



Dolphins Area Swim Team

Fort Hood, Texas ~ Abrams Pool
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www.fhdolphins.com

2009-2010 Dolphins SWIMMING PROGRAM ~ SUMMER / FALL / WINTER SEASONS

TO: Dolphins Swimmers **AND/OR** Parents; Bronze II-Gold
FROM: Fort Hood Dolphins Coaching Staff, and Board
RE: Dryland Conditioning Training Programs;
When: Tuesday and Thursdays from 5 - 5:25

Dolphins Swimming Program provides two "dryland/conditioning" training programs for those swimmers in Bronze II - Gold who "elect" to participate in any of the one **or** more of the dryland programs. **ALL** of the Dolphins Dryland/Conditioning Programs are "**OPTIONAL**" participation to the members of the Bronze II - Gold swimmers. The Dolphins Coaching Staff **EXPECTS/DEMANDS** that the swimmers utilize the conditioning equipment for its intended purpose and **NOT** abuse the equipment!

The club is investing money in providing the Dolphins swimmers with dryland/conditioning equipment, and **ALL** dryland programs are either "monitored" **or** "supervised" by a member of the Dolphins Coaching Staff.

As in any activity, there is some risk associated with your participation in this program. **PLEASE** be advised that there is "risk" of injury!

Lisa Parmeter, Dolphins Head Coach, may be distributing hand-outs about certain aspects of the Dolphins Dryland Programs that she feels are important = please read **and/or** save these handouts. Assistant Coaches may assist with the programs.

ALL participants **MUST** wear a "good" pair of tennis type shoes {running type shoes are permitted **IF** approved by the Dolphins Coaching Staff}; gym type shorts; t-shirt w/sleeves and **NO** underwear!!! Wear your swim suit underneath your shorts/pants! It is **HIGHLY** recommended that each swimmer bring a towel with you for any equipment or ground training. **NO** food!!! **NO** drinks **EXCEPT** water bottles w/water in the bottle will be permitted as long as **YOU** {we} do not create a mess!!!

******* Swimmers who wish to participate must be present and ready to walk out the door just before 5:00 p.m.**

When a member of the Dolphins Coaching Staff "calls" your name **AND** makes corrections on your performance of an exercise(s), the Dolphins Coaching Staff expects/demands **ACCEPTABLE** reaction/behavior to having your name "called out." Your name is being "called out" in order for you to know that the Dolphins Coaching Staff wants you to perform the exercise in a better manner, etc!

** mumbling under your breath/mumbling to yourself; talking under your breath; **or** unacceptable "looks" **or** mannerisms associated with having your name being called out; etc; etc **ARE UNACCEPTABLE AND WILL NOT BE TOLERATED BY ANY MEMBER OF THE Dolphins COACHING STAFF!**

** this policy/statement **IS NOT** subject to debate!!!

The swimmer **MUST** be making a good, reasonable effort to perform the acceptable number of repetitions for each exercise/station as described by the Dolphins Coaching Staff on the next page:

** the decision of "reasonable effort" is solely a judgment call/decision made by the Dolphins Coaching Staff **AND** not subject to debate

DRYLAND CONDITIONING PROGRAM #1 [STRETCHING/FLEXIBILITY = Bronze II - Gold TEAMS]

The Dolphins Dryland/Conditioning Program #1 {Stretching/Flexibility} is offered for members of the Bronze II - Gold Teams. The exercises within this program will be "directed/supervised/monitored" by a member of the Dolphins Coaching Staff. Commonly accepted stretching & flexibility exercises will be performed by the swimmers both individually and w/partners.

The purpose of these exercises is for the swimmer to obtain a greater range of motion within their shoulder area and other parts of their body needed for the proper performance of the swimming strokes **AND** for injury prevention.

DRYLAND CONDITIONING PROGRAM #2 [RUNNING = Bronze II - Gold TEAMS]

Listed below are the 2009-2010 "policies/regulations" that will govern the Dolphins Dryland Program / Running Program for **Bronze II - Gold Team** members. **ALL** running programs are "**OPTIONAL**" for the participants.

- [1] **ALL** running programs will be either "monitored" **or** "supervised" by a member of the Dolphins Coaching Staff **OR** Dolphins parent approved by the Dolphins Coaching Staff in the case of an emergency that prevents Dolphins Coach from performing this duty.

Swimmers **MUST** wait at the door before going outside until their Dolphins coach (**or** approved substitute) accompanies the swimmers outside to start their Running Program = **NO EXCEPTIONS!!!**

- [2] You will need a "good" {not necessarily **EXPENSIVE**} pair of running shoes to prevent leg problems that are commonly associated with inferior footwear! Socks are also **HIGHLY** recommended! "Proper" dress, especially when the weather becomes cooler {colder} **and/or** inclement weather conditions exist!

You can always take the **extra** clothing "off" before you start your run **BUT** you cannot put **additional** clothing "on" if you did not bring it with you!!! Lisa Parmeter, Dolphins Head Coach, **and/or** your Dolphins Coaching Staff has the **FINAL** say as to "proper" clothing attire!

- [3] The running program is designed to provide "cross training" **AND IMPROVE** your cardio-respiratory system in supplying more & more oxygen to your "active/working" muscle groups throughout your body. Also, your body's ability to "utilize" the oxygen to supply the muscles with the "energy" necessary to move will be **IMPROVED!!!** A program of **ONLY** swimming will only accomplish

this process to a certain extent {amount} = running will help this system in addition to your swimming training!!!

[4] The Dolphins Running Program may **INCLUDE**, but not limited to, running {speed; mid-distance & distance}; jump roping; hopping; step-ups; ramps; steps; and inclines.

[5] As in any activity, there is some risk associated with your participation in this program. **PLEASE** be advised that there is "risk" of injury!

[**NOTE:** the Dolphins Coaching Staff have established **suggested minimum** attendance requirements for the specific Dolphins Comp Teams **and/or** team members]

** Bronze II swimmers make every effort to attend one (1) day per two weeks

** Bronze I swimmers make every effort to attend one (1) day per each week

** Senior Bronze I /Silver swimmers make every effort to attend two (2) days per each week

** Gold (2) days per each week

DRYLAND CONDITIONING PROGRAM #3 [DRYLAND/EXERCISE CONDITIONING = Bronze II - Gold TEAMS]

The Dolphins Dryland/Conditioning Program #3 {Dryland/Exercise Conditioning Program} for Bronze II-Gold members is intended to duplicate, as much as possible, the "repetitive" nature of the sport of competitive swimming. Bronze II-Gold members will have a program that involves a series of exercises performed which **may** include "light" weights; stretch cords; medicine type balls; jump boxes; jump ropes; **or** a variety of "conditioning type" exercises "directed/monitored/supervised" by a member of the Dolphins Coaching Staff.

Lisa Parmeter, Dolphins Head Coach, may distributing hand-outs about certain aspects of Dryland/Exercise Conditioning Program that she feels are important = please read **and/or** save these handouts. Assistant Coaches may assist with the programs.

