



Holiday Training at COM



The holidays are a special time for family, fun, and rest — and we know coaches need it too! At the same time, keeping a little swimming rhythm during this cozy season can make a big difference in your child's progress and confidence.

Holiday practices aren't about attendance. They're about taking swimming to the next level.

With no school and fewer daily distractions, swimmers get the chance to focus fully on their sport. This is often when real breakthroughs happen.

The Big Picture of Holiday Training

It's easy to think, "It's just a week off," but for young swimmers, consistency matters.

Each practice helps keep their technique, aerobic endurance, and rhythm sharp.

Swimmers who stay active through the holidays start the new year stronger and more confident — instead of feeling like they're starting over.

Team Culture

Best times are great, and we want every swimmer to perform at their best. But more important than fast swimming is building the "I can work hard" mindset.

Holiday training helps swimmers trust the process, develop strength, and learn to support each other through tough sets. Few things build a stronger team than working hard together.

Holiday Practice Challenge

Let's make consistency fun!

No-Skip Holiday Challenge

Dates: December 29 – January 5

Goal: Attend every scheduled practice — no misses, no make-ups.

Reward: A special team T-shirt and the pride of completing the toughest week of the season.

In the End

At COM Aquatics, we're more than a swim team — we build people.

Every practice is a chance to grow confidence, strength, and character.

Thank you for helping your swimmer stay consistent and committed through the holidays.

Together, we make our team stronger — one practice, one stroke, one day at a time.

P.S. If you have any questions, reach out to your lead coach!