

July Coaching Report

SWIMMERS –

- Measured Aerobic Improvement (raising of our anaerobic threshold) with Test Sets- 3- 5 second drop per 100 for Believe
Teaching them how to monitor their heart rate to determine what energy system they are using
- Moved up 2 swimmers and communicated with Deanna for billing- Brady and Laurel
- Definitely more in June than July- Sullivan has showed up once per month

ASSISTANT COACHES-

- Surveyed coaches for availability and training/communication needs
- Putting together a coaching packet that includes Training Templates, Tracking Spreadsheets, Stroke Progressions, Coach and Swimmer Expectations
- SECOND coach's training scheduled for July 29th, shortening Smolt practice to 30 minutes to accommodate everyone's busy schedule
- Good feedback/vibes at end of Novice....

OUT-OF-TOWN SWIMMERS

- Bridget Kuhns connected us with a daughter of one of her own swimmers who will be joining us Wednesday and Thursday
- Third Round of Out-of-Towners, charging them \$25 per practice
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SUMMER CAMP

- GOAL is 18, ultimately 24 would be perfect
- All four coaches available- may only need 2 or 3
- Prizes in the dungeon? Three big prizes?

FALL SCHEDULE/STAFFING

- 1st Novice-Sept 16-October 24 3:00-4:00 4 COACHES each day
Jaime, Kane, Monica? (T/TH) Jessica may have to lifeguard during that time
Who is teaching early Smolt? Combine Smolt/King? Monica gone from Oct 10-27
- 4:00-5:00 Rebecca