47	200 Free Relay	Jenna Thiel, Jessa Thiel E. Myers, J. Stahlberg 1.39.85
DJ Nelson 56.28	100 Back	J. Scaccia 1.00.17
D.Distefano 1.03.24	100 Breast	J. Newgard 1.08.40
B. Brady, T. Hunter B. Fischer, T. Streit 3.45.47	400 Free Relay	J. Stahlberg, M. Lavin J. Newgard, J. Scaccia 3.38.34

Varsity Letter Requirements for High School

To be awarded a Varsity letter you must meet the following.

- 1) Be at the awards banquet at end of season
- 2) Must not miss more than one swim meet
- 3) Achieving at least 1 of the A level times, OR 2 of the B level times OR 3 of the C times. See chart below.
- 4) Any senior who by the end of the season has successfully completed a minimum of three (3) years as a member of the team.
- 5) Must regularly attend workout

A, B, C Time standing Chart for lettering

Event	Boys A	Girls A	Boys B	Girls B	Boys C	Girls C
200 FR	1:56.15	2:08.93	1:59.06	2:12.61	2:10.71	2:23.64
200 IM	2:11.07	2:27.02	2:15.04	2:31.48	2:28.76	2:46.26
50 FR	24.18	27.49	24.8	28.27	27.35	30.99
100 Fly	59.2	1:05.4	1:01.1	1:09.11	1:08.3	1:14:99
100 FR	52.66	58.99	54.13	1:00.99	59.5	1:08.99
500 FR	5:15.66	5:43.08	5:24.9	5:53.11	6:15.09	6:40.0
100 BA	59.99	1:07.5	1:04.29	1:10.4	1:09.99	1:19.4
100 BR	1:06.99	1:16.5	1:10.03	1:19.54	1:16.99	1:30.99

***NOTE- Although not anticipated its use, head coach reserves the right to award a letter under special circumstances not mentioned above.

Circuit Training Swimming

There are 2 different circuits that you will alternate between. Plan on doing the circuits 3 times a week with a day of rest in between. For example, in week 1 you will do Circuit #1 on Monday and Friday and Circuit #2 on Wednesday. For week 2 you will do Circuit #2 Monday and Friday and Circuit #1 on Wednesday. Please use a watch and follow the rest interval closely. You will go from one exercise to another in each circuit without rest between exercises and take a prescribed break between circuit sets.

Conditioning (running)

It is to your advantage to come to as much dryland training as you can.

<u>CIRCUIT #1</u>		<u>CIRCUIT #2</u>	
3-WAY PUSH UP	5EA	WEIGHTED PUSH UP	10
CHIN UP	6-10	HORIZONTAL PULL UP	12
45 DEGREE TWIST SQ	50 TOTAL	DIAGONAL PLATE RAISE	15EA
DEADLIFT (LIGHT)	12	NO WEIGHT WALKING LUNGE	10EA
LEG RAISES	20	PLATE RAISES	10
BUGARLIAN SPLIT SQUAT	8EA	ALTERNATING SIT UP	20 EA

Week 1: 2x through circuit with 1:30 rest between 1 complete circuit

Week 2: 3x through circuit with 1:00 rest between 1 complete circuit

Week 3: 3x through circuit with :45 rest between 1 complete circuit

Hang Clean Start with feet parallel and shoulder width apart. Grip the bar just outside the knees, wrist curled into the body, set the back by sticking the chest and the buttocks out, shoulders over the bar, eyes straight ahead. With the bar resting just above the knees, keeping the arms straight, begin the movement by extending the hips and knees. Extend the hips (jump), shrug the shoulders, and pull the bar with elbows high and outside to the upper chest. Be sure to keep the bar close to the body and pull straight up. Drop under the bar by jumping both feet out to the side and rebending knees and hips, shoot the elbows under the bar and catch the bar across the front of the shoulders.

Hang Snatch Start with feet parallel and shoulder width apart. Grip the bar with a wide grip, wrist curled into the body, set the back by sticking the chest and the buttocks out, shoulders over the bar, eyes straight ahead. With the bar resting just above the knees, keeping the arms straight, begin the movement by extending the hips and knees. Extend the hips (jump), shrug the shoulders, and pull the bar with elbows high and outside to the upper chest. Be sure to keep the bar close to the body and pull straight up. Drop under the bar by jumping both feet out to the side and rebending knees and hips, catch the bar over the head by extending the elbows, locking the shoulders, palms facing up, and head slightly forward.

Power Clean Start with feet parallel and shoulder width apart. Grip the bar just outside the knees, wrist curled into the body, set the back by sticking the chest and the buttocks out, shoulders over the bar, eyes straight ahead. With the bar on the floor, keeping the arms straight, begin the movement by extending the hips and knees. Extend the hips (jump), shrug the shoulders, and pull the bar with elbows high and outside to the upper chest. Be sure to keep the bar close to the body and pull straight up. Drop under the bar by jumping both feet out to the side and rebending knees and hips, shoot the elbows under the bar and catch the bar across the front of the shoulders.

Power Snatch Start with feet parallel and shoulder width apart. Grip the bar with a wide grip, wrist curled into the body, set the back by sticking the chest and the buttocks out, shoulders over the bar, eyes straight ahead. With the bar on the floor, keeping the arms straight, begin the movement by extending the hips and knees. Extend the hips (jump), shrug the shoulders, and pull the bar with elbows high and outside to the upper chest. Be sure to keep the bar close to the body and pull straight up. Drop under the bar by jumping both feet out to the side and rebending knees and hips, catch the bar over the head by extending the elbows, locking the shoulders, palms facing up, and head slightly forward.

Push Jerk Start with feet parallel and shoulder width apart. Approach the bar in the rack with the bar just below the clavicle. Grasp the bar just wider than shoulder width and remove the bar from the rack. Begin the movement by bending the knees and forcefully extend the knees and hips (jump), and extending the elbows. Drop under the bar by re-bending the knees and hips, jumping feet out to the side and locking out elbows. Head should be positioned slightly forward and bar above the head.

Push Press Start with feet parallel and shoulder width apart. Approach the bar in the rack with the bar just below the clavicle. Grasp the bar just wider than shoulder width and remove the bar from the rack. Begin the movement by bending the knees and extend the knees and hips, and extending the elbows. Head should be positioned slightly forward and bar above the head.

DB Cleans Start with feet parallel and shoulder width apart holding a dumbbell in each hand. Stand up and set the back by sticking the chest and the buttocks out. Lower the dumbbells outside the legs about 4 inches below the knees. Extend the knees and hips while shrugging the shoulders to pull the weight to the shoulder. Drop down and catch the dumbbell onto the shoulder with elbows up, as would be done with the bar. Be sure to keep the weight close to the body on the pull.

DB Snatch Start with feet parallel and shoulder width apart holding a dumbbell in one hand. Stand up and set the back by sticking the chest and the buttocks out. Lower the dumbbell between the legs about 4 inches below the knees. Extend the knees and hips while shrugging the shoulders to pull the weight overhead. Drop down and lock the arm keeping the upper arm close to the side of the head. Be sure to keep the weight close to the body on the pull. Perform equal repetitions to each arm.

DB Push Jerk Start with feet parallel and shoulder width apart holding a dumbbell in each hand positioned on the shoulders. Begin the movement by bending the knees and forcefully extend the knees and hips transferring weight to the toes, and extending the elbows. Drop under the dumbbells by re-bending the knees and hips, jumping feet out to the side and locking out elbows.

DB Jumps Start with feet parallel and shoulder width apart holding a dumbbell in each hand on the side of the body, set the back by sticking the chest and the buttocks out and bend the knees to lower the dumbbells 2 inches below the knees. Extend the knees and hips into a jump. Shrug the shoulders to the ears at the top of the jump. Set the back and repeat for designated repetitions.

DB Squat/Jump Combo Start with feet parallel and shoulder width apart holding a dumbbell in each hand on the side of the body, set the back by sticking the chest and the buttocks out and squat until the dumbbells touch the floor. Standup out of the squat then perform a dumbbell jump; this is one rep. Set the back and repeat for designated repetitions.

Bench Press Start lying flat on the bench with the knees bent and feet flat on the floor, keep the buttocks, shoulder blades, and head in contact with the bench while the back is slightly arched and the chest expanded. Grip the bar so that the hands are over the elbows when the bar is in the down position. Lower the bar directly to the chest approximately nipple level and press straight up to the starting position.

Incline Press Start lying flat on the 45° bench with the knees bent and feet flat on the floor, keep the buttocks, shoulder blades, and head in contact with the bench while the back is slightly arched and the chest expanded. Grip the bar so that the hands are over the elbows when the bar is in the down position. Lower the bar directly to the upper chest approximately 1-2 inches below the clavicle and press straight up to starting position.

Squats Start with the feet parallel slightly and wider than shoulder width apart with the toes pointed slightly outward. Position the bar across the upper back and shoulders. Set the back by sticking the chest and buttocks out. Bending at the hips and knees so that the buttocks move backwards, lower the hips until the top of the thigh is parallel to the floor, pause, and return to the standing position.

Front Squats Start with feet parallel and slightly wider than shoulder width and toes pointed outward. Grip the bar as one would when catching the power clean, positioned on the front of the shoulders. Be certain to keep the elbows up so that the bar will not roll off the shoulders. Keeping the chest up, lower the hips until the top of the thighs are parallel with the floor and return to the starting position.

Overhead Squats Start with feet parallel and slightly wider than hip width apart. Grip the bar with a wide snatch grip. With the bar positioned overhead and the shoulders and elbows locked, bend at the knees and the hips so that the buttocks move backward. Lower the hips until the top of the thigh is parallel to the floor, pause, and return to the starting position. Throughout the lift continue to press on the bar, keep the head forward, chest up, and arms locked out with palms facing up.

Lateral Lunges Start with feet positioned in a wide stance toes pointed slightly outward. Grip the bar as one would when performing a squat with the bar resting on your shoulders. Set the back by sticking the chest and buttocks

out. Slowly squat to the right, allowing the left leg to go straight, until the right thigh is parallel to the floor. Repeat equal repetitions for each leg.

SL Squats w/DB This lift is done with two dumbbells held directly at your side. Place one of your feet on a bench or a box that is behind you. Put your other foot on the floor about one to two feet in front of you. Keep your chest big and your torso tight. Push your buttock back and down like in squat, keeping the weight on the heel of the foot on the floor. Go down until the top of your thigh is parallel to the ground. Make sure that your knee is not over your toe. Return to the starting position by driving up through your heel that is on the floor

SL Squats w/Bodyweight The lifter stands with one foot on a box or a bench with their opposite foot in front of them. The lifter holds on to a spotter or a pole. The lifter squats down pushing his buttock down trying to place it on the back of his heel. The better the lifter gets at the lift the less he will rely on the spot to keep his balance.

Lunges Start with feet hip width apart. With a bar across the back of the shoulders, step forward with one leg and lower the body down until the lead leg's thigh is parallel to the ground. (if forward knee comes over the toes, take a longer step) Push back with the front leg to the standing position.

Walking Lunge Start with feet hip width apart. Step forward with right leg and lower the body down until the right thigh is parallel to the ground. Advance forward and take another step with the left leg.

Step Ups Start standing feet side-by-side in front of a 12-18 inch box or bench. With a bar across the back of the shoulders, or a dumbbell in each hand, step up onto a 12-18 inch box with the right leg and drive the left knee up, then slowly lower the left leg to the ground.

SB Leg Curls Start lying with back flat on the ground. Position the heels on the middle of a swissball. Raise the hips up off the ground and pull the ball into your buttocks, return to starting position. Repeat for designated repetitions. These can also be performed single legged.

Glute Ham While on a Glute-Ham bench, hook the feet in so the thighs rest on the front pad. Start with the legs straight and bend at the waist. Keeping the legs straight raise up until the back is parallel to the floor. Next bend the knees and pull with the hamstrings until the body is upright.

RDL Start with feet should width apart, with a slight knee bend and flat back. Grip the bar just outside the knees, set the back by sticking the chest and the buttocks out, shoulders over the bar, eyes straight ahead. Keeping the bar in front of you, slowly bend at the waist, maintaining a flat back and slight knee bend, while pushing the butt out. Lower the bar until you feel a stretch in the hamstrings then return to a starting position in a controlled manner.

Good Mornings Start with feet shoulder width apart, with a slight knee bend and flat back. Position the bar across the upper back and shoulders, set the back by sticking the chest and the buttocks out. Slowly bend at the waist, maintaining a flat back and slight knee bend while pushing the butt out. Bend down until you feel a stretch in the hamstrings and your back is parallel to the floor then return to a starting position in a controlled manner.

Lat Pulldown Start seated on a high pulley machine, grip the bar with the hands slightly wider than shoulder width apart. Pull the bar down until it reaches the upper chest, just below the clavicle. Slowly return the bar to the starting position. Be sure to maintain a slight arch in the lower back.

Pull Ups With an overhand grip (palms facing away from the body) slightly wider than shoulder width pull yourself up, with no excessive swinging.

Chin Ups With a supinated grip (palms facing toward the body) shoulder width pull yourself up, with no excessive swinging.

Bentover Rows Start standing with feet hip width apart, grip the bar with the same grip as bench press. With knees slightly bent, bend over until the back is parallel to the floor. Maintaining a flat back, pull the bar to the lower chest upper abdomen, and then lower bar until arms are straight.

DB Alternating Shoulder Press Start standing with a dumb bell in each hand up on the shoulders. Press the right hand up over the head while the left hand remains on the shoulder. When the right arm comes back down to the shoulder, repeat with the left arm. That is one rep.

DB Row Start with left knee and left hand on a bench, flat back, with a dumbbell in the right hand. Pull the dumbbell up to the side of the body, to the armpit. Keep elbow pointed upwards. Lower the dumbbell until right arm is fully extended.

Pullovers Start lying flat on a bench so that the edge of the bench rests mid-upper back with feet on the floor. With elbows slightly bent, begin the movement by pulling the dumbbell overhead until it reaches eye level and return the dumbbell to starting position. Be sure to maintain elbow bend throughout the exercise.

Hypers Start lying on a hyperextension bench on your stomach, with feet hooked into the machine, keeping the legs straight bend at the waist to a 90° angle and return to parallel. Arms are on the head and a weight can be held if necessary.

Reverse Hypers Start with your body against the front of the glute-ham machine holding the rear bar for support. Slowly raise the legs to parallel with the body by contracting the glutes and lower back. Return to starting position. May also be done on a reverse hyper machine.

DB Bench Using dumbbells, perform the bench press exercise emphasizing full range of motion.

DB Incline Using dumbbells, perform the incline press exercise emphasizing full range of motion.

Rear Raise Start with feet shoulder width apart, knees slightly bent, holding a dumbbell in each hand. Maintaining a flat back, bend over at the waist so the chest is parallel with the floor. With a slight bend at the elbow, raise the dumbbell with elbows upward squeezing shoulder blades together.

Lateral Raise Start standing with feet shoulder width apart with knees slightly bent, holding a dumbbell in each hand in front of the body. With elbows slightly bent, raise dumbbell laterally (out to the side) so that it is parallel to the floor.

Front Raise Start standing with feet shoulder width apart with knees slightly bent, holding a dumbbell in each hand in front of the body. Raise dumbbells in front of your body until arms are parallel with the floor.

3-Way Delt Perform rear raises, lateral raises, and front raises for desired number of repetitions with no rest between exercises.

SB Shoulder Combo Start standing with feet shoulder width apart with knees slightly bent. Grip a straight bar just outside the legs in front of your body. Perform a front raise for the desired repetitions. Immediately place hands mid-line to the thighs and perform desired number of repetitions of upright rows by pulling bar toward the chin, elbows above the bar at all times. Immediately assume a slightly wider than shoulder width grip and perform behind the neck presses.

DB Shrugs Start standing with feet shoulder width apart with knees slightly bent, holding a dumbbell in each hand by your side. Raise the shoulders toward the ears, pause, and return to starting position.

Zottman Curls Start standing with feet shoulder width apart, with knees slightly bent holding a dumbbell in each hand. Perform a DB Bicep Curls at the top of the movement rotate hands so the palms are facing down and lower the weight. At the bottom, rotate the hands so palms are facing up and perform a bicep curl.

Dips/Bench Dips Start with arms fully extended. Lower the body until you reach 90° at the elbow and return to starting position. Keep elbows close to the body throughout the movement. If Bench Dips, place feet out in front of the body with knees slightly bent, hands behind the back on the bench.

Tricep Pushdown On a cable machine, start with bar in front of the body, with elbows bent at 90° and close to body. Push bar towards floor until arms are straight and return bar to starting position.

Tricep Kickbacks Start with left knee and left hand on a bench, back parallel to the floor, head down, with a dumbbell in the right hand. With elbow close to body at all times, push dumbbell out by extending the right elbow and locking out arm. Return dumbbell to starting position. Perform equal repetitions on each side.

Tricep Extension Start laying flat on a bench holding the bar with a bench press grip with arms straight above the chest. Bend the elbows and lower the bar to the top of the forehead and return to starting position. Can also be done with a DB in each hand.

Abdominal Exercises

Hand Toe Crunches Lay on your back with your legs perpendicular to the floor. Arms are straight holding a weight in your hands. Keeping the arms locked out, raise the weight up towards your toes (2-4 inches) by squeezing your abs. Return shoulders to the floor. Legs should remain straight throughout the movement. Do not swing body back and fourth.

Seated V Twist Sit on the floor in a V position balancing on your butt with the feet off of the ground and the knees bent. Hold a weight in front of the chest and twist side to side with feet going to the opposite side as the weight.

LMR Reach Crunches Lay on the floor in a crunch position with your knees bent and feet on the floor.

Extend arms and hands in front of you and reach L - left, M - middle, R - right towards your legs while squeezing your abs. Shoulders should raise off of the floor (2-4 inches) with each repetition.

Hanging Knee Ups Hanging on a pull-up bar with feet together, pull the knees to the chest. Return and repeat

for the designated repetitions. Do not swing. Control the body throughout the entire movement.

Hanging Knee Ups (Twist) Hanging on a pull-up bar with feet together. Pull the knees to the right

shoulder. Return legs to the starting position. Perform the next repetition pulling the knees to the left shoulder. Do

not swing. Control the body throughout the entire movement.

Twist Crunches Lay on the floor in a crunch position with the right leg crossed over the left knee.

The right hand is placed to the side of the head with the elbow pointed outward. Move the right shoulder toward the left knee.

The shoulder should come 2 to 4 inches off of the floor. Return to the starting position in a slow and controlled

manner. Also perform crunches with left elbow going toward the right knee.

Crunches Lay on the floor in a crunch position with legs up in the air and knees bent at a 90° angle.

The hands

are placed behind the ears and the elbows point outward. Move your shoulders toward your knees.

Shoulders should

raise off of the floor (2-4 inches) with each repetition. Return to the starting position in a slow and controlled manner.

Russian Twist Lay horizontal on a glute ham or a hyperextension bench facing up. Extend arms in front,

holding a weight with both hands. Twist from side to side. Keep back flat and do not jerk body when moving to the side.

Bench Ab Twist Lay on your side on a flat bench with a partner holding your legs. Your hips are at the end of the bench and arms are held across your chest. Raise your upper body up toward your legs and twist your torso inward at the top. Return back to the starting position in a slow and controlled manner. Perform repetitions on both sides.

Toe Ups Lay on your back with your legs straight up perpendicular to the floor with your body and hands on the ground beside the body. Raise your buttocks off the floor by squeezing your lower abs. Return buttocks to the floor in a slow and controlled manner. Legs should remain straight throughout the movement. Do not swing body back and fourth.

Big 40's Lay on your back on a bench with your hands holding on to the bench behind your head. Scoop the feet down, out, up, and back to the starting position 10 times. Straighten the legs and perform 10 circles to the left (movement is from the hips), 10 circles to the right, and back to 10 scoops. All movements are performed immediately following each other to complete 1 set. Add an ankle weight to provide additional resistance.

V Ups Sit on the floor in a V position balancing on your butt with the feet off of the ground and the legs straight. Move your legs and shoulders toward each other far as possible and then back to the starting position in a slow and controlled manner. Legs should remain straight throughout the movement. Do not swing body back and fourth.

Regular Abs Lay on the floor in a situp position with feet on the floor and knees slightly bent. Place your hands in a fist against your thighs. Squeeze your back off the ground, using your abs, with your hands gliding along your thighs. Raise up until your fist touch your knees, then go back down.

Leg Raises Lay on the floor with legs out straight with your hands on your head. Raise your legs up until they are perpendicular to the ground, then back down, keep your legs straight and together throughout the entire movement.

Side Holds/Chinese Thinker Lay on the floor holding yourself up with your right elbow and right foot. Keep your body straight and completely off the ground for the desired time, then switch to the left side. Next hold your body up with your forearms and toes, keeping your back flat and stomach tight for the desired time.

Brackets Lay on the floor with legs out straight with your hands on your head. Raise your legs like you were writing brackets { } on paper. Draw a bracket with your legs on the way up and on the way down.

Cowboy Leg Raises Lay on the floor with legs out straight with your hands on your head. Raise your knees to your chest then straighten back out. Your feet cannot touch the floor throughout the exercise.

Windshield Wiper Lay on the floor with legs out straight with your hands on your head. Raise your legs up

until they are perpendicular to the ground, twist to the right (keeping your shoulder blades on the ground)
until your
feet are 6 in. off the ground, then twist all the way left until your feet are 6 in. off the ground, keep your
legs straight
and together throughout the entire movement.