

Happy Holidays!



*The Ten Sets of the Holiday Season,
that your caring coaches gave to you!*

<i>Gingerbread House contest</i>	WU	600 Easy	<i>Roll through all sets</i>					
Kids must sing!	Set	Set	Notes	Interval	Yards	Round	Total	Action
<i>On the first set of the Holiday Season, our Caring Coaches gave to us,</i>	1	x 100 EZ Free	EZ	NA	100	100	100	<i>Who to call</i>
<i>On the second set of the Holiday Season, our Caring Coaches gave to us,</i>	2	x 25's Fly EZ	No brth	30	50	150	250	<i>A note to write</i>
<i>On the third set of the Holiday Season, our Caring Coaches gave to us,</i>	3	x 100 IM's	Descend	1:30	300	450	700	<i>Thank parents for...</i>
<i>On the fourth set of the Holiday Season, our Caring Coaches gave to us,</i>	4	x 25's Stroke	200 stroke rate	30	100	550	1250	<i>Thank siblings for...</i>
<i>On the fifth set of the Holiday Season, our Caring Coaches gave to us,</i>	5	x 50's Off Stroke	Drill/Swim	55	250	800	2050	<i>Teammate to get to know</i>
<i>On the sixth set of the Holiday Season, our Caring Coaches gave to us,</i>	6	x 75 CU Free	Build legs by lap, reduce SC	1:10	450	1250	3300	<i>Keep focus on giving (not getting)</i>
<i>On the seventh set of the Holiday Season, our Caring Coaches gave to us,</i>	7	x 50's Stroke	Build down/ UW 15m back	50	350	1600	4900	<i>What "challenge" are you thankful for?</i>
<i>On the eighth set of the Holiday Season, our Caring Coaches gave to us,</i>	8	x 25's Fly Kick	On back with head up	25	200	1800	6700	<i>How to make a difference?</i>
<i>On the ninth set of the Holiday Season, our Caring Coaches gave to us,</i>	9	x:30 sec. Vert. Kick	10 sec 80, 90, 100% kick	NA	250	2050	8,750	<i>How to be a leader?</i>
<i>On the tenth set of the Holiday Season, our Caring Coaches gave to us,</i>	10	Wishes of Happy Holidays	(10 people)	NA	0	250 WD	9,000	<i>A random act of kindness</i>

"Feeling gratitude and not expressing it is like wrapping a present and not giving it." W. Ward

"Love & kindness can move mountains. Learn to give without any reason. Today, be someone who helps someone else look forward to tomorrow." unknown