



Coaches News Letter

Week of July 9



What a great meet- so many fantastic 100 IM swims with suicide turns, lots of MOC qualifying times and demonstrations of being an awesome team member and what it is to be a Dolphin! Marni Bauer was out all week with swimmer's ear, despite that she still registered for the meet and she raced not feeling 100% but gave it her all. Marni earned team points in every individual swim and did it with a smile! Team mate Cole Brown was on fire and went best times in every individual swim and was behind the blocks for every age-groups relay swim- cheering and encouraging!!

This week is our final dual and home meet for the season vs Granite Bay!! We hope all our Dolphins will compete this week and make as many practices as possible! We want to make sure we have the most current times for champs (the times from dual meets) in each event so that your swimmer is seeded in a competitive heat!

Thursday July 12th-

Coach Sam's Birthday- please bring a flower to add to the birthday bouquet!!- Pick your favorite from your yard 😊

Watermelon Day for all age groups!! Make sure to come and be a part of this fun tradition, hosted during practice time!

Practice Focus For The Week-

All age groups will work on starts and flip turns, with 9 and up working on touch turns this week. This is one of the quickest ways to make time drops! In addition, we will continue to work on wind-up relay starts.

13 & Up Scavenger Hunt!! (Saturday and hour after the meet and then pizza party!)

Many thanks to Mrs. Fahning and Mrs. Bauer for this fun event & tradition- please RSVP - ASAP!

Final 2 Weeks of Season-

As we close out on the season I want to encourage swimmers to start getting lots of extra rest, hydrating, getting to each practice and watching the below video's. The video's will reinforce what we are working on each day and help you visualize what you should be doing in the water! Champs is such a fun meet full of lots of energy and a great setting to swim your best times- so work on these little things to make the most of your opportunity!!!

Streamline- <https://youtu.be/uhRo4I9wReA>

Side Breaths- <https://youtu.be/OCDRmpS8N5s> Starts- <https://youtu.be/So9TN0oB2QM>

Breaststroke Pull Downs/Out <https://youtu.be/ONbhH8l5HX0> Flip Turns- https://youtu.be/EJ2HhVID8_w

Champs-

“The Greatest Swim Team” Get your Circus Attire Ready!!!

Please save the date!!! July 20-22, 2018 we need ALL DOLPHINS!!!!

Thanks for letting us coach your kiddos- LBD Coaching Staff!!!