

September

2023

Killer Whale Groups

Leg Month

Welcome to the 2023/2024 season! September will be very lower body in nature. We will be progressing our shoulders, but most of the conditioning will be done through the legs. We have a parents and swimmers meeting at Elevate it is a safety meeting and at least 1 guardian and the swimmers must attend, following that we have a team meeting where we will go over the year and you'll get to see my new presentation call path to potential. We have so much fun to be had! No AM Swim Sessions (Saturday included) until September 22nd. We will however begin in the gym (Elevate) starting September 12th. These calendars are mostly to note meet deadlines and deviations in the overall training schedule.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4	5 First Day of	6 Swim/Run/Swim day	7 Assistant Coaches meeting	8 No AM Swim	9 Elevate by Primal meeting 10:30-12 Parents and Swimmers
10	11	12 First day of weights 6:30 at elevate	13	14	15 No AM Swim	16 No Saturday AM Swim or Dry Land
17	18	19	20	21	22 First AM Swim	23
24	25	26	27	28 No PM Practice Coach Conference	29 No Practice Coach Conference	30 No Practice Truth and Reconciliation Day