

Age Group	Swim Focus	Meets	Events	Daily Volume-Ave	Specific Skills	Weekly Topic/Education
Sept 1-7				2000	Streamlines	Start of Season
Sept 8-14				2200	dolphin kick/UW kick	Workout structures
Sept 15-21		Dual Meet w/ VACA				Meet Prep-Warmups
Sept 22-28						Goal Setting
Sept 29-Oct 5		Block Party Meet				
Oct 6-12						Nutrition
Oct 13-19		Dual Meet w/ Marlins				
Oct 20-26			Halloween Social			
Oct 27-Nov 2		Dual Meet with VJO				
Nov 3-9						
Nov 10-16						Performance
Nov 17-23		Block Party Meet				
Nov 24-30			Friendsgiving			
Dec 1-7						
Dec 8-14		Winter Champs				Swimming Fast
Dec 15-21	Technique and Fun		Winter Social			Stroke Technique
Junior	Swim Focus	Meets	Events	Daily Volume-Ave	Specific Skills	Weekly Topic/Education
Sept 1-7				3000	Streamlines	Start of Season
Sept 8-14				3300	dolphin kick/UW kick	Workout structures
Sept 15-21		Dual Meet w/ VACA				Meet Prep-Warmups
Sept 22-28						Goal Setting
Sept 29-Oct 5		Block Party Meet				
Oct 6-12						Nutrition
Oct 13-19		Dual Meet w/ Marlins				
Oct 20-26			Halloween Social			
Oct 27-Nov 2		Dual Meet with VJO				
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Nov 10-16						Performance
Nov 17-23		Block Party Meet				
Nov 24-30			Friendsgiving			
Dec 1-7						
Dec 8-14		Winter Champs				Swimming Fast
Dec 15-21	Technique and Fun		Winter Social			Stroke Technique