

Senior Training Day at BR Site 2022

Friday June 3, 2022

6:35am Arrive to Baton Rouge Pool

6:45am Move Bulkhead to LCM

7:00-9:00am Swim Practice (LCM) # 1 Technique/Teaching Focus

9:00-9:45am Breakfast

9:45-10:45am Team Activity- Tie Dying Shirt

11:00am-12:00pm Strength

12:00-12:30pm Snack and Practice Prep

12:30-2:30pm Swim Practice (LCM) # 2 HARD

After 2:30pm Possible Athlete led activity such as TopGolf, Bowling, etc. or return home

- Water bottles are required
- Swimming attire, swim gear bags and strength training clothing including good shoes
- Athletic or recovery drinks are athlete's responsibility and they are required to bring

Who: State Qualifiers training in Senior White, Senior Grey, Senior Red and Senior Black Group Athletes from Baton Rouge and Lafayette

Cost: \$35 and your account will be debited like meet fees

Included with \$35: Catered breakfast and T-Shirt or Tank and Tie Dye Supplies

Invited by Location:

Baton Rouge - Senior Black, Grey, White and Red STATE QUALIFIERS

Lafayette- Senior Black, White and Red STATE QUALIFIERS

Transportation: Coach Thomas to coordinate with his site and athletes and Baton Rouge athletes come like normal to practice

- Parents that drive will have ability to watch

RSVP: RSVP no later than Monday May 16, 2022 by completing form at

<https://forms.gle/wieajfsxkpseuQ5T9>

- Fill out all necessary items including athlete shirt style and shirt size
- We need done by May 16 in order to get shirts in time

Led by: Coaches OJ, Billy, Daniel, Thomas and guest appearance/s by Coach Jayme