

# SR. CHAMPS B

Lead Coach:

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Assistant Coach:

Ronna Reedstrom

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Senior Group Committee Liaison:

TBD



## GROUP INFORMATION PAGE



### COACHING PHILISOPHY

4 major ways to improve in athletic performance

- 1 - attitude (be positive)
- 2 - technique - (be deliberate)
- 3 - strength - (be stronger)
- 4 - endurance - (be consistent)

### PRACTICE PHILISOPHY

80% attendance is minimum. Please have all necessary and properly working equipment including tempo-trainers for every practice



### TENTATIVE MEET SCHEDULE

Spring Sprint: April 20-21  
Spring Fling: May 17-19  
Triangle Classic: Jun 13-16  
LC Qualifier: Jun 28-29  
SR Champs: Jul 11-14  
LC Closeout: Jul 27-28



### EQUIPMENT LIST

- SPEEDO MESH BAG
- ARENA SHORT FINS
- SPEEDO JR KICKBOARD
- RISE PULSE PADDLES
- SPEEDO SNORKEL
- SPEEDO BOUY
- TEMPO TRAINER



### CONTACT PREFERENCES: EMAIL GROUPME

COACH SCOTT WILL COMMUNICATE EACH WEEK VIA EMAIL WITH REMINDERS OF DEADLINES FOR THE WEEK. GROUPME WILL BE USED FOR IMMEDIATE UPDATES TO PRACTICE/MEET INFORMATION.