

Dear Varsity Swimming and Diving Candidate:

I hope you are enjoying your summer vacation and are excited to return to the pool for the 2011 Varsity Swimming & Diving season. My name is Pete Stapleton and I will be the new Head Girls' Varsity Swimming and Diving Coach, pending approval from the Board of Education. Coach Renchkovsky will be returning as our assistant coach and to continue her work with our diving program. I have spent the last seven years at Emma Willard School leading their program against Section II Division II schools and am eager and excited to begin working with each of you to lead our program to new heights both in and out of the pool.

In order for you to be ready for the fall season, YOU MUST be doing training on your own or with teammates. I have included examples of summer workouts for alternating days on the following pages. A day workouts can be done one day, while B day workouts can be done on the following day. Be sure to alternate workouts and take time to rest and listen to your body. Be sure to begin each workout with proper warm-up and stretching followed by a proper cool down. The more you can do throughout the summer the better results we all will see this fall.

If you have any questions or concerns, please e-mail me at Coach.Pete.Stapleton@gmail.com. You must have a current physical and your parent permission card must be turned into the health office at the high school after July 15th. Any invited 7th and 8th graders will also need the selection classification physical form, and additional parent permission turned in prior to the S & C testing dates. Swimming and Diving practice will begin on Monday, August 22nd at 5:30pm at the high school pool.

Starting on Monday, August 22nd and going thru Friday, August 26th our practices will be from 5:30pm till 8:00pm. On Saturday, August 27th we will practice in the morning from 8am - 10:30am. Monday, August 29th practice will be from 7:00am - 9:30am, Tuesday, August 30th, we will practice from 5:00pm till 7:00pm**. Wednesday and Thursday of that week we will return to practicing from 5:30pm - 8pm. On Friday, September 2nd we will practice from 7:30am - 10:00am. There will not be practice on Saturday, September 3rd, Sunday, September 4th, or Monday, September 5th for Labor Day weekend. Weekday practices during preseason will be a combination of dry land activities and in-water workouts, so you should be prepared for both. Saturday morning practices will only be in the water. Our first meet is scheduled for September 7th at home against Ballston Spa.

** MANDATORY FALL "SPORTS INFORMATION NIGHT" will be Tuesday, August 30th at 7:00pm at Shaker High School. ATTENDANCE FOR PARENT/GUARDIAN IS MANDATORY. If a parent fails to attend, a make-up meeting needs to be scheduled. If a parent does not attend this meeting or a make-up, athlete may not participate in the sport.

Sincerely,
Coach Stapleton

Preseason Testing Requirement: All prospective team members will complete a timed 50-yard Freestyle time trial that factors into making the team.
Goal: less than 34 seconds.

Note: If a pool or lake is not available to you, please consider running on 7 to 10 minute mile intervals. You should be able to run 2 - 3 miles in 30 minutes or less.

Pool A Day

Warm-up:

5 x 100 yards all free, long, loose and EZ

Repeat once:

Kick:

streamline

10 x 25 on :30

Swim:

2 x 200 Free - Build - :30 rest

1:00 rest

2 x 150 Back - Descend :30 rest

1:00 rest

4 x 100 Free (Stroke) - Moderate/Hard

Cool-down:

500 Swim Long, Loose, EZ

Pool B Day

Warm-up:

5 x 100 yards all free, long, loose and EZ

Kick: streamline

10 x 25 on :30

Swim: Rate Work with 1:00 rest between sets

(choose 1):

A: 3 x 20 x 25 on :30 (free) :35 (stroke)

1, 3 - Free

2 - Stroke

B: 3 x 16 X 50 on :55 (free) 1:00 (stroke)

odd sets set free, even set stroke

Cool Down:
500 Swim Long, Loose, EZ

Dry Land A

Dynamic Warm-Up prior to all workouts

Strength:

Exercise	Reps
Front Lunge	3x12
Side Lunge	3x12
Calf Raises with Heel Squeeze	2x25
Alternate Arm Superman	2x20
V-Crunch	2x30 sec
Streamline Jump	2x10

Flexibility:

(Following your workout, sustained stretches 2x30 sec each)

Hipflexor Stretch
Calf Stretch
Ankle Stretch
Hip Adductor Stretch
Figure-Four Stretch
Hamstring Stretch

Dry Land B

Dynamic Warm-Up prior to all workouts

Strength:

Exercise	Reps
Tricep Extension w/resistance band or weight	2x20 with weight/band
Internal Rotation	2x15
External Rotation	2x15
Ys and Ts over physioball (no weight or max 1# hand weights)	2x15 each
3-way DumbBell Matrix Overhead	2x10 each
Seated Medicine Ball Twist	2x30 sec

Flexibility:

(Following your workout, sustained stretches 2x30 sec each except where noted)

Standing Quadriceps Stretch
Knees to Chest Stretch
Spinal Twist x20 each side
Hip Twist
Streamline Stretch

Triceps Stretch
Chest Stretch in doorway

Dry Land C - this can be done with A or B day workouts - shouldn't be done on consecutive days

Dynamic Warmup prior to all workouts

Core Series:

Exercise	Reps
Plank	3x 30 sec
Reverse Plank	3x 30 sec
Side Plank	3x 30 sec each side
Dying Bug	x20 alternating
Bird Dog	x20 alternating
Leg Drop	2x20
Flutter Kick	2x30 sec
Knees to Chest	x20
Back Extension - yoga ball needed	2x20 reps

***If there are exercises you are unsure of, ask questions on how to do them.**