

	Swim Focus	Yardage	Skills	Events/Meets-Solano	Events/Meets-Winters
Pre-Team					
June 2-6	assesments	400		pool party	pool party/parent meeting
June 9-13	Free and Drills	400		time trials/parent meeting/pictures	time trials
June 16-20	Free and Drills	500		time trials	time trials
June 23-27		500			pictures/davis meet
June 30-July 4		600			
July 7-12		600			
July 14-18		700		Winters Meet	Winters Meet/awards/party
July 21-25		700		Solano Meet	Solano Meet
July 28-Aug 1		700		Awards/Party	Solano Only
Intro/Red					
Pre-Season	assesments	500		pool party	pool party/parent meeting
Week 1	Free and Drills	500		time trials/parent meeting/pictures	time trials
Week 2	Free/Back and Drills	600		time trials	time trials
Week 3	Free/Back/Breast Drills	600			pictures/davis meet
Week 4	Free/Back/Breast Drills	700			
Week 5	Four strokes drills	700			
Week 6	IM	800		Winters Meet	Winters Meet/awards/party
Week 7		800		Solano Meet	Solano Meet
Week 8		800		Awards/Party	Solano Only
Beginner/Bronze					
Pre-Season	assesments	800		pool party	pool party/parent meeting
Week 1	Free and Drills	800		time trials/parent meeting/pictures	time trials
Week 2	Free Back and Drills	900		time trials	time trials
Week 3	Free/Back Drills	900			pictures/davis meet
Week 4	Breast Drills	1000			
Week 5		1000			
Week 6		1200		Winters Meet	Winters Meet/awards/party
Week 7		1200		Solano Meet	Solano Meet
Week 8		1200		Awards/Party	Solano Only
Yellow/Blue/Silver/Gold					
Pre-Season	assesments	1000		pool party	pool party/parent meeting

Week 1	Free and Drills	1200		time trials/parent meeting/pictures	time trials
Week 2	Breast/Fly Drills	1200		time trials	time trials
Week 3	All four strokes drills	1400			pictures/davis meet
Week 4	IM focus	1400			
Week 5		1600			
Week 6		1600		Winters Meet	Winters Meet/awards/party
Week 7		1800		Solano Meet	Solano Meet
Week 8		1800		Awards/Party	Solano Only