

Senior Training Day 2019

When: Friday June 21, 2019

Where: Rouge Pool

Eligibility: All athletes in Senior Black and Senior White are required and optional for Senior Red from any of the three Crawfish Aquatics location. *Note:* If pre arranged with your site coach and attempting to get a state or sectional qualifying time at the meet on either Friday or Saturday, you do not need to attend.

Sign Up: You must sign up on Team Unify by Wednesday June 19 so coaches can plan and prepare the workout.

Itinerary:

Optional 12pm Team Light Lunch or Hangout before training- location TBA week of event

1:00pm - 3:00pm Swim Practice

3:15 - 4:00pm Strength Training/Stretching

4:00pm - 4:30pm Snack Time- Things will be provided

4:30pm - 5:00pm Swim / Meet Warm Up

5:30pm Meet Starts

Attire:

- White 20 Year Celebration for Snack Time and Meet (if you do not have please place order through Team Store and we will have for you this day.
- Black Shirt for strength training

Bring:

- warm ups
- Water bottle
- Shorts and Black Shirt for Strength
- Additional Snacks