

# RIPPLES FROM THE DECK

## Delta Swim Team Season Plan - SKILLS Cycle

Currently we are in the first part of our training cycle. This cycle is considered our SKILLS cycle. This cycle runs from the first day of practice through Mid October. During this time, the following is worked on:

**Introducing and reintroducing old and new drills for all the strokes.** We usually go with a system of working a week on each stroke and then following up with starts and turns. THIS IS STROKE TECHNIQUE WORK!! Sometimes the coach will make the practices a little more enjoyable by varying the strokes in one practice. It is important to start off with the correct way to execute a stroke before we work on speed.

**Building some lost endurance.** Even though most children swim throughout the summer, they aren't intensely training. We want to bring back their endurance SLOWLY by increasing the yardage a little bit each week. The younger swimmers will see less of this than the older swimmers where endurance is much more important.

**Breaking bad habits.** As coaches we want the swimmers to have good habits well into the season and not bad ones. We are spending this time working on such things as good streamlines, not breathing off the walls, dolphin kicks off the walls in free/fly/back, two hand touches, starting in the ready position, etc.

**Going over rules of the team.** It is very important to start every season by reemphasizing the rules of the team. This includes being prepared for practice, not talking when the coaches are talking, not being late and being respectful. The coaches are not as concerned with a swimmer showing up late because a parent could not get here on time, but more with a swimmer spending too much time in the locker room getting ready. We should not see a late swimmer strolling into practice 20 minutes after we see them walk in the doors, they should be ready to swim the minute they walk in ESPECIALLY if they are late. We do not punish swimmers who are late for practice, but do get concerned when they take their time changing in the locker rooms.

The following is an example of a typical practice for ALL groups during this time:

- Warm-up** - usually a long swim just to get the muscles moving, no critiquing during this time
- Drill/ skill/ or kick work** depending on what is emphasized during this time. ALL ARE CONSIDERED STROKE TECHNIQUE. This is a good time for the coaches to notice bad habits and to work on them. There is a lot of communication during this time. Swimmers need to be aware that when we tell them to do something different, this is a POSITIVE thing and not a NEGATIVE thing. If we were to not give them constructive criticism, they would not be improving!!
- A main set** where we work on endurance and incorporating the drills into our strokes. This is the time where the swimmers need to think about what they learned and try to do those things.
- Kick or drill set** if time allows.
- Warm down** - usually an emphasis on working on ONE aspect of a stroke so that the key concepts are reinforced.

We ask as coaches that you ask your children on the way home from practice specifically what we emphasized in practice that day, individually or as a group. Sometimes we address the group as a whole on something that needs improvement and sometimes we get to each swimmer individually. Stress the importance of constructive criticism and reinforce that it is a terrific thing when we as coaches are giving them this feedback!!

## SWIM WITH CHARACTER

*December = Perseverance*

I will not give up on any of my goals especially when the going gets tough (and it will). I will stand by my lanemates and encourage them through each practice to make sure WE stay on track.

## DECEMBER BIRTHDAYS

- Lincoln Wenner

Zayden Pinto

Bridget Helm

Daksh Arora

Brady Gans

Mila Saujani

Aleks Tabis

Coach Erin
- Anna Kashperovetska

Claire Bambrick

Dylan Wright



## EXPLORING

In the month of December we are focusing on wrapping up our strokes. The goal is to start the new year with all legal strokes. We'll really be working on fine tuning our breaststroke and butterfly and making sure everything is legal.

## FUNDAMENTAL 1

In December our goal is to finish up our stroke work and clean up our strokes, as well as adding some distance to our swimming. We are really looking to ramp up how much we are swimming and maintain good technique.

## FUNDAMENTAL 2

This December we will be focusing on swimming more yardage and some faster intervals. The goal of the month is to try to get up to a race pace and still have good swimming. We will be fine tuning our racing technique by swimming faster for longer.

## DEVELOPMENTAL

As the year comes to a close, we'll be continuing to work heavily on all four strokes in practice and an additional emphasis on turns. We will be doing some small group work and stations to further refine our turns and dives. Closer to the end of the month, we will have some fun and festive practices to celebrate the progress we've made in 2025 and ring in the new year!

## ADVANCED

A major emphasis this month will be on cleaning up and speeding up our turns. Swimmers have been doing a great job at practices and competitions learning to push themselves past their comfort zones while maintaining good stroke technique. Now we want to be able to keep this momentum through our turns in races as we enter the second half of the season.

## SENIOR PREP

December has some great opportunities for some fast swimming. This month we will be focusing on racing the first half of our swims, getting out ahead and holding our pace through longer swims. By focusing on our pace work, it gives us a chance to also fine tune our walls. Faster turns and aggressive underwaters will help our race speed stay consistent and strong.

## SENIOR

December brings a change in pace as we shift back into training mode after our November meets. Our high school boys begin their high school season, while the returning high school girls continue to prepare for the COHO or FOX meets to finish the year with strong performances. Training focuses on rebuilding aerobic fitness while mixing in speed and technical work to stay sharp. Practices emphasize efficiency, control, and quality as we reset for the second half of the season. It's a great time to refocus, race well, and head into winter break with momentum.

# SWIMMERS OF THE MONTH

Each month, a swimmer is selected from each training group as “Swimmer of the Month” based on qualities such as good sportsmanship, being an outstanding teammate, strong workout performance, consistent effort, leadership, and demonstrating improvement in technique. This recognition highlights positive attitudes, hard work, and respect for coaches and teammates. Let’s celebrate our Swimmers of the Month for NOVEMBER!

### EXPLORING

Kennedy Gryszkiewicz

Kennedy is new to swimming, but never backs down from a new skill. This season we have seen her overcome some fears and she is determined to conquer more challenges. She always has a smile on her face before and after practice and is always trying to do her best.

### FUNDAMENTAL

Riya Bhanji

Riya is always excited to get in the water! At swim meets or practice, she is always ready to swim fast. Even when something challenging comes up, she is positive and tries her hardest.

### FUNDAMENTAL

McKinnon Buddy

McKinnon always has a positive attitude from when he walks into the pool deck to when he leaves. Everyday he is ready to swim! He does a great job listening to his coaches and making the changes to make him a better swimmer.

### DEVELOPMENTAL

Mallary Wollbrink

Mallary shines at every practice! She works hard and embraces every challenge that comes her way. Mallary brings nonstop positivity and is always smiling, dancing and cheering on her teammates. She's a bright spot in our group!

### ADVANCED

James Szweda

James has stepped into a challenging lane and meets every practice with determination. He loves surrounding himself with teammates who push him to grow and is always open to feedback. His drive, focus and spirit make him a standout in Advanced!

### SENIOR PREP

Ari Dolan

Ari has been a driving force at practice, always striving to improve, go faster, and excel. His determination is infectious, inspiring his teammates to push themselves and reach their own goals, demonstrating strong leadership within the group.

### SENIOR

Luke Fry

As he heads into his high school season, Luke Fry had an outstanding November meet with all best times, not just because he showed up to race, but because he consistently applied feedback, worked hard, and gave intentional effort during practice.

## BEINE WELLNESS NUTRITION BITE

*Our team is here for you: Beine Wellness Building is here to guide you, support you, and be a resource for you throughout your wellness journey!*

01.

#### Electrolytes for Better Absorption

- Sodium helps pull water into your bloodstream- plain water can't do this as effectively.
- Before practice: 8-12 oz electrolytes
- During practice: 4-8 oz every 15-20 min



03.

#### Hydration Improves Sleep Quality

- Even mild dehydration increases nighttime heart rate and disrupts deep sleep.
- Deep sleep is when your body produces cytokines (immune repair proteins).



02.

#### Drink Even in Cold Pools

- Cold water suppresses thirst, so swimmers underhydrate in winter without realizing it.
- Do this: Schedule hydration breaks instead of waiting to feel thirsty.



04.

#### Hydration Supports Gut Health

- Your gut needs water to maintain a healthy lining and move nutrients effectively.
- Dehydration slows digestion and disrupts the gut environment- weakening the immune system.



[Link to Beine Wellness Monthly Newsletter](#)

# CONSISTENCY COUNTS

Congratulations to the swimmers listed below for exceeding their group's attendance expectations! Each swimmer recognized has met or surpassed the minimum attendance standard for the next training group above their current level — showing a commitment to consistent practice, strong habits, and steady improvement.

Consistency is a major key to success in swimming. Skill development, strength, endurance, and race confidence all build over time with regular, focused practice. Missing practices can disrupt this progression, while strong attendance habits allow swimmers to stack improvements and reach new levels.

Our program is intentionally designed with age-appropriate training amounts, gradually increasing practice opportunities as swimmers grow. Those recognized here have shown they are not just keeping pace — they are setting the pace for their development.

The following is a list of each group and the minimum attendance required to be recognized. Congratulations again to these swimmers for their outstanding commitment and effort!

<div>EXPLORING</div> <div>≥55%</div> <div>Gryszkiewicz, Kennedy Ward, Jacob Whitson, Letty</div>	<div>FUNDAMENTAL</div> <div>≥60%</div> <div>Berggreen, Moira Bhanji, Riya Endres, Jacob Furneaux, Esme Grant, Avery Hudson, Eden Mallinger, Hudson Madayala, Sudhiksha Matus, Maebe Molek, Andrew Panico, Ellie Simmer, Parker Smagliuk, David Wolek, Sarah</div>	<div>FUNDAMENTAL</div> <div>≥60%</div> <div>Blaine, Jackson Buddy, McKinnon Cummings, Maddie Dela Cruz, Chloe Frias, Landon Hylek, Jacob Lannon, Lilly Manks, Adelyn Ryan, Rory Reiff, Renee Stoker, Lucy Shah, Ruhi Valle, Noah</div>
<div>DEVELOPMENTAL</div> <div>≥65%</div> <div><div>Cavins, Alyssa Clemons, Charlie Guruprasad, Gautam Lichty, Vada Lannon, Logan Mura, Anthony Pradhaban, Varunikaa Pucylowski, Mia Pradbhu, Rudhvin</div><div>Rosales, Charlotte Stephen, Lexie Schuber, Liam Szweda, Luke Tukkani, Ishaan Ucinek, Nadia Verdoorn, Emma Valle, Amelia Wenner, Lincoln</div></div>		<div>ADVANCED</div> <div>≥75%</div> <div>Gupta, Miraya Lannon, Livia Mura, Mircha Molek, Mia Moirangthem, Daniel Stephen, Maddie Smagliuk, Anastasiia</div>
<div>SENIOR PREP</div> <div>≥80%</div> <div>Baldwin, Graysen Dolan, Ari Jurakobilov, Sam Tabis, Aleks</div>		<div>SENIOR</div> <div>≥85%</div> <div>Blair, Katie Bui, Nathan Chen, Stephanie Daenzer, Noah Spear, Katelyn Springer, Brian Sturm, Lindsey</div>