



Decatur Central Aquahawks

Week 15 - October 8-14, 2018



Training Schedule for the Week:

- Monday October 8th:
 - AM Workout - 5:40-8am
 - PM Workout - 4:10-6:30pm
- Tuesday October 9th:
 - PM Workout - 4:10-6:30pm
- Wednesday October 10th:
 - AM Workout - 5:40-8am
- Thursday October 11th:
 - PM Workout - 4:10-6:30pm
- Friday October 12th:
 - PM Workout - 4:10-6:30pm
- Saturday October 13th:
 - AM Workout - 7:40-10am

ACST Fall Invitational Results

- 3/6 Lifetime Best Swims for Weekend for Senior Group!
 - PROCESS => What did we learn, what do we need to improve!

Fall Break (Next Week's) Schedule - Have a PLAN IN PLACE to TRAIN!!

- Monday October 15th:
 - AM Workout - 5:40-8am
 - PM Workout - 4:10-6:30pm
- Tuesday October 16th:
 - PM Workout - 4:10-6:30pm
- Wednesday October 17th:
 - AM Workout - 5:40-8am
- Thursday October 18th:
 - AM Workout - 5:40-8am
 - PM Workout - 4:10-6:30pm
- Friday October 19th:
 - PM Workout - 4:10-6:30pm
- Saturday October 20th:
 - AM Workout - 7:40-10am

PIKE Fall Invitational - October 26-28th @ Pike High School

- Schedule for the Weekend
 - Friday Night (SPRINT 50s) -ITD (In the Door) @ 4:15pm - Meet Start @ 5:30pm
 - Saturday/Sunday Morning - ITD (In the Door) @ 6:45am - Meet Start @ 8:00am
- This needs to be a TEAM EFFORT meet! Signups for days need to be in **BY TUESDAY!!**
 - Please attend as many days as possible!! Support for our Age Groupers!!

Upcoming Dates of Note:

- 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!
- DCHS Team Picture Day/Senior Banner Orders Due - Friday November 9th After School!!
- Thanksgiving Break Time Off Requests Due Monday, November 12th
 - COMPLETE THE GOOGLE FORM @ DCAquahawks.org by 11:59pm on the 12th!!
 - If you need workouts to complete, let Coach KNOW ASAP!!
- DCHS Intrasquad Meet - Friday November 16th
 - Parents who did not attend parent meeting must attend meeting on the 16th!!
- DCHS v. Speedway/Bishop Chatard Tri Meet - Tuesday November 20th

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