

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

November = Honesty

I will be sincere with myself, my goals, my coach and teammates about how I feel and the effort I can put forward for each set and practice. I will always finish each set and practice in its entirety.

NOVEMBER BIRTHDAYS

Mia Pucylowski	Coach Kennedy
Alex Lehnhoff	Rudhvin Prabhu
Preston Michael	Skyler Shimon
Mallary Wollbrink	Stephanie Chen
Zach Burk	Sam Jurakobilov
Ricky Duran	Sophie Nelson
Avie Bambrick	Mia Young
Nadia Ucinck	Lexie Stephen
Nolan Kaltsas	Kendall Yelton
Olivia Czarnota	



EXPLORING

In the month of November we will continue to work on our breaststroke and start working on our butterfly. The goal this month is to fine tune our breaststroke and swim legal breast and fly.

FUNDAMENTAL 1

In November, our goal is to finish up our breaststroke and dive into butterfly. The goal is to make sure all our turns and finishes are legal for all four strokes, as well as continue to work on our starts.

FUNDAMENTAL 2

In November we are working on adding endurance to our practices as well as working on our butterfly and IMs. We will get familiar with swimming longer distances and maintaining good technique even as we get tired.

DEVELOPMENTAL

November is all about taking every drill we've worked on over the past 8 weeks and applying that knowledge to every practice. We will still continue to mix drills into our practices, but we will be increasing the distances we swim. Another major focus will be getting to the flags in a streamline off each wall and starting some flexibility exercises.

ADVANCED

With eight weeks down and several meets in the book, we will be ramping up our distance sets and working on endurance. Swimmers will start seeing distance free sets, with the continuation of our IM work and some drill specific sets, like the fan-favorite fly set. As the season continues, we will be refining all of our stroke turns and working towards speeding those up to be quick and efficient.

SENIOR FLEX

We have been heavily focusing on specific stroke drills to clean up technique and build habits of legal swimming. In November, we will continue to work on IM drills and begin to push the yardage to build up endurance.

SENIOR PREP

This month we will be focusing on adding more pace work into our practices. Being able to hold pace is an extremely important part of training. We will still be working on our technique, but this month will be very heavy on lots of consistent swimming with good strokes and fast swims.

SENIOR

November brings key transitions as we welcome our high school girls back and prepare our high school boys for their upcoming season. The boys will aim to peak at the FMC/HSC meet weekend, racing fast before shifting to high school. Girls returning will train toward COHO or FOX in December, with a focus on sharpening skills and rebuilding fitness. Training volume begins to decrease as we enter meet prep, maintaining intensity and precision. It's a focused month with clear goals.

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 October!

EXPLORING

Jacob Ward

Everyday Jacob comes to practice he is always excited and ready to get in the water. It has been so much fun to watch him progress and improve through this season!

FUNDAMENTAL 1

Hudson Mallinger

Hudson is always ready to work hard! He does a great job listening to his coaches and trying to work on his strokes. He is becoming a great teammate and an all around great swimmer.

FUNDAMENTAL 2

Lucy Stoker

Lucy has been working very hard during practices. She is always trying to improve her strokes and always listens to her coaches. Every time we do something new she doesn't back down and always has a positive attitude!

DEVELOPMENTAL

Emma Verdoorn

Emma has shown incredible dedication this month in leading her lane and tackling new events at meets. She pushes herself at every practice to keep improving her strokes and growing as an athlete. Keep it up, Emma!

ADVANCED

Caydence Cappozzo

Caydence leads by example with her hard work and positive attitude. She's recently moved up a lane, embracing tougher sets and continuing to improve all of her strokes. Caydence is supportive and encouraging to all of her teammates!

SENIOR FLEX

This group is recognized every other month due to the small size of the group.

SENIOR PREP

Eli Martinez

Eli has demonstrated great improvement in his strokes and is always ready to put in the hard work. Even during difficult sets, he always finds a way to push through and finish. Eli encourages swimmers around him to keep swimming and keep striving to be/do better.

SENIOR

Noah Daenzer

Noah brings great energy and humor to the pool deck, lifting up those around him. His consistent attendance and positive attitude have stood out this season, making him a reliable teammate and a valued presence in every 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.

Fuel for Immunity

- Eat color: Citrus, bell peppers, and berries for vitamin C.
- Add greens for antioxidants that help repair from training stress.
- Include protein at every meal to rebuild immune cells (eggs, Greek yogurt, chicken, edamame).



03.

Gut Health and Hydration

- Add probiotic foods like Greek yogurt, kefir, sauerkraut, or kimchi to restore healthy bacteria.
- Feed your microbiome with prebiotics - fiber-rich foods like oats, bananas, and sweet potatoes.
- Stay hydrated - water supports digestion and helps flush out toxins.



Recover Smarter

- Get 8-9 hours of sleep - deep sleep boosts immune cell production.
- Refuel within 30 minutes post-practice to reduce inflammation (carbs + protein).
- Spend time outdoors between sessions for a vitamin D boost.

02.



Supplement Support

- Vitamin D: supports immune defense and muscle function
- Zinc: helps repair tissue and fight off illness.
- Omega-3: reduce inflammation and support joint recovery.

04.

[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 1 ≥60% Bhanji, Riya Endres, Jacob Furneaux, Esme Grant, Avery Hudson, Eden Mallinger, Hudson Madayala, Sudhiksha Metzdorf, Samantha Matus, Maebe Molek, Andrew Panico, Ellie Smagliuk, David Wolek, Sarah	FUNDAMENTAL 2 ≥60% Blaine, Jackson Bambrick, Avie Buddy, McKinnon Cummings, Maddie Dela Cruz, Chloe Frias, Landon Kay, Madison Lannon, Lilly Manks, Adelyn Ryan, Rory Reiff, Renee Stoker, Lucy Shimon, Skye Shah, Ruhi Valle, Noah
DEVELOPMENTAL ≥65% Bharti, Manya Cavins, Alyssa Filas, Meghan Guruprasad, Gautam Lichty, Vada Mura, Anthony Nambiar, Vaibhav Pietrzyk, Stella Pucylowski, Mia Pradbhu, Rudhvin Pavelko, Yuliia Rosales, Charlotte Rowland, Levi Stephen, Lexie Tukkani, Ishaan Ucinek, Nadia Verdoorn, Emma Valle, Amelia Wollbrink, Mallary Wenner, Lincoln	ADVANCED ≥75% Cappozzo, Caydence Mura, Mircha Molek, Mia Stephen, Maddie	SENIOR FLEX ≥75% Efuntade, Dami
SENIOR PREP ≥80% Arora, Daksh Beerman, Kalleigh Baldwin, Graysen Dolan, Ari Fry, Kara Jung, Sophia Pinto, Zayden Villarreal, Declan	SENIOR ≥85% Adams, Zach Blair, Katie Daenzer, Noah Springer, Brian Turner, Josh Tracy, Will	