

GOLD GROUP NEWSLETTER

Welcome to Gold Group below is some information about the group.
No Practice on Monday, September 21 Due to District wide event at Summit.

Goals for the group:

1. Improve stroke technique
2. Learn Race Strategy
3. Improve endurance
4. Introduction to light weight training
5. Make it fun and keep them in sport for high school
6. Goal Setting

When Rockwood School District is cancelled or let out early due to weather, there will be no practice that day.

You can reach me at gabeltodd@rockwood.k12.mo.us.

EQUIPMENT: Water Bottle, Flippers, Kickboards and Optional Pull Buoy. We will supply a board and pull Buoy if you do not wish to purchase one. We will use them on a daily basis. Most swimmers carry their equipment in large mesh bags. Everything is available at B&B Aquatics.

Gold Meets: There is a list of Meets for Gold on the web site . There is a meet about one a month. You are encouraged to sign up for a meet once a month starting in October. A special note for a travel meet to Columbia, MO on November 2-23, You can reserve a room through Mary liston. It is recommended doing that soon.

Practice Times for Gold through October 4:

Mon and Wed	Rockwood Summit	6-7:45pm
Tues and Thurs	Crestview 50m Pool	5:30-7:15pm
Friday	Lafayette	5:15-6:45pm
Saturday	Lafayette	7-8:45am

During football season we are asked to cancel practice or stay out of boys locker room.

The weekly practice schedule is updated every Monday on swim office recorder #2. If there are last minute changes, Todd will notify everyone via email. Or you may call the swim office

recorder an hour before practice. Please call especially when there is bad weather for outside practices.

PICTURE DAY Saturday, September 26 8:45am at the Outdoor pool. This year we are doing a whole team picture and then Group and individual pictures

Gold Practices October 12 – April

Monday and Wednesday Summit 6-7:45pm

Tuesday and Thursday Lafayette 5:15-7:00pm

Friday Lafayette 5:15-6:45pm

Saturday Lafayette 7:00-8:45am