



# MAUI DOLPHINS SWIM CLUB

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

Coach Malcolm – May 31, 2006

## SUMMER SWIMMER 2006

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?

PRACTICE TIMES	
Silvers: M-F 4:30-6; <b>M&amp;Th to 6:30pm!</b>	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

Most top level AGE GROUP programs across the country provide up to 11 practice sessions/week and expect their senior swimmers to make all or most of them. On Maui, other clubs offer 2-hour workouts; 2 programs offer 8 or more workouts per week. Maui Dolphins offers 5 regular practices per week, and the top swimmers are welcome to join with coaches Saturday morning and work out with them (tell us first).

If swimmers want to be competitive on Maui – and some day beyond – swimmers need TITW ... “Time in the Water.” 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).

Swimmers and families look at this number and an already busy schedule and say, “well, I can miss one or two days and that is still very good!” I mean, it's only one! Two is still not bad – and it's *only* this week. Then, when vacation is taken mid season, it's *only* a week. Also, most swimmers get here late AND are NOT ready to swim at 4:30 getting in 15 minutes late or more ... 15-20,000 yards per week quickly become 8-12,000 yards per week (most of it warm-up) compared to 30-40,000 yards per week by their competition. It's not just yardage: when swimmers don't show up or get out early, their friends don't want to swim, give up or are distracted, or they don't show up at all!

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. To encourage it, we have...

<b>Summer Events and Programs</b> <ul style="list-style-type: none"> <li>• Intra-team fun meets Friday June 30 &amp; Friday July 28 here in Pukalani Pool.</li> <li>• Maui Summer Pentathlon Aug 19 Kihei.</li> <li>• Attendance Awards – 80% and 90% earn prizes every month.</li> </ul>	<b>Summer Attendance &amp; Practice Goals</b> <ol style="list-style-type: none"> <li>1. Make every practice.</li> <li>2. Be On Time Ready To Swim at 4:30.</li> <li>3. Do stretching &amp; sit-ups before swimming – ready to get wet at 4:30.</li> <li>4. Challenge personal bests in workout.</li> </ol>
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**Be sure to check our new website for club information, calendars, and more.**

<http://www.mauidolphins.org>

\* Eddie Reese, Univ of Texas Austin