



## DEVELOPMENTAL PROGRAMS

# VOYAGERS

## 25 CLUB

### STROKES

1. Tadpole (*balance*)
2. Starfish (*propulsion*)
3. Backstroke (*head position*)
4. Freestyle (*stroke rate*)
5. Kicking on Back (*exhale*)
6. Butterfly
7. Breaststroke
8. Choice

### Kroc Center Meets

September 28  
October 26  
November 30

## FALL 2023

### OHB Events

November 26  
Turkey Mile & Santa Splash

5 x 50 swim @ 2:00

1. Tadpole (balance) + Starfish (propulsion)
2. Back (head position) + Free (stroke rate)
3. Fly or Breast + Kicking on Back (exhale)
4. Fast Free (streamlines, flip, finish)
5. Easy Choice

One Minute Tread Water

2 x 25 FR, FL, or BR from a Dive (side or block)  
30 Bobs + 2 Flips

- WK 1** Sit & Slide, Distancing, Circle Swim, Calculating Distance, Using the Clock
- WK 2** Head position, Backstroke, BK Finish, Back/Free Turns, Streamlines
- WK 3** Learning from Mistakes, Freestyle Timing & Breathing Patterns
- WK 4** Drills, Breaststroke
- WK 5** Concentration/Focus, Breaststroke
- WK 6** Finishes for Free, Breast, Fly
- WK 7** Self-Talk, Diving from the Side
- WK 8** Diving from the Side
- WK 9** Front Starts, Breakouts, Sets
- WK 10** Back Starts, Breakouts, Habits
- WK 11** Butterfly, 2-Hand Turns
- WK 12** Butterfly, Surface Dives
- WK 13** Swimming Fast!
- WK 14** Review - Ten Training Habits
- WK 15** Let's Make a Deal

### FUF TEN TRAINING HABITS

1. Support your teammates
2. Positive Personal Attitude
3. Effort
4. Listening
5. Be on time
6. Be informed
7. Streamlines
8. Turns
9. Finishes
10. Wall to Wall

*I say and do things that make others glad to be on this team.*

*I can expect happiness and progress.*

*I choose to try.*

*Being a good listener is useful, helpful, and respectful.*

*Being on time shows respect, earns respect, and maximizes opportunity.*

*It is my responsibility.*

*I perform a H/H, W/W, full body streamline every wall, every time.*

*I perform fast, legal turns every wall, every time.*

*I perform legal, reaching finishes, every wall, every time.*

*I stay focused and practice good training habits from start to finish.*