



HOMESCHOOL NEWS

October 2026 | Quest Swimming

Hello, Homeschool Families!

It has been a wonderful start to the season! September was all about building a strong foundation, and we're proud of the effort our Green and Orange swimmers have brought to practice. As we move through October, we're excited to keep developing their skills and introduce new challenges.

Green Group

Green has been learning and progressing through all four strokes, with an emphasis on proper technique and confidence in the water. As swimmers become more consistent with these skills, we'll gradually introduce more 50-yard swims. Our goal is to help them maintain good technique from start to finish, rather than simply complete the distance.

We'll also continue working toward mastering flip turns, focusing on controlled rotation, strong push-offs, and tight streamlines. These skills take practice and patience, and we're excited to help each swimmer put the pieces together!

Orange Group

Orange has been building endurance while strengthening technique across all four strokes. We're focusing on swimming with purpose and maintaining good habits as sets become more challenging.

Soon, we'll begin introducing more structured anaerobic training through shorter, faster swims with planned recovery. This will help swimmers build speed, practice holding their technique at race intensity, and understand how to approach different effort levels in practice.

Meet Participation

We are very proud of Homeschool's meet attendance so far! Meets are an opportunity to practice what we're learning, build confidence, and cheer on teammates. At this point in the season, success includes trying a new event, executing a better turn, or maintaining good technique throughout a race.

We can't wait to continue that participation at our **October intrasquad meet** and the **Coast Guard Meet in early November!**

Thank you, families, for your continued support. We're proud of our swimmers and look forward to another month of learning, hard work, and fun.

Go Quest!

Coach Aidan

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Novice News

October 2026



3,2,1 GO QUEST!!!! Welcome Novice families to the 2026 swim season! It has been a great start to the season with lots of learning from both the athletes and the coaches. Novice groups started the year with some 'getting to know you' games and team building activities that allowed both the athletes and the coaches to learn a little more about each other. We have and will continue to focus on the basic movements and proper techniques of each of the 4 strokes. Our goal is to build a strong foundation of skills that allow each novice swimmer to learn to swim tall and long and be more technically sound in the water. We teach these skills by doing many different drills during practice that will progress up to swimming the stroke fully. As we swim through October, we will continue to focus on those basic movements in the water but also add some more work on skills such as starts, turns and under waters. Keep up the good work Novice Groups!!

Important News

- We encourage all swimmers to swim in at least one meet per month.
- Please start bringing all equipment each day and make sure the athlete's name is on it.
- All NEW Quest swimmers may pick up a team t-shirt in the Swim Shop.
- Please encourage athletes to use the bathroom prior to the start of practice each day.

Contact Information

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Hello, Age Group Families. It has been a wonderful start to the 2026-2027 season. During September, our Age Group athletes kicked off the season with fun icebreakers and team-building activities! We focused on the power of teamwork, discussed how supporting one another and working together ultimately builds happier and better athletes.

TEAM

(T)ogether (E)veryone (A)chieves (M)ore

Athletes also started to work on building a solid foundation in the pool, in terms of technical skills as well as fitness. With all four strokes, we started with the most basic movements to create tall, long and balanced lines that focused on movements from the core through the hands/feet. Swimmers have picked up on these skills extremely well, and we will continue to work on solidifying and expanding on such drills and skills. As we move through October, we will continue to learn and progress strokes, work on strengthening turns, underwaters and starts as well as continuing to build our fitness. There will be gradual increases to incorporate more swimming and at faster speeds as we move through October.

Dryland - THEME DAYS

Last year, Age Group athletes started Theme Days for Dryland and we are continuing this fun tradition into this season. Theme days are optional. Swimmers can attend dryland and NOT participate in the themes. We do encourage all athletes to participate when possible, as it is a simple way to bring in more fun into dryland and camaraderie to the group.

The themes are selected weekly and will be announced at practices - please just have swimmers ask a coach or teammate if they need to know the themes. We will ONLY do theme days on Monday & Wednesday.

Important Notes

- All swimmers should compete in at least one of the October meets.
- Please make sure all equipment is labeled with a swimmers name and/or initials.
- We encourage swimmers to have a water bottle at practice and dryland.
- All NEW swimmer Quest t-shirts are ready for pick up in the Swim Shop.

Questions or need information?
Please email Coach Chrissie at
coachchrissie@
questswimming.com.

Just wanted to give you all a quick rundown of what we've been doing since the start of the season. Apologies in advance for the length of this but we've been busy! I am loving working with your swimmers and cannot wait to see what they achieve both in, and out of, the pool this year!

In the water:

- Working on achieving a balanced line to elevate the hips in all 4 strokes
- Working on moving from the core/hip to generate power and speed
- Working on how to feel/hold the water, from finger tips to elbow, to move the body forward
- Reviewing and demonstrating drill progressions in all 4 strokes – good technique maximizes the potential for speed and minimizes the potential for injury
- LOTS of body position kicking – not only does it condition the legs and build fitness but it also forces them to work on their balanced line and elevate their hips
- Starts – pushing off equally with both legs and some are trying the Tandy or flyover start
- Skills like the bottom arm pullout on a freestyle turn, driving the knees to the chest in open turns and refining the underwater sequence for breaststroke to maximize distance and speed
- Introducing equipment like fins, paddles and buoys
- Gradually increasing the volume and intensity of yardage to build their fitness after being out of the water on break

Out of the water:

- Ice Breakers – you can't cheer for someone if you don't know their name!
- Group Meeting about Being a Good Teammate
 - The kids developed a group list of Do's and Don'ts
 - During one of our ice breakers, they chose Cheer, Count or Cap for a teammate as a way to demonstrate that while we all have different personalities (our extroverts picked Cheer for instance), we can all find our own ways to be a good teammate

- You may see them high five each other at the end of each practice to reinforce that swimming is a team sport and they need each other to get through practice and to achieve their goals
- Group Meeting about Dynamic Warm Up – each swimmer received the attached sheet and a TheraBand
- Group Meeting about Nutrition
 - Global message is that Food is Fuel
 - Nutrition is a performance enhancer at practice and at meets – many swimmers arrive at practice under-fueled
 - Tried to simplify it – Protein + Carb + Anti-inflammatory (fruit, veg, nuts, seeds)
 - I've attached a recipe that is easy to make and take to practice and meets
- Started dryland with an emphasis on core strength, balance and coordination (eye-hand and cross body)

Upcoming meets:

- Racing monthly (and racing a variety of events) is an important part of our philosophy for their development
 - In October, we have 2 meets available to them
- We are looking for them to use skills we are working on, build their races well and give their best effort - how they swim races is so much more important at this stage of the season than what their time is
- We want them to be good teammates and have fun!

Update on the boiler at Evergreen from Coach John:

The new boiler is on order and I am hoping it will be here and installed in the next 1-2 weeks. Of course, we have no control over the delivery and distributors so we appreciate your flexibility during this time. Our hope is the weather will cooperate with us so we can swim at Evergreen on regular schedule. But, if it doesn't we will make practice changes accordingly during this time.

Amy's note: I told the kids that this is a lesson in "uncontrollables" and to focus on what they can control. All will be well.

Thanks to all of you for your continued support of me and your swimmers!

Coach Amy



Senior Blue September Update:

September is almost over and with it the first month of the new season. I wanted to share some updates with you so you are aware of what we are doing and what you can expect moving forward.

I. Be Good Teammates:

We watched a short video on Steve Nash and how he impacted his team with “contacts”. We have talked a lot about the number of contacts they can have during practices, in the locker room, dryland and just about anywhere. They have been challenged to hit certain numbers during parts of practices with one another and also during the intrasquad meet with other teammates.

You can see the video here:

<https://www.youtube.com/watch?v=p9mu9LztcVk>

We also discussed a book I read over the break **The Energy Bus**. Please ask them about it and see if they can share what they have learned from the discussion. Maybe read the book with them, it's really an easy read about surrounding yourself with positive people and not what the book calls Energy Vampires.

II. Gradualness, Techniques and Readiness:

I have been a bit more gradual in the beginning part of the season with the amount of volume in the practices. The break was really long from the end of the summer until the beginning of the new season. The group overall is not in good shape currently and I understand this. We are building weekly in volume and dryland so their bodies are ready and capable to handle additional loads and volume without having injury. Being deliberate about how they are swimming, turning and finishing has been the main focus as they build up. There is a saying “No Brain, No Gain” which has been said a lot during this initial build up phase. Developing and using their skills to the best of their abilities is the main focus currently leading into the Hanover Meet.

III. Hanover Meet:

What I am looking for in this meet is their ability to use skills we are working on, build their races well and race themselves into some higher level of fitness. How they swim the races is so much more valuable at this stage of the season than what their time is.

Comparing the beginning of the season performances to their end of season performances last March when they had been through an entire season of preparation, where shaved and also suited will only lead to frustrations. Please help them to understand it's not apples to apples. The most important factors in the Hanover meet are to execute the race plans we talk about to the best of their abilities (this should be universal), be good teammates, have fun, improve overall fitness through one's best efforts. These are the goals for the meet, keep it in perspective.

IV. Boiler at Evergreen:

As stated in the previous email the new boiler is on order. I am hoping it will be here and installed in the next 1-2 weeks. Of course, we have no control over the delivery and distributors so we appreciate your flexibility during this time. Our hope is the weather will cooperate with us, but if it doesn't we will make practice changes accordingly during this time.

Like the saying goes "Success in life is defined by how well you deal with plan B".

V. October:

Practices will start to pick up after the Hanover Meet. October will build to be a rather hard training phase as volume increases, doubles are added, resistance in the water is introduced and dryland increases. Please help them get adequate sleep and nutrition during this time. It is normal they will start to get tired and cranky, let's all help them to remember being tired is ok, being cranky because you are tired is not.

The next meet will fall right in the middle of the new adaptation. It will be normal if they are feeling tired and sore. Their physiology will be beginning a new adaptation and it will take some time to make adjustments. Being tired at the next meet and having to race is a good and normal thing. Getting proper sleep and nutrition are the main keys to feeling better through this period. Teenagers are not the best at these things, they will need your help and guidance.

Thank you all for the time and support that you give to our program, Quest is better because of the families that support it!

John