



The Mariners Minute

Week of July 22nd-26th

This week brings:

	Beginning Swimmers 4:00 - 5:00	Experienced Swimmers 4:45 - 6:00
Monday, July 22nd	Stroke Focus: Backstroke Skill Focus: turns	Stroke Focus: Backstroke Skill Focus: turns
Tuesday, July 23rd	Stroke Focus: fly Skill Focus: Kick and turns	Stroke Focus: fly Skill Focus: Kick and turns
Wednesday, July 24th	Stroke Focus: breaststroke Skill Focus: Kick	Stroke Focus: breaststroke Skill Focus: Kick
Thursday, July 25th	Stroke Focus: freestyle Skill Focus: turns and dives	Stroke Focus : freestyle Skill Focus: turns and dives
Friday, July 26th	Stroke Focus: IM Skill Focus: turns and dives	Stroke Focus: IM Skill Focus: turns and dives

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

- Waeg swim meet on Sunday this week

Up-coming Events

- Our Lunenburg swim meet is next weekend!

Reminders:

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