



MAUI DOLPHINS SWIM CLUB

“Swimming Fast is Fun.” **Swim Right, Swim Fast. Swim for Life.**

Coach Malcolm – May 31, 2006

SUMMER SWIMMER 2006

Be sure to check our new website for club information, calendars, and more.

<http://www.mauidolphins.org>

Aloha parents and swimmers. Memorial Day is past, graduations are behind us, the spring Long Course season is over and summer is here. NOW is the time to swim and get in shape. How many practices should you swim?

Maui Dolphins does not require minimum workouts per week. But we DO encourage it. And for the swimmer who wants to improve, it is essential.

For swimmers to be competitive, they need TITW ... “Time in the Water.”

PRACTICE TIMES	
Silvers: M-F 4:30-6; M&Th to 6:30pm!	Spinners: M-F 4:30-6:00
Flippers M-F 5:00-6:00	Doggie Paddlers M,T,Th,F 5-5:30 & 5:30-6

I recommend the following:

- 7 years and younger: 2 to 4 practices a week
 - 8 years: 3 to 4 practices a week
 - 9-11 years: 4 to 5 practices a week
 - 11-12 years: 5 practices a week
- 13 and older: 6 practices a week (add a Saturday morning practice).

Summer Attendance & Practice Goals

1. Make every practice.
2. Be On Time Ready To Swim at 4:30.
3. Do stretching & sit-ups before swimming
– ready to get wet at 4:30.
4. Challenge personal bests in workout.

Summer Events and Programs

- Intra-team fun meets Friday June 30 & Friday July 28 here in Pukalani Pool.
 - Maui Summer Pentathlon Aug 19 Kihei.
- Attendance Awards – 80% & 90% levels earn prizes every month.**