Talk: Team Captain and t-shirt design vote Mon (2@); reminder and communication with Coach on absences.  
Team photo, in alphabetical order (for coach)  
Dryland: windmills, Fly tech; Free Flipturns (big-arm turns)

Focus: Fly, Dives  
  
**(GROUP 1)** **WU** repeat (200S-100K-100P)  
K. 6 X 50 {2 Fr, 2 Fly, 2 Br; (chc if time) 10sR} 9min

**Tech**: Fly [20min all] ~s8:27pm   
Pull-Drop-Flop. Abdomen crunch. Chin Down. Farthest reach possible (in front and behind).  
  
  
**Main Set 1 ~15min ~f8:45pm**3 X 50 Fr w/turns; 10sR  
3 X 50 (25 Fr flip into 25 Back) 10sR  
3 X 50 Fr; 10sR **Back flipturns: 15min. ~f9:00  
Dives**– 15min ~f9:15pm  
--- fun time (sharks and minnos, fun relays, brick push, kickboard)

**(GROUP 3)**

**WU** 4S-1K-1P-1IM/PDrill  
K. 8/9 X 50 {2Fr, 2 Fly, 2 Br, 4chc; 5sR} 10min – stop8:26pm  
  
**Tech and Drill Fly**: (same as (Grp 3)) ~20min //~f8:47pm

**Main Set 1:**  
3 X { 3 X 50 (Fly+Fr, Ba+Fr, Br+Fr); 10sR} [9min]~f8:59pm

**Main Set 2:** 300 Social Kick ~ 7-8min// ~f9:07pm

**Main Set 3: start 9:09pm**  
2 X { 100 Fr 20sR,   
 75 Fr 20Sr,   
 50 Fr 10sR,   
 25 Fr; 15sR } ~9min  
  
**Dives** w/Dave

EXTRA

K 10X50 {med 25+hard25; 5sR; 3 Fr, 3 Fly, 2 Br, 1Chc} ~11min/~28m  
1mR/~29min

**Main Set 1**  
2 X { 4 X  
125 IM (rolling 50 Str: e.g. 1st) 50 Fly + 25Ba/Br/Fr); 15sR  
50 K (same Stroke as IM emphasis), Trout 25+Otter 25; 15sR} 45s-1mR between set 1 & 2 [ ~26min/~60min]  
  
**Drill Set 2:** (repeat Drill Set 1) /~65min  
**Main Set 2**  
8 X 50 Fr {25 Trout+ 25 Shark; 5sR} 7min  
50 EZ ~1.5min  
8 X 50 BP: 3-3, 3-5, 3-7, 3-9, 3-9, 3-7, 3-5, 3-3; 10sR 8-9min  
Sprints off Block.