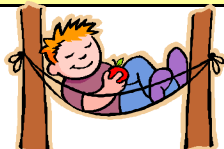




Orinda Aquatics Theme Week 2012!

Times include dry land. Subject to change.

		Mon - 9th	Tues - 10th	Wed - 11th	Thurs - 12th	Fri - 13th	Sat - 14th
AM	Time	6:00 - 9:00	6:00 - 9:00	6:00 - 9:00	6:00 - 9:00	6:00 - 9:00	7:00-11:30
	Theme	Transformers - your strokes!	Go the "Distance"	Easy Does It!	"Kick" the Habit, UP!	OAR-n't you going rafting!?	Life of Swimmer!
	Main Set	Drills	Two Ladders	Recovery	Kick/Pull outs	Scull/"Paddles"	Swim each year!
							
	Meters	5,000	6,000	5,000	6,000	4,000	10,000
	Char Concept	H/C Athlete	Appreciation	Leadership	Work Ethic	Goals Setting	No Complaints!
	DL/Other	Med Balls/Legs	Med Balls/Legs	Junior Buddies	Med Balls/Legs	Team Rafting	Swim/DL/Swim, Breakfast after
PM	Time	3:30-7:15	3:30 - 7:00	3:30 - 6:45	3:30 - Movie	No PM	Goal - 60,000yds
	Dry Land	Abs/Core	Abs/Core	Abs/Core	Abs/Core		Random act of Character!
	Articles	Article/Quote	Article/Quote	Article/Quote	Article/Quote		
	Theme	"IM" Awesome	Legs Go!	Monsters Inc.	"Pace" Yourself	Parent Appreciation Week!	GO OA!
							
	Other Set	Need for "Speed"	Don't forget your meds(ball!)	100x50 Stroke	Stroke Rate	Bring equipment, water, snacks, and a positive attitude!	
	Meters	7,000	4,500	7,000	4,500		
	Other	Dive Pool 6-7: Speed	Dive Pool Vert K (4 lanes) 6-7	Rec Meet, Capture Flag	Movie/Pizza, Team Activity		

"Character cannot be developed in ease and quiet. Only through experiences of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved." Helen Keller