

Club Excellence Wisdom Wednesday *with the Wilton Y Wahoos*

HEAD COACH- RANDY ERLNBACH

HEAD AGE GROUP COACH- ALEX BAXTER



325 Swimmers

1 Location

50m Bubbled Pool

25y Indoor Pool

8 Practice Groups

5 Full Time Coaches

National

Senior

Junior

Varsity

Gold

Maroon

Super Squad

Super Bronze

Wahoo Academy

National Team Practice

Pre Set-

- 8x50 Fish Flops 1:15
 - Dive 25 with 15m kickout
 - Easy 25 back to the block
 - Count kicks (9 for men, 11 for women)
 - Tempo= .45
 - Goal- heads on one side of 15m hands on other.

National Team Practice

Main Set- 3xthru

- 4x50 Drill Fly
 - (Rd 1- L/R, Rd 2- 4/1, Rd 3- Flutterfly)
- 3x150 Backstroke
- 1x300! For Time as
 - 100 fly/100 kick/100 free

National Team Practice

3x Wahoo 50's

100 abs

5 squats

Dive

3 tumble turns

Kick to wall

5 press outs

10 jump ups

10 lunges

Dive

Kick to 15m

Sprint to wall

Wahoo Age Grouper Open Turn Drills

Three phrases to help focus on different parts of open turn. In a good turn the parts overlap.

- Knees Up, Eyes Up
- Jab the Robber, Call the Cops, Streamline Getaway
- Sink, Touch, Push

The three phrases allow for breakdown of turn into parts for drills and allow for quick corrections in practice.

Wahoo Age Groupers Open Turn Drills

From the side of the pool. Start with wall kick

1. In three steps. Knees up/eyes up. Jab. Call.
2. In two steps. Knees up/eyes up and Jab. Call
3. In one step. Full turn.

In the Well.

- Practice turns from a single stroke.
- Watch for pulling up on the wall.

Wahoo Age Grouper Open Turn Drills

8x25

- Odds- Jump Starts
 - Start at the Flags
 - Swim straight in and straight out
 - Great chance to work kickouts/pullouts
 - Stay under past the back of the line
- Evens- Blast Off Breakout
 - Start at the "T".
 - Leap into the wall for a fast turn
 - Work kickouts/pullouts again.
 - Stay under past the back of the line
- Set good for practice and meet warm up.