

BGSC Masters Team

Group Drills & Stroke Development Assignments

Mondays

Tim Brackenbury
Larry Burnside
Jonas Clark
Steve L.
Tyler Thieret
Alfonso Mendez

Wednesdays

Tim Butler
Michelle Crook
Dayna Herrington
Mary-Chris Kay
Laura Leventhal
Janet Womack

Fridays

Sam Jaffee
Meredith Moon
Dave Myrice
Andrew Osborn
Colleen Schroeder
Jessica Wohl

Tentative Schedule Weekly Topics

Week 1, 9/13 – freestyle
Week 2, 9/20 – backstroke
Week 3, 9/27 – breaststroke
Week 4, 10/4 – butterfly
Week 5, 10/11 – flip turns/starts
Week 6, 10/18 – open turns/starts

Having each week devoted to a stroke, we will focus on skills (drills, technique, body position, timing, breathing, etc.) for each stroke.

*Attendance on assigned days is not required, though highly recommended. Making-up missed days with another group can be discussed but must be done during the same week as the missed session. No make-ups will be administered after Friday practice of each week.

Example of missed day

Miss M → make-up W or F

Miss W → make-up M or F

Miss F → make-up M or W