

As we finish up our Short Course Season, we will have practices offered for all swimmers through March 10th, working on drills, kicking, and fun to stay in shape for the start of our Long Course Season. The season starts with our three week stroke clinic. This clinic has an intensive stroke, start, and turn emphasis, and will set the groundwork for technique and drills for the rest of the season, as well as help to maintain swimmers feel of the water and conditioning.

Once again, thank you to all swimmers and parents for your patience during the SHS construction. If you have any questions, feel free to contact Head Coach Dave Westfahl at davewestfahl@wi.rr.com or 861-7946.

	Monday <u>Mar 1</u>	Tuesday <u>Mar 2</u>	Wed <u>Mar 3</u>	Thur <u>Mar 4</u>	Fri <u>Mar 5</u>	Sat/Sun <u>Mar 6-7</u>
PC	5:30-6:10		5:30-6:10		5:30-6:10	State Meet
SL	6:10-7:00		6:10-7:00		6:10-7:00	13&O
AG-B	5:00-6:00	5:00-6:00	5:00-6:00	5:00-6:00	6:00-7:00	
AG-S	5:00-6:10	5:00-6:00	5:00-6:10	5:00-6:00	5:00-6:00	
AG-G	6:00-7:30	5:00-6:00	6:00-7:30	3:30-5:00	3:30-5:00	
SR-W	6:00-7:30		6:00-7:30	3:30-5:00	3:30-5:00	
SR-R/B	3:30-5:00	3:30-5:00	3:30-5:00	3:30-5:00	State Meet	

	Monday <u>Mar 8</u>	Tuesday <u>Mar 9</u>	Wed <u>Mar 10</u>	Thur <u>Mar 11-14</u>
PC	5:30-6:10		5:30-6:10	Speedo Meet
SL	6:10-7:00		6:10-7:00	
AG-B	5:00-6:00	5:00-6:00	5:00-6:00	
AG-S	5:00-6:10	5:00-6:00	5:00-6:10	
AG-G	6:00-7:30	5:30-6:30 (N)	3:30-5:00	
SR-W	6:00-7:30		3:30-5:00	
SR-R/B	3:30-5:00	3:30-5:00	3:30-5:00	

Stroke Clinic

March 22-April 9

SR	M,T,W,Th	4:00-5:30
AG-B,S,G	M,W,Th	5:30-6:45
PC/SL	T,F	5:30-6:30 (No 3/26)