





# BLUEFINS PRE-SEASON

April 5 - May 2



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Notes/Description
<b>WEEK 1</b> April 5-11	5 Rest Day	6 All Stroke Development	7 Technique Day	8 Endurance and Technique	9 Sprint Day	10 Race Prep and Pace	11 Swim Clinic Freestyle	<b>Sprint Day:</b> High-intensity, short-distance speed training.
<b>WEEK 2</b> April 12-18	12 Rest Day	13 All Stroke Development	14 Technique Day	15 Endurance and Technique	16 Sprint Day	17 Race Prep and Pace	18 Swim Clinic Backstroke	<b>All Stroke day:</b> Training to improve all four strokes.
<b>WEEK 3</b> April 19-25	19 Rest Day	20 All Stroke Development	21 Technique Day	22 Endurance and Technique	23 Sprint Day	24 Race Prep and Pace	25 Swim Clinic Starts, Turns & Finishes	<b>Technique Day:</b> Stroke refinement.
<b>WEEK 4</b> April 26-May 2	26 Rest Day	27 All Stroke Development	28 Technique Day	29 Endurance and Technique	30 Sprint Day	1  Swim Team Tryouts 4 - 5 PM	2  Swim Team Tryouts 12 - 1 PM	<b>Endurance and Technique:</b> Build stamina (swim longer) while refining strokes.

## Practice Times

Ages 5–6: 4:30 to 5 p.m.

Ages 7–8: 5 to 5:45 p.m.

Ages 9–14: 5:45 to 6:45 p.m.

## Swim clinics:

Offer more personalized coaching focused on improving technique and building confidence through specific drills.



# BLUEFINS SUMMER SEASON

May 3 - June 25



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Notes/Description
<b>WEEK 1</b> May 3-9	3 Rest Day	4 All Stroke Development	5 Technique Day	6 Time Trials 4:30 to 6 p.m.	7 Sprint Day	8 Race Prep & Pace	9 Swim Clinic	<b>Sprint Day:</b> High-intensity, short-distance speed training.
<b>WEEK 2</b> May 10-16	10 Rest Day	11 All Stroke Development	12 Technique Day	13 Time Trials 4:30 to 6 p.m.	14 Team Suit Day 4:30 to 6 p.m. No Practice	15 Team Activity Day	16 Swim Clinic Starts, Turns & Finishes	<b>All Stroke Day:</b> Training to improve all four strokes.
<b>WEEK 3</b> May 17-23	17 Rest Day	18 All Stroke Development	19 Technique Day	20 Time Trials 4:30 to 6 p.m.	21 Sprint Day	22 Race Prep & Pace	23 Swim Clinic	<b>Technique Day:</b> Stroke refinement.
<b>WEEK 4</b> May 24-30	24 Rest Day	25 Memorial Day No Practice	26 Technique Day	27 Mock Meet 4:30 to 6 p.m.	28 Team Picture Day No Practice	29 Race Prep & Pace	30 Swim Clinic Starts, Turns & Finishes	<b>Endurance and Technique:</b> Build stamina (swim longer) while refining strokes.
<b>WEEK 5</b> May 31 - June 6	31 Rest Day	1 Race Prep & Pace	2 Swim Meet FC @ HOU (HOME)	3 Endurance & Technique	4 Swim Meet HOU @ HRC (Away)	5 Team Activity Day	6 Swim Clinic	<b>Time Trials:</b> Practice races to measure speed and progress.
<b>WEEK 6</b> June 7-13	7 Rest Day	8 Race Prep & Pace	9 Swim Meet HOU @ BC (Away)	10 Endurance & Technique	11 Swim Meet HCC @ HOU (HOME)	12 Team Activity Day	13 Swim Clinic Starts, Turns & Finishes	<b>Team Activity Day:</b> Celebrating the end of a swim week is a great way to build team camaraderie and create lasting memories.
<b>WEEK 7</b> June 14-20	14 Rest Day	15 Race Prep & Pace	16 Swim Meet ROCC @ HOU (HOME)	17 Endurance & Technique	18 Swim Meet HOU @ LCC (Away)	19 No Practice	20 Country Club Invitational	<b>Swim Clinics:</b> Offer more personalized coaching focused on improving technique and building confidence through specific drills.
<b>WEEK 8</b> June 21-25	21	22	23	24	25 Swim Team Party 2 - 4 PM @ HOU	Parent Meeting: May 5 & May 7 4:35 - 4:55 pm, 5:10 - 5:30 pm, 5:50 - 6:10 pm during practice.		<b>Practice Times</b> Ages 5-6: 4:30 to 5 p.m. Ages 7-8: 5 to 5:45 p.m. Ages 9-14: 5:45 to 6:45 p.m.