



Decatur Central Aquahawks

Week 5 - July 30-August 3, 2018



Training Schedule for the Week:

- Monday July 30th:
 - PM Workout - 4-6:30pm
- Tuesday July 31st:
 - PM Workout - 4-6:30pm
- Wednesday August 1st:
 - PM Workout - 4-6:30pm
- Thursday July 26th:
 - PM Workout - 4-6:30pm
- Friday July 27th:
 - PM Workout - 4-6:30pm
- Saturday August 4th-Sunday August 5th
 - Divisional Championships!!

Workout Notes for this week:

- Welcome to the final week of the summer season! We will be status quo this week as we prepare a couple athletes to compete at Divisionals this week! No morning sessions will take place this week! Enjoy sleeping in!
- Friday's workout will be a warmup and a SCM time trial. By the end of Tuesday's workout, I want to have a list of three events that you would like to swim at Friday's Time Trial!
- While the swim volume will slowly decrease, we will need to make sure that the intensity and mental engagement to begin rehearsing the correct items!
- Be prepared for stretch with your mat and your towel! Active recovery is critical as we approach the end of the summer season!

CW Divisional Championships Meet Information:

On Deck Times: In the Door, Dressed, and Ready for Dynamic Warmup by the following times

- Saturday Prelims - 6:15am
- Saturday Finals - 3:30pm
- Sunday Prelims- 6:15am
- Sunday Finals - 3:30pm

Make sure to have your TEAM Suit and Cap ready for each day! Prepare healthy snacks & hydration strategies for success! Plan Ahead!!

Upcoming Fall Dates of Note:

- DCHS Swim Team Call Out Meeting - Monday August 13th @ 4:00pm - Hospitality Room!
 - Your Role between NOW and the 13th!
 - Recruit Quality Members to Join the Program - Goal is 40 athletes!!!
 - Encourage ALL Returning/Interested Athletes to Join DTAC
 - Complete the Google Form to Sign Up for DCHS and Help Speed Up HS Startup Info!!
- Tentative Dates for Swim Lesson Instructor Course: August 27-September 7th
 - Class will meet the following days/times
 - Week of August 27th: 4:15-7pm M, Tu, W, Th/Off F (LG Class)
 - Week of September 3rd: Off M (Labor Day)/6:45-9pm Tu, Th, F/4:15-7:15 W
 - Cost: \$75 - Cash or Check made out to DTAC
- Tentative Dates for LG Course: August 31st-September 2nd
 - Friday Night: 4:30-9pm (Bring Dinner with You!!)
 - Saturday: 8am-6pm (Lunch from 12-12:45pm)
 - Sunday: 8am-Finished (Lunch from 12-12:45pm)
 - Cost: \$125 - Cash or Check made out to DTAC

Upcoming Fall Dates of Note (continued):

- DTAC Short Course Season will begin on Tuesday, September 4th!
 - Week of September 4th & 10th will be one workout per day!!
 - Wednesdays will be AM Workout with PM being OFF for athletes!
 - Full Schedule will begin the week of September 17th!!
- September Swim Lesson Session is September 18-October 11
 - Meeting Tuesday and Thursday Nights from 7-8pm
 - If Interested in Teaching - Let Coach Grace know!!
- DCHS Mandatory Parent Meeting - Monday, October 1st @ 6:00pm in Hospitality Room!
 - Suit Fitting will take place on this night!
- MSD Decatur Township Fall Break - Monday October 15th-Sunday October 21st
 - Club workouts will be normal for the entire week of Fall Break!!
- 1st Official Girls HS Team Workout - Monday October 22nd @ 4:10pm
 - Club Girls will workout Monday AM on the 22nd as normal!
- October Swim Lesson Session is October 22-November 15
 - Meeting Tuesday and Thursday Nights from 7-8pm
 - If Interested in Teaching - Let Coach Grace know!!
- 1st Official Boys HS Team Workout - Monday November 5th @ 4:10pm
 - Club Boys will workout Monday AM on the 5th as normal!

General Senior Training Schedule (Starting September 4th)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Training	5:40-8am Dryland/Swim	OFF unless Meet Day	5:40-8am Swim	5:40-8am Dryland/Swim	OFF or Makeup Swim	7:40-10am Swim
PM Training	4:10-6:30pm Swim	4:10-6:30pm Swim	OFF or Makeup Swim	4:10-6:30pm Swim	4:10-6:30pm Swim	OFF

Additional Notes/Reminders:

- *If you have training dues that are outstanding, please get them to Coach Grace ASAP!!!*
- Make sure all physicals are taken care of sooner than later! This includes all the online forms on DCHawks.com!! If you don't know where you stand, ask Coach!
- Review your training calendar weekly and plan your practices/absences AHEAD of time! Communicate absences! If you have questions on how much you should be attending, ask!!
 - Find Training Calendars (Google Calendars) @ www.DCAquahawks.org
- Recovery is a critical component of our program! Must take care of yourself and be a 24 hour athlete! Hydration, Nutrition, and Sleep have to have a priority to maximize our training! Stretch routine and Foam rolling are excellent items to add into your routine post training!
- Follow the social media for last minute news and other swimming tidbits that I find!
 - Twitter: DCCoachGrace
 - Instagram: DTACAquahawks
 - Facebook: Decatur Township Aquatic Club - DTAC (COMING SOON)!!
- Coach Grace's contact information - RESPONSIBILITY IN ADVANCED COMMUNICATION!!
 - Office: 856-5288 x 28005
 - [REDACTED]
 - Email: cgrace@decaturproud.org