

	Swim Focus	Yardage	Skills	Events/Meets-Solano	Weekly Focus
Intro					
Sept 1-7	Technique	500	Streamlines/Push Offs		Streamlines
Sept 8-14	Technique	600	Streamline to kick		Side Breathing
Sept 15-21	Drills	700	Turns	Dual Meet with VACA	Meet Warmup
Sept 22-28	Drills	800	Finishes	September Social	Pace Clock
Sept 29-Oct 5	Meet Prep	700	Starts	Block Party Meet	Starts and Finishes
Oct 6-12	Drills	800	Drills		Free and Back
Oct 13-19	Drills	800	Drills-breast		Introduce Breast
Oct 20-26	Drills	900	Dolphin Kick	Halloween Social	Introduce Fly
Oct 27-Nov 2	Meet Prep	700	UW kicking	Dual Meet with VJO	Breakouts
Nov 3-9	Drills	800	Starts		Free and Back
Nov 10-16	Drills	900	Turns		Breakouts with Turns
Nov 17-23	Meet Prep	700	Starts and Turns	Block Party Meet	Starts and Turns
Nov 24-30	Drills	700	Sets with clock	Friendsgiving	Pace Clock
Dec 1-7	Drills	800	Drills		Turns and Finishes
Dec 8-14	Meet Prep	700	Dives and Turns	Winter Champs	Meet Prep
Dec 15-21	Fun Week-End of Winter	800	Fun	Winter Social	Fun
Beginner					
Sept 1-7	Technique	800	Streamlines/Push Offs		Streamlines
Sept 8-14	Technique	900	Streamline to kick		Side Breathing
Sept 15-21	Drills	1000	Turns	Dual Meet with VACA	Meet Warmup
Sept 22-28	Drills	1000	Finishes	September Social	Pace Clock
Sept 29-Oct 5	Meet Prep	800	Starts	Block Party Meet	Starts and Finishes
Oct 6-12	Drills	1000	Free and Back Drills		Free and Back
Oct 13-19	Drills	1100	Breast and Fly Drills		Breast and Fly
Oct 20-26	Drills	1200	IM pushoffs	Halloween Social	IM
Oct 27-Nov 2	Meet Prep	900	Dives and Turns-L Axis	Dual Meet with VJO	Starts and Turns
Nov 3-9	Drills	1100	Free and Back Drills		Free and Back

Nov 10-16	Drills	1200	Breast and Fly Drills		Breast and Fly
Nov 17-23	Meet Prep	900	Dives and Turns-S Axis	Block Party Meet	Starts and Turns
Nov 24-30	Drills	1100	Sets with clock	Friendsgiving	Pace Clock
Dec 1-7	Drills	1200	Speed Work		Turns and Finishes
Dec 8-14	Meet Prep	800	Dives and Turns	Winter Champs	Meet Prep
Dec 15-21	Fun Week-End of Winter	1000	Fun	Winter Social	Fun
Yellow					
Sept 1-7	Technique	1400	Streamlines		Streamlines
Sept 8-14	Technique	1600	UW kick-4		Dolphin Kick
Sept 15-21	Conditioning and Kick	1800	Meet Prep	Dual Meet with VACA	Meet Warmup
Sept 22-28	Conditioning and Kick	2000	Breakouts	September Social	Drills
Sept 29-Oct 5	Speed and Race Prep	2200	Dives	Block Party Meet	Drills
Oct 6-12	Conditioning Build	2400	Turns		Skills
Oct 13-19	Conditioning Build	2600	Breakouts		Drills
Oct 20-26	Conditioning Build	2600	Dives	Halloween Social	Drills
Oct 27-Nov 2	Speed and Race Prep	2200	Turns and Finishes	Dual Meet with VJO	Skills
Nov 3-9	Conditioning Build	2400	Stroke Count		Descending
Nov 10-16	Conditioning Build	2400	Splits		Pacing
Nov 17-23	Speed and Race Prep	2000	Video work	Block Party Meet	Drills
Nov 24-30	Conditioning Build	2000	IM Turns	Friendsgiving	Drills
Dec 1-7	Conditioning Build	2200	Pacing		Stroke Count
Dec 8-14	Speed and Race Prep	1800	Champs Prep	Winter Champs	Skills-Race Prep
Dec 15-21	Fun Week-End of Winter	2200	Fun	Winter Social	Fun
Blue					
Sept 1-7	Technique	1600	Streamlines		Streamlines
Sept 8-14	Technique	1800	UW kick-4		Dolphin Kick
Sept 15-21	Conditioning and Kick	2000	Meet Prep	Dual Meet with VACA	Meet Warmup
Sept 22-28	Conditioning and Kick	2200	Breakouts	September Social	Drills
Sept 29-Oct 5	Speed and Race Prep	2400	Dives	Block Party Meet	Drills

Oct 6-12	Conditioning Build	2600	Turns		Skills
Oct 13-19	Conditioning Build	2800	Breakouts		Drills
Oct 20-26	Conditioning Build	2600	Dives	Halloween Social	Drills
Oct 27-Nov 2	Speed and Race Prep	2400	Turns and Finishes	Dual Meet with VJO	Skills
Nov 3-9	Conditioning Build	2600	Stroke Count		Descending
Nov 10-16	Conditioning Build	2600	Splits		Pacing
Nov 17-23	Speed and Race Prep	2400	Video work	Block Party Meet	Drills
Nov 24-30	Conditioning Build	2200	IM Turns	Friendsgiving	Drills
Dec 1-7	Conditioning Build	2000	Pacing		Stroke Count
Dec 8-14	Speed and Race Prep	1800	Champs Prep	Winter Champs	Skills-Race Prep
Dec 15-21	Fun Week-End of Winter	2200	Fun	Winter Social	Fun