



Diamond State Aquatics

Practice Snapshot Gold Group

What to Bring:

- Swimsuit, plus an extra one!
- Goggles, plus an extra pair!
- Cap and a hair tie if needed
- Gear bag with required gear
- Towel
- Water bottle or sports drink
- Dryland clothes & sneakers

Swimmer Expectations:

- Be ready on deck 5 minutes early!
- Listen to your coach
- Engage in drills and practice
- Be a good teammate
- Have fun!

Example 90 Minute Practice:

15 Minutes: Dryland/Wetland (2 days a week)

- Introduction to exercises to build core strength and injury prevention

15 Minutes: Swimming Warm Up

- Activate the system with kicking and swimming to prepare for the day

30 Minutes – Drills & Skills

- Introducing skills and working through drill progressions

30 Minutes – Swim Set

- Working through a swim set that could focus on endurance or speed

Example Weekly Focus:

Monday	Tuesday	Wednesday	Thursday	Saturday
Drill Introduction	Kick & Speed	Drill Review & Building	Endurance	Racing!
We focus on drills to start and then work on repeating the skills while swimming.	We start off with a strong kick focus and then apply it to our swimming at speed.	We review the skills learned Monday and build off of them with new drills.	We bring all the skills of the week together and apply them to our longer swim sets.	We focus on racing off the blocks to simulate a meet environment.