



The Mariners Minute

Week of June 30th-July 4th

This week brings:

	Beginning Swimmers 4:00 - 5:00	Experienced Swimmers 4:45 - 6:00
Monday, June 30th	Stroke Focus: Front crawl Skill Focus: keeping hips up during kick and turns	Stroke Focus: Freestyle Skill Focus: Using a pace clock and using our kick to help our swimming
Tuesday, July 1st	No practice: Canada Day	No practice: Canada Day
Wednesday, July 2nd	Stroke Focus: Breaststroke Skill Focus: whipkick and stroke timing	Stroke Focus: Breaststroke Skill Focus: pullout timing and glides
Thursday, July 3rd	Stroke Focus: Butterfly Skill Focus: dolphin kick and keeping hips above water.	Stroke Focus : Butterfly and backstroke Skill Focus: kick for both strokes. Turns, quick recovery during fly
Friday, July 4th	Dives and games to work on our endurance in the water	Stroke Focus: All strokes Skill Focus: Relays and Race practice

What to expect at practice:

Beginning Swimmers:

- When swimmers arrive, please sign in.
- Swimmers are asked to take a seat on the benches or in the tent and wait for the coach to begin.
- The coach will invite swimmers to participate in activation, followed by in-water warm up.
- Stroke Instruction and Practice
- Cool Down/Review

Experienced Swimmers:

- When swimmers arrive, please sign in.
- Swimmers begin activation (on their own) and then being in-water warm up (on their own - posted on the board).
- Stroke Instruction and Practice
- Cool Down/Review

Weekend Swim Meets

- None coming up this week

Up-coming Events

- None for this week

Reminders:

- Sun Screen
- Water bottle
- Googles (see parent handbook for information!)