

Summer Workout schedule for 2010 – Boys’ and Girls’ Swimming

Dear Swimmers:

We are coming off two great swimming seasons (Boy/Girl) and have a very good nucleus of swimmers coming back next year. What we do this summer will have an impact on the out come of this next season. It is the off season that will help with our success this next year. This is the time of the year you set yours goals and do the work that will make those goals a reality.

Monday, Tuesday, and Thursday

6:00 - 6:50am – Weight training

- a. Flexibility
- b. Strength (core)
- c. Jump Rope

7:00 - 8:00am – Swimming and drill for skill

- a. Starts
- b. Turns
- c. Breath Control
- d. Kicking
- e. Stroke work

- We want the future 8th and 9th graders coming in to join this program
- Divers will work out 2x per week
- **Special: Kick boxing** on Weds. from 2:00 to 2:45 @ Farrell’s
With gloves it is \$20.00 and without gloves it is \$35.00

The Schedule by weeks:

Week 1 – June 14

Week 2 – June 21 – Farrell’s

Week 3 – June 28

Week 4 – July 1st to July 5th off

Week 5 – July 6 – 8

Week 6– July 12

Week 7– July 19

Week 8 – July 26

Name: _____ Grade: 2010 _____

Address: _____ Phone: _____

Cost: \$30.00 Check payable to West High School Swimming

Questions: Call 266-8368

Bring a Friend to the meeting scheduled for Wednesday 6/03 Walker Meeting room @ 1:30. Be there and ask other people who are thinking about swimming. This meeting is for any body who is thinking that they might want to swim in 2010.

LUCK = Preparation meeting opportunity
