



## SUMMER SCHEDULE

*“We empower young people to become aware of their full potentials and strive for excellence through the sport of swimming”*

### GROUPS PRACTICE SCHEDULE: Summer 2019

June 17-August 2

LOCATION: Campbell Community Center

**Pre Comp: 8:15-9:00am (Tuesdays and Thursdays)**

This group is for water-safe swimmers who can swim 2 laps (25 yards) of the pool using 2 different strokes but have not yet mastered all four competitive strokes. Focus will be on learning drill progressions, stroke fundamentals, and developing a positive attitude about swimming while having fun. Other competitive swimming skills such as race dives, and race turns will also be introduced. Competitions are not required but encouraged for swimmers with coaches consent.

**White Group: 9:15-10:15am (Mon/Wed/Fri)**

This group is for all beginning swimmers who can complete 1 lap (25 yards) of each of the four competitive strokes but have not yet mastered them. The focus of this group will be on mastering the strokes, turns and dives. Competitions are encouraged.

**Gray Group: 9:15-10:15am (Mon-Fri)**

The focus of the group will be on developing proper stroke technique for all competitive strokes and preparation for competitive swimming. Along with providing the swimmers with better endurance they will also learn how to manage swim sets on a designated time along with new swim drills. Swimmers must attend a minimum of 3 practices per week and are expected to compete with the team in swim meets.

**Black Group: 9:15-10:15am (Mon-Fri)**

The focus of the group will be on developing proper stroke technique for all competitive strokes and preparation for competitive swimming. This group will continue with stroke work but also begin to incorporate race theory and endurance training. Swimmers must attend a minimum of 3 practices per week and are expected to compete with the team in swim meets.

**Varsity: 6:00-8:30pm (Mon-Fri)**

For swimmers 13 y/o or older. A combination of stretches, drill work, speed sets, and distance swimming make up this program. Swimmers strokes are perfected and improved upon along with learning the importance of a team sport and responsibility. Swimmers must attend a minimum of 4 practices per week and are expected to compete with the team in swim meets at least once a month.

**Juniors 6:00-8:30pm (Mon-Fri)**

A combination of drill work, speed sets, and distance swimming make up this program. In this group swimmers are preparing for the senior/national group therefore, practices are focused around endurance and improving upon turns, dives, and strokes. These swimmers have mostly "A" + times and are close to Junior Olympic times. Swimmers must attend a minimum of 4 practices per week and are expected to compete with the team in swim meets at least once a month.

**Seniors 6:00-8:30pm (Mon-Fri)**

For swimmers 13 y/o or older. This group also participates in a full cross training program including running, weight training, bands and stretch cords and stretching. Along with dedicated swimmers and rigorous workouts all swimmers in this group are expected to compete regularly in scheduled team meets. Swimmers must attend a minimum of 5 practices per week.

***NOTE: As a courtesy to our coaching staff, swimmers should not be dropped off more than 15 minutes before the start of their practice, nor should they be picked up any later than 15 minutes after the established completion time. Thank you for your cooperation.***