



Decatur Central Aquahawks

Week 11 - September 10-16, 2018



Training Schedule for the Week:

- Monday September 10th:
 - PM Workout - 4:10-6:30pm
- Tuesday September 11th:
 - PM Workout - 4:10-6:30pm
- Wednesday September 12th:
 - AM Workout - 5:40-8am
- Thursday September 13th:
 - PM Workout - 4:10-6:30pm
- Friday September 14th (Homecoming):
 - AM Workout - 5:40-8am
- Saturday September 15th:
 - NO WORKOUT!! HOD @ NCHS!

Workout Notes for this week:

- NOTE: Friday Workout will be AM Only due to Homecoming! No AG Workout Friday night!
- This week - our focus is to get into a routine with our schedule and our primary focus will be utilizing our CORE strength to balance in the water. Technical work will include Backstroke and Breaststroke this week, in addition to some Turns and Underwater Traveling!

Upcoming Fall Dates of Note:

- DCHS Swim Team Call Out Meeting - Follow UP:
 - Complete the Google Form to Sign Up for DCHS and Help Speed Up HS Startup Info!!
- 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!!
- **DCCHS Mandatory Parent Meeting - Monday, October 1st in Hospitality Room!**
 - **Suit Fitting/Equipment Sales will take place on this night with Making Waves!!**
- 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

| | 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!!!*
- Snorkels - Please be sure to bring daily! If you do not have one yet, please look to get ASAP! You can find TYR snorkels at Dick's Sporting Goods or a variety of companies at Making Waves in Lawrence. Making Waves is our Suit/Equipment provider and we get a discount on items purchased there!
- 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!
- DTAC Registration needs to take place ONLINE! I need this completed (including all the waivers) ASAP @ www.DCAquahawks.org!!!
- 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
- Coach Grace's contact information - RESPONSIBILITY IN ADVANCED COMMUNICATION!!
 - Email: cgrace@decaturproud.org
 - Office: 856-5288 x 28005
 - Cell: (574) 312-4779