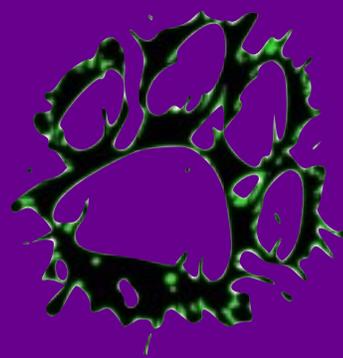


THIS WEEK IN SWIM DOGS

Week of 09/19/16



HELLO SWIM DOGS!

Thank you to everyone who came and participated in the Swim Dogs Classic Family Meet this past Wednesday night. We had a record turnout and were thoroughly impressed with everyone— how each of you raced, cheered, and came together as a team!

Way to go Dogs! We are so thrilled to kick off this season in such a great way!

See you at the pool!



****Practice Notes****

Friday— Normal HS group practice, Swim Pups/Lil' Dogs 6-7pm, Big Dogs/Top Dogs 6-7:30pm

GOALS: SHARING IS THE KEY

In any sport, or any activity in life (for that matter), it is crucial that one sets goals to strive to accomplish tasks or challenge one's skills.

In swimming, goals can be made around a certain time that you are aiming for, but also specific practice habits that you are working on, or even how many practices you would like to attend per week. Keeping goals in mind through practices are a great way to stay focused and make practices feel more worthwhile.

However, just keeping goals in YOUR mind are okay— but your goals will really gain a new life and new meaning when you share them. We encourage you to not only set goals for yourself and your season, but to share them with your coaches, family, and friends. By sharing your goals, it forces you to have more pressure to achieve, but also to create a larger support for those desired achievements.

If you would like to fill out a 2016-17 Swim Dogs Goals sheet, please see Coach Ryan. Additionally, we would love to meet with any swimmer regarding their season's goals!

UPCOMING EVENTS:

Stroke Analysis— by appointment only (see Coach Ryan)
High School Top Dogs Team Orientation— Monday, Sept 19 at 4pm
Do you have a King Soopers Fundraising card yet?

UPCOMING MEETS

Jeffco Hurricane Open

When: Saturday, Sept 24
Where: George Meyers Pool, Arvada
Entries have been received

MACS Fall Invite

When: Friday-Sunday, Oct 14-16
Where: Arapahoe HS, Centennial
Entries are due Tuesday, Sept 27th at noon

VERY IMPORTANT! IN ORDER TO ENSURE YOUR SWIMMER IS ENTERED CORRECTLY:

NEW!!! You MUST sign up for meets online at:
www.swimdogs.net

Please send all meet questions to: meetentries@swimdogs.net
(just click on the link above)

SWIM DOGS TIP OF THE WEEK:

In freestyle, breathing **BILATERALLY** (on both sides of your body— typically every 3 strokes) is a great way to balance out your body in the water and ensure cleaner, more efficient strokes from both arms!