

An Olympic Development - Team Camp
SCHROEDER YMCA SWIMMING TEAM
Master Coach/Consultant Visit

SUPPORT THIS PROGRAM TO MOTIVATE OUR SWIMMERS TO BE THE BEST THEY CAN BE.

SUNDAY

3:30 – 5:00 PM EVERYONE

3:30 – 4:00 PM

“Be The Best You Can Be” (slideshow presentation)
for Swimmers, Parents and Coaches

4:15 – 5:00 Swimmers

Build Your Own Sundae*

4:15 – 5:00 Parents

What Coaches and Parents Want and NCAA Aid/Recruiting

MONDAY

9:00 AM

Breakfast TBA with Dave

3:30 – 5:30 Senior

Beat the Clock (E2-S3) compare SSTY to other teams

5:30 – 6:15 Senior

Workshop-Visualization Assessment and Skill Drills

6:15 – 7:00 Group 3

Starts, Underwater, Breakouts Contest

TUESDAY

6:00 – 8:00 am Senior

Aussie Analysis (E3) (Monitor Time, Pulse, Strokes

12:30 PM Coaches

Lunch at Libby's

4:00 – 4:45 pm Sr (sect times) Taking and making the next step

4:45 – 5:45 pm Group 3(+)

Gear-Head Circuit-Beat the Olympian--Games

5:45 – 6:15 pm Senior

Meet WR swimmers about RA, Practices, Colleges, Skills...

6:15 – 7:30 pm Senior

help with / observe remaining training

WEDNESDAY

5:30-7:30 am Sr (sect times) morning training tbd (Ryan Lochte I.M. set-beat the Olympian)

Bob Steele – a member of the newly-formed USA-S Master Coach/Consulting Program. He has coached at all levels with two American Record Holders, five NCAA II Team Champions, seven NCAA II Record Holders and six National Independent Championship teams. He retired after 45 years of coaching and lives in British Columbia. He has presented this Olympic Development – Team Camp to 34 teams having a world ranked underclass swimmer with a fine young coach.

Parents: we need ice cream, bowls, spoons, scoops and toppings. If you are interested in helping to bring supplies please let Dave know by Friday, April 27