

Practice Schedule

The goal of this practice schedule is to make every second at practice as efficient and productive as possible. The group coach is in charge of writing each practice and coordinating practice. The assisting coach will be used for demonstrating skills and working with individual swimmers. The Technique and video analysis coach will be working mainly with small groups to work on stroke mechanics either in the water or using video analysis. Every swimmer should get personal attention to fine tune stroke mechanics and have every tool available to improve.

Monday, Tuesday, Friday Mornings

8& Unders: 8:45-9:55 with 20 minutes of dryland included

Group Coach: Jana Kahrig

Assisting Coach: Matthew "Chewy" Vogele

Technique and Video Analysis Coach: Justin Andrade

Swimmers have the option to stay after and get additional stroke work

9-12 Age Groups: 9:30-11:15 with 20 minutes of dryland included

Group Coach: Matthew "Chewy" Vogele

Assisting Coach: Jana Kahrig

Technique and Video Analysis Coach: Justin Andrade

Swimmers have the option of staying after to get additional stroke work

13-18 Age Groups: 10:00-11:45 with 30 minutes of dryland included

Group Coach: Justin Andrade

Assisting Coach: Matthew "Chewy" Vogele

Assisting Coach: Jana Kahrig

(Technique and Video Analysis will be done by either Justin or Chewy)

Swimmers have the option of coming early at 9:30 to get extra stroke work

Monday Night and Tuesday Night*

8& Unders: 5:00-5:45 No Dryland

9-12 Age Groups: 5:45-6:45 No Dryland

13-18 Age Groups: 6:45-7:45 No Dryland

Thursday Mornings*

Check Monday, Tuesday, Friday morning schedule. No practices will be held the day after meets.

*Night Practices subject to change depending on parent schedules