

Greydogs

NEWSLETTER

STROKE

CLUB

MASTERS

www.greydogs.co.za



the
greydogs
swimming
team

Hi all Stroke and Fitness swimmers

Our lessons for the fourth term begin on Tuesday 9th October 2018.

Dates: Tuesday 9th October – Monday 10th December (9 weeks)

Cost: R1070/swimmer/term. All fees are expected to be paid in the first week of the term.

Early Bird fee: If you pay one week before the start date of the term i.e. before the 2nd October you will receive a R50 discount. The Early Bird fee is R1020 for payments BEFORE the 2nd October. Early Bird fees are much appreciated as it reduces administration.

Term 4 Planning:

We are very happy with our swimmer's breaststroke and backstroke progression this past term (term 3). We would like to use this opportunity to continue improving our swimmers butterfly quite intensively this coming term (term4). In addition, going back and refining and recapping important elements of freestyle this term. As a surprise we would like to host a time trails for our swimmers this term. I will keep you posted once a date for that is confirmed. A continued theme running through will be kicking for speed. Will also be working on swimmers dives.

Weekly theme:

- week 1. Free & Fly – horizontal body & kick tips
- week 2. My stroke tips: Free & Fly
- week 3. 6 drills: the how and why with tips
- week 4. Word phrases for Free & Fly
- week 5. Dives/undulation kicking drills
- week 6. Free & Fly finishes & kicking
- week 7. Dives and integration
- week 8. Badge assessment
- week 9. Surprise!

Many thanks

Greydogs Coaching Team

Bank details:

Greydogs, 62610907828, FNB, Business Cheque acc, branch 250655, ref "T4+swimmers name&surname".

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.

