

RIPPLES FROM THE DECK

Delta Swim Team Season Plan - SPEED AND STRENGTH Cycle

Currently we are in the second part of our training cycle. This cycle is considered our SPEED AND STRENGTH cycle. This cycle will run from the end of October to the beginning of February. During this time, the following is worked on:

Practice the skills we learned in the first part of the season by incorporating them daily into practices. This does not mean that we will do the same kind of sets where we teach the drills every day as we did during the first part of the season. The swimmers should know how we perform the drills for all the strokes and they are incorporated into the sets for each practice group.

Increasing yardage and working on speed. Now that all the skills have been taught, speed can be worked on but still emphasizing good technique. For example, telling the swimmers to now pick up the arm pace in freestyle, but still focusing on length of stroke. We will make the practices harder by making the sets faster and giving them less rest in between repeats. We will be doing MORE yardage in the pool (more laps and longer distances per set).

Continuing to break bad habits. Soon the coaches will have the opportunity to watch the swimmers in meets and see how they are progressing, we can also see what REALLY needs to be worked on for each swimmer. We tell the swimmers at meets what we see they need to work on and tell them to do this in practice for the week. Please remember that kids are kids. They are really inconsistent and even when they are told to have two hand touches in meets, they still will do one hand touches when the pressure is on them. This is normal and is not the fault of the coach or the swimmer not doing these things in practice.

Strengthen weaker strokes. Yes every swimmer has their favorite or best stroke, but what is the point of swimming if you do not make your weaker strokes better? It would be like not doing math in class because you aren't good at it. Coaches will put swimmers in events that they aren't the best at or need a lot of work with to IMPROVE those strokes. Age group swimmers DO NOT HAVE SPECIALIZATION OF STROKES. If a swimmer is very weak at a specific stroke, we will purposely make them swim this in a meet to make that stroke stronger. At this time in the cycle, we are really looking to improve the COMPLETE swimmer.

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

1. **Warm-up** - usually a long swim just to get the muscles moving, no critiquing during this time
2. **Drill/ skill/ or kick work.** We are now doing sets that are a combination of swimming and the drill/kick/swim work so that swimmers can understand WHY we are doing specific technique work. It is very important that the swimmers listen to the feedback given at meets and bring that back to the practices to work on.
3. **A main set** where we work on speed and strength. Usually it is a HARD set where it is on a fast interval for repeats. This is a very important aspect of training because it will help the swimmer maintain their energy in races and know what it feels like to swim fast even when they are tired. It teaches swimmers to not finish the back half of their races fast.
4. **Kick or drill set** if time allows.
5. **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

January = Courage

I will do one thing this year that is beyond what I think I should be doing. I will do so with determination and encourage others to be strong and brave too. I might be scared at first.

JANUARY BIRTHDAYS

Chris Spleha
Eden Hudson
Srishti Karthik
Amelia Cernei
Abby Taylor
Ruhi Shah
Bryce Butikofer
Nolan Clemons
Anthony Mura

Ava Davenport
Kara Fry
Lucy Stoker
Moira Berggreen
Natalie Kaltsas



EXPLORING

This month we are working on our turns and starts. Our strokes are coming along very well and we are almost legal in all four strokes. Most of us are beginning to go to more meets, so we are going to make sure we are as ready as possible for our meets in the back half of the season.

FUNDAMENTAL 1

During this month of January we are going to really push to make sure we are all legal in all four strokes. We want to be ready going into the back half of the season making sure we can all accomplish our IMReady goals and our season goals we turned in at the beginning of the season.

FUNDAMENTAL 2

Starting off the new year we are going to be working on our racing strategies. From fast efficient swimming to fine tuning our starts and turns. We want to make sure we enter the back end of the season race ready.

DEVELOPMENTAL

This month will continue our group focus on being well-rounded IM swimmers. We will see more 100s and longer distances to work on staying strong as our race distances increase. During our Mental Mondays, we've been discussing swimming with intent and keeping goals in mind each day. Swimmers should review their personal goals and celebrate the progress made so far!

ADVANCED

As we kick off the new year, we will be focusing on maintaining higher yardage while beginning to push the intervals a bit more. Threshold swimming sets will start popping up more we continue to push ourselves outside of our comfort zones. Swimmers should review their goals set earlier in the season and take in the progress they have made over the past few months.

SENIOR PREP

Coming into January we are trying to work on our pacing work and making sure we are ready to swim fast and finish fast during our races. Our goal this month is to push ourselves and reach our goals that we set at the beginning of the season. Keeping our goals in mind we want to hit the ground running after this holiday break.

SENIOR

January is a key month for building strength and endurance while continuing to race and refine. We're increasing yardage and intensity in practice, with aerobic and threshold sets balanced by focused technical work to maintain stroke efficiency. Following Maglischo's principles, this phase helps swimmers push physical limits while developing control and consistency. Meets this month give athletes a chance to apply their training, test race strategies, and continue progressing toward end-of-season goals. Practices are demanding, but they lay the foundation for fast swimming later in the season. It's a key month to stay consistent, push through fatigue, and build confidence heading into the final stretch.

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 DECEMBER!

EXPLORING

Blaire Derkson

Blaire is always excited to challenge herself. Any time we begin a new skill, no matter what it is she always tackles the challenge head first. She always brings a sense of excitement and determination to every practice.

FUNDAMENTAL

Andrew Molek

Andrew comes to practice everyday with a high intensity attitude that is very contagious. Every time he is around you can see his can-do attitude spread amongst his peers. He is a ball of energy that everyone benefits from.

FUNDAMENTAL

Adelyn Manks

Adelyn is always a bright light whenever she is at practice. She is always trying to push herself and learn by listening to her coaches. Sometimes some skills are more difficult than others but she always strives to overcome them.

DEVELOPMENTAL

Liam Schuber

Since the season started, Liam has been working hard on all four strokes, even the ones that used to feel tricky. His dedication, positive attitude and progress at practices and meets make him a true role model in the group. Keep it up, Liam!

ADVANCED

Sophie Nelson

Since the beginning of the season, Sophie has blossomed into a confident, positive presence in the group. She is always upbeat during tough sets and she's embraced new challenges and friendships as we have moved throughout the year. Congrats, Sophie!

SENIOR PREP

Zayden Pinto

Throughout the season, Zayden has continued to improve again and again. He has grown into a more confident swimmer, rising to every challenge he faces. Zayden is always asking how he can improve or get faster, striving to be better than his last swim.

SENIOR

Katelyn Spear

Katelyn made a seamless transition from her freshman high school season back to Delta. With excellent attendance, a strong work ethic, and kindness toward her teammates, she jumped into the Senior group and embraced the challenge, setting a great example for others.

BEINE WELLNESS NUTRITION BITE

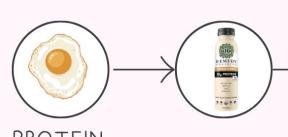
Our team is here for you: Beine Wellness Building is here to guide you, support you, and be a resource for you throughout your wellness journey!



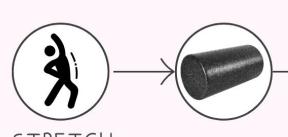
Rehydration is critical for circulation, muscle function, and recovery.



Muscles rely on glycogen for energy, and stores are partially depleted after training.



Protein supplies amino acids that repair muscle, reduce soreness, and support strength gains.



Gentle movement after practice promotes circulation and nutrient delivery to muscles.

[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!

EXPLORING

≥55%

Derkson, Reese
Derkson, Blaire
Gryszkiewicz, Kennedy
Kaltsas, Nolan
Ward, Jacob
Whitson, Letty

FUNDAMENTAL

≥60%

Berggreen, Moira
Bhanji, Riya
Endres, Jacob
Furneaux, Esme
Grant, Avery
Hudson, Eden
Mallinger, Hudson
Madayala, Sudhiksha
Metzdorf, Samantha
Matus, Maebe
Molek, Andrew
Simmer, Parker

FUNDAMENTAL

≥60%

Bambrick, Avie
Blaine, Jackson
Buddy, McKinnon
Cummings, Maddie
Dela Cruz, Chloe
Frias, Landon
Lannon, Lilly
Ryan, Rory
Reiff, Renee
Stoker, Lucy
Valle, Noah

DEVELOPMENTAL

≥65%

Cavins, Alyssa
Filas, Meghan
Huq, Nameera
Lichty, Vada
Michael, Preston
Mura, Anthony
Pradhaban, Varunika
Ricketts, Paisley
Rosales, Charlotte
Stephen, Lexie
Schuber, Liam
Schorsch, Charlie
Ucinek, Nadia
Wenner, Lincoln

ADVANCED

≥75%

Santos, Lavinia
Stephen, Maddie

SENIOR PREP

≥80%

Baldwin, Graysen
Bambrick, Claire
Dolan, Ari

SENIOR

≥85%

Blair, Katie
Spear, Katelyn