



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DRYLAND TRAINING DSMY SWIM TEAM

## Travel Team & Travel Team Prep WELLMARK YMCA

**STRENGTH, CONDITIONING, POWER AND INJURY  
PREVENTION FOR RESULTS IN THE WATER**

### Benefits of Dry Land

- Learn functional movements and proper lifting techniques
- Generate more power for starts and turns
- Improve speed, agility and endurance for performance
- Improve balance/core strength for stability in water
- Learn stretching and foam rolling techniques and strategies to assist with rest and taper phase of season
- Builds muscle and bone density
- Improve reaction time for starts
- Injury prevention

### Dry Land Group Training (2x/Week):

- Member Pricing: \$50/monthly fee: Travel Team  
\$40/monthly fee: Travel Team Prep
  - Days/Times:
    - \*May 5th—July 16th (July Pro-rated)
    - \* Travel Team Prep T/Th 6:00–6:30pm (June 2nd—July 16th 8:30–9am)
    - \* Travel Team T/Th 6:30–7:15pm (June 2nd—July 16th 6:15–7pm)
- \*Training sessions subject to change, holidays, meets and breaks

### CONTACT:

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**\*Attire: Wear running/tennis shoes, shorts and workout shirt**