

2014 Swim and Dive practice plan and schedule.

Our practice schedule will change with our move to the new Clarksville Aquatics Center for practices for both the swimmers and divers.

Monday and Wednesday - Pool time is 5:30 pm to 7:30 pm. Clarksville High School team has the pool time before us and we will probably be able to get into the pool by 5:15 or so. I plan on picking the swimmers up at the same time at the high school (3:15 - 3:20) and junior high (3:30 or so). We will have a room set up for us to use as a study hall while we wait for our pool time. I will monitor the study hall. I expect the swimmers to have their schools books and assignments with them and for them to study during this time period. If they don't have any homework, then I expect them to have something to read or watch quietly while the others are studying. If they don't have anything to do, I will have swimming videos for them to watch or they will be doing dry land physical exercises to improve their swimming skills and conditioning. If you want them to come on their own then I need them to be at the pool by 5:15 pm and ready to swim and I need to know that they are coming on their own so that I do not wait for them at the schools. I will have the swimmers back to the high school no later than 8:00 pm. I understand that Wednesdays are a church night and that some may not come or may need to leave early, so I will be flexible with this in mind. This is the least confusing way I could come up with to deal with the change is practice times for these days. If you have concerns or issues with this please contact me and I will work with you to do the best for your swimmer or diver.

Tuesday and Thursday - Pool time is 4:15 - 5:30 pm. I will have both swimmers and divers during these practices. Pick up times will be the same at the high school and junior high. Mr. Ray has graciously volunteered to help me on the deck with the swimmers on these days so that I can focus on coaching the divers. (I did both by myself in Conway and it worked out okay, but having someone on deck to keep the swimmers motivated will be really helpful). I will have the swimmers and divers home by 6:30 pm on these nights

Saturday - Pool time is 10:00 am to 12:00. I will pick up swimmers at the high school with the bus leaving at 9:15 am. We will be back by 1:00 pm. Right now it appears that we may only have one such practice since we have meets most of the other Saturdays.

Five days of practice a week (less meet days) should help the swimmers improve dramatically. I expect them to come to as many practices as they can (minimum of three per week).

Thanks for your support.

Coach Knudsen

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January and February Swim and Dive practice schedule

January 6 - 9 (Home Meet on Jan. 11)

January 13 - 15 (Bryant Meet Jan. 16, Home Meet Jan. 18)

January 21 -23 (Conway Meet Jan 25)

January 27 - 30 (Central Regional Invitational Little Rock Feb. 1)

February 3 - 6 (Har-Ber meet Springdale Jones Center Feb. 7) (Probably no practice on Feb. 8)

February 10 - 13 and 15 (Unless I can schedule a make up meet for this date)

February 17 - 20 (Region Dive Champs Feb. 21 and Region Swim Champs Feb 22)

February 24 - 27 (State Dive Champs Feb. 28 and State Swim Champs March 1)