

## S3 Group

S3 stands for **Speed, Strength, and Skills**. The S3 Group is focused on taking athletes and making them into *swimmers*.

The S3 Group will meet the needs of athletes coming from other sports, high school swimmers, and swimmers currently in the Minnetonka Swim Club who are still working on translating dryland power into aquatic speed or who are unwilling or unable to make the time commitment of the Senior Group. **Technique is the foundation with which speed, strength, and skills are built upon.**

Practice is offered 5 times a week. Swimmers are strongly encouraged to attend all practices as skills and progressions build from one practice session to another.



1.5 hours practice duration



~1 hour of practice time will be spent in the water



~30 minutes will be dedicated to dry-land exercises

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## Competitions

S3 swimmers are expected to participate in the following meets

-  October 9-10 Invitational
-  October Intrasquad
-  November Invitational
-  December 4-5 BC Open or December 11-12 A Meet (if qualifying standards are met)
-  December Intrasquad
-  January 14-16 B+ Meet (if qualifying standards are met) or January Invitational
-  January 29-30 ABC Open
-  ABC Finals
-  State Championships (if qualifying standards are met)

Please speak with your coach if you are interested in additional opportunities to compete.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26	27	28	26	30	1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
Oct. 2010	Invitational		Intrasquad				Invitational
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	ABC Open						ABC Open
	31	1	2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
Nov. 2010	Invitational						Invitational
	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
	B/C Open						B/C Open
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
Dec. 2010	B/C Open		Intrasquad				A Meet
	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	B+ Meet					B+ Meet	B+ Meet
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	B+ Meet					ABC Open	ABC Open
	30	31	1	2	3	Schroeder A	Schroeder A
	4	5	6	7	8	9	10
	Schroeder A					11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	Invitational						Invitational
	27	28	1	2	3	4	5
	12u C Finals					AB/C Finals	AB/C Finals
	6	7	8	9	10	11	12
	AB/C Finals					12u State	12u State
	13	14	15	16	17	18	19
	12u State				13+O State	13+O State	13+O State
	20	21	22	23	24	25	26
	13+O State						
	27	28	29	30	31	1	2
Mar. 2011							



### Goals and Expectations for the S3 Group

- ④ Continue becoming more fluid in swimming (no splashing)
- ④ Actively improve distance per stroke
- ④ Translate power and athleticism developed in dry land training to speed in the water
- ④ Learn leadership skills
- ④ Provide an effective training program for swimmers who may have not come up through the Minnetonka Swim Club
- ④ Provide an effective training program for swimmers who are unwilling or unable to make the time commitment of the Senior Group
- ④ Swimmers will learn to actively monitor and improve their stroke technique
- ④ Swimmer understands and takes responsibility for attendance and performance, work habits in practice and how these three relate to meet performance