

SR. CHAMPS A

Lead Coach:

Kevin Maksinchuk

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Assistant Coach:

Ronna Reedstrom

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Senior Group Committee Liaison:



GROUP INFORMATION PAGE



COACHING PHILISOPHY

To develop each athlete to their greatest individual potential. To teach, train and motivate swimmers to achieve at their BEST in the water and in life.

PRACTICE PHILISOPHY

Swimmers must attend 5 out of 6 practices a week and must maintain at least an 80% attendance rate for the season.

Swimmers must attend 2 out 3 dryland workouts. Swimmer should do their best to be on time for practice everyday and MUST have all equipment available everyday.



TENTATIVE MEET SCHEDULE

Spring Sprint: Apr 20-21

SC Distance: May 4

Spring Fling: May 17-19

Open Water Champs:
May 31-Jun 2

Triangle Classic: Jun 13-16

LC Qualifier: Jun 28-29

SR Champs: Jul 18-21

LC Closeout: Jul 27-18

Summer Sizzler: Aug 2-4



EQUIPMENT LIST

- SPEEDO MESH BAG
- ARENA SHORT FINN
- SPEEDO JR KICKBOARD
- RISE PULSE PADDLES
- SPEEDO SNORKEL
- SPEEDO BOUY



CONTACT PREFERENCES: EMAIL GROUPME

COACH KEVIN WILL
COMMUNICATE AS MUCH AS
POSSIBLE.