

Greydogs

Hi all Stroke and Fitness swimmers

Our lessons for the first term begin on Wednesday the 17th January 2018.

Dates: Wednesday 17th January – Wednesday 28 March (10 weeks)
No coaching on 21st March

Cost: R1070/swimmer/term. All fees are expected to be paid in the first week of the term.
If you pay one week before the start date of the term i.e. before the 10th January, you will receive a R50 discount. The Reduced Early Bird fee is R1020 for payments BEFORE the 10th January. Early Bird fees are much appreciated as it reduces administration.

Term 1 Planning:

Our stroke and fitness lesson plans this term will focus on the full stroke and speed tips. Lessons will include sprinting, starts and finishes and racing tips. Guide to weekly themes below.

Weekly theme:

- week 1. Assessment & fundamentals of speed
- week 2. Technicalities! Breaststroke keyholes & Backstroke Starts
- week 3. How to effectively translate effort into *SPEED*
- week 4. Dives – improving reaction speed & explosiveness
- week 5. Importance of Starts and Finishes
- week 6. Giving **MY** personal best
- week 7. Winning, timing and sportsmanship
- week 8. Fine tweaks, starts & finishes
- week 9. Badges & feedback
- week 10. Fun lesson

Many thanks
Greydogs Coaching Team

Bank details:

Greydogs, 62610907828, FNB, Business Cheque acc, branch 250655, ref "T1&swimmers name".
Proof of payment can be emailed to lucy@greydogs.co.za

Internet banking is our first payment choice. Cheque payments (made out to Greydogs (Pty) Ltd) or cash payments need to be put into a marked envelope with the swimmers name. Thanks.



the
greydogs
swimming
team