

EFFORT

Work hard to get good,
then work hard
to get better.

Orinda Aquatics Theme Week 2018!



| | Mon - 25th | Tues - 26th | Wed - 27th | Thurs - 28th | Friday - 29th | Sat - 30th | |
|---------------------|---|---|---|--|---|---|---|
| AM | 5:40 - 9:30 | 5:40 - 9:30 | 6:00 - 9:15 | 5:40 - 9:30 | 5:30 - 9:30 | 5:30 - 9:15 | |
| Time (total) | Comp 6:00 - 8:15, DL 8:30-9:15. mtg | Comp 6:00 - 8:15, DL 8:30-9:15, mtg | Comp 6:15-8:00, DL 8:15-9:00, mtg | Comp 6:00 - 8:15, DL 8:30-9:15, mtg | Comp 5:45 - 8:15, Buddies 8:15-8:30, DL 8:45-9:15, mtg | Comp 5:45-8:15, stretch 8:30-9:00, mtg | |
| Notes | Go the "Distance" | Monsters Inc. | Recovery | PACE yourself | Mixed effort | Stations | |
| Theme | Mid-Dist Free/Stroke | Long stroke set (50's) | Light Aerobic/All Str | 100/200 pace focus | Str Build/UW Speed | walls/swim/challenge | |
| Main/other |  |  |  |  |  |  |  |
| Dry Land | 8:30-9:15 | 8:30-9:15 | 8:15-9:00 | 8:30-9:15 | 8:45-9:15 | 8:30-9:00 | |
| Team/other | Bagels & Bacon (B&B) | Buckley's FTC! (french toast casserole) | na | Yogurt & Bars | Jr/Sr Buddies | Donuts | |
| Char Concept | No complaints | Leadership | Work Ethic | Compassion | Mentorship | Humility | |
| Stroke Keys | Free - "Train track" entry - EARLY, low, quick brth; kick through brth | Back - roll out/roll in, "arm wrestle", SET head, keep face dry | BT - open "elevator doors", brth on in sweep, lunge/dive into tunnel | Fly: relaxed extension (NO SPLASH) - kick hands out/kick hands in | Turns - attack entry, tight/fast rotation, hold body line (SL) on exit | NOTE - your strokes are improving or breaking down everyday! | |
| Training Key | have/hold kick counts UW | use black lines to measure DPS | use tempos WITH DPS | focus on main technique flaw when fatigued | work/use legs in all swimming (critical for LC) | Can YOU be the most positive person in your lane? | |

"Followers see the hard work they must endure to climb the mountain of success, while leaders see the success of climbing the mountain of hard work." unknown

| PM | Time (total) | 3:50 - 7:30 | 3:50 - 7:00 | 3:30 - 5:45 | 3:50 - 7:00 | HARBOR HOUSE | Notes: |
|----|-----------------|---|---|--|---|---|---|
| | Notes | swim 4-6, movie | swim 4-6, activity | stretch, swim 4-5:45, no activity | swim 4-6, activity |  | Embrace the path of <i>most</i> resistance |
| | Dry Land | NA | NA | Stretch | NA | | Be on time |
| | Articles | Movie discussion | Article | NA | Article | | Bring sun block, a water bottle, snacks |
| | Theme | IM AWESOME | LEGS Go! | Need for Speed | Kick the Habit! | Hang in there! |  |
| | |  |  |  |  |  | |
| | Team | Pizza & Movie | Ice cream & Bucket Ball | No activity | Hot Dogs & Pictionary | | |

Theme Week Notes



Week notes

The goal of Theme Week is to increase yardage, intensity, and team commitment/interaction ahead of the coming peak/shave meets

All swimmers attend all workouts (see above schedule)

There is a "theme" for each workout

The times listed above are arrival and departure times. Please be on time (*and help* with the pool)

It is important that we are in the water as close to start times as possible

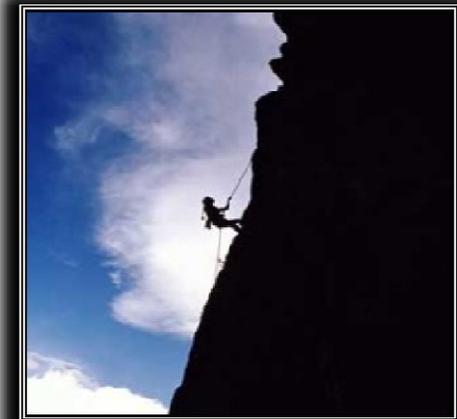
There is dry land after the morning workouts and before the Wednesday afternoon workout. Also note PM activities.

We ask that swimmers commit to the week (training, DL, activities) rather than choose individual workouts

Times and activities may change. If so, we will let you know as soon as possible.

Our amazing parents have organized activities and snacks

Challenge yourself to be an even better athlete and teammate



MISSION

Does making it to the top count if everyone else is on a different mountain?

Meet Notes

Swimmers should know their end-of-season peak meets

Big Themes!

Great attitude

Great training

Great team

Great athlete

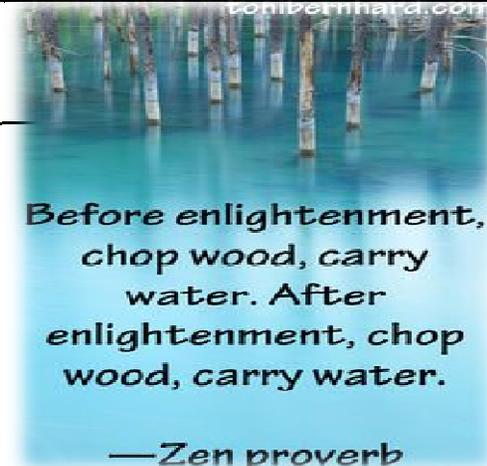
Great teammate

Great person!

Great swimming!



WHO'S AWESOME?



Before enlightenment,
chop wood, carry
water. After
enlightenment, chop
wood, carry water.

—Zen proverb

"The real measure of our lives may ultimately be in the small choices we make in each and every moment. T. Schwartz

"One of the hardest decisions in life is deciding whether to walk away or try harder." unknown

"Wake up and do all that you can. You did not begin this day to be mediocre." @minna_