

2018 Off-Season Swim Training Information:

Training Session for 2018

June 26-August 9. No practice Wednesday, July 4

Practice times for sessions

Group 1 (Current Kingfish Red group and higher)

Tuesday - Thursday, 8:00 - 10:00am

Group 2 (New swimmers and current Kingfish white group)

Tuesday - Thursday, 8:30-10:00am

Swimmers groups may be adjusted after first week of practice

Session Focus

Utilize stroke construction and drills in a sequence to refine the swimmer's stroke and improve overall efficiency. Practices will include time spent on: 1) structured drill progression in each stroke, 2) start, turn and finish instruction and refinement and 3) pre pool stretching and dryland.

Equipment required

Pull Buoy

Kickboard

Short blade fins such as Finis Zoomers Gold

Center mount swim snorkel such as Finis Swimmer's snorkel (if your swimmer is under 12 you need the Jr version)

Off-Season Fees

\$150.00 per swimmer (week reduction given to those attending swim camps during session)

1. The per swimmer fee for each session is due at the beginning of each session. **Please provide payment on or before the first day of practice.**
2. You may pay by check or cash (USD). Please ensure that all payments are in an envelope **labeled with the swimmer's name**. Checks can be made out to Courtney Walinski. Remember that Off-Season training is not officially affiliated with the Kingfish, and checks written to Kingfish Swim Team cannot be accepted.

Pool Membership

All swimmers must be members of the Ramstein Aquatic Center or pay the daily admission fee. This is taken care of at the pool.

Registration

Please utilize the below google docs link to complete registration by June 1, 2018. Please email any questions to Coach Courtney: walinski@gmail.com

<https://goo.gl/forms/eYn0CJH92lauxK4k2>

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