



**Week 3**  
**June 12<sup>th</sup>-June**  
**18<sup>th</sup>**

# O'Fallon Torpedos

Hello! Welcome to Week 2! I would be writing about our first awesome meet, but unfortunately the rain got in the way. Hopefully the weather decides to be our friend this year and stay out of our way on Monday nights at least. As of now, I have not heard of a make up meet but will notify you all if something changes.

Our next meet is Monday, June 20<sup>th</sup> at Monticello. Warm Ups begin at 4:30 pm and the meet starts at 5pm.

T-shirts are in and can be picked up at practice. If you would like a t-shirt, these can be purchased on a first come, first served basis, based on sizes available. Please email Jakcee at [jmccall@ofallon.mo.us](mailto:jmccall@ofallon.mo.us) to see what is available.

As always, if there are ever any questions or problems, please make sure to contact me through our team Gmail account [oftswimteam@gmail.com](mailto:oftswimteam@gmail.com)

### *What are we going to be working on???*

**6&U:** Six and unders are going to start working more on their breaststroke and butterfly this upcoming week. They will also start working on turns so that if they are entered in a 50 freestyle, they can properly do a flip turn. Our starts are looking better in this age group but we will still continue to work on them as well. Each week will be adding more distance with these little guys to get their endurance up!

**9-12:** Our 9-12 kiddos are going to start some more distance work, and work more on our butterfly this week. Last week we got our flip turns down and will now move into our other turns for different strokes.

**13&U:** Our older kids are going to start focusing more on little details of their strokes. Practicing breathing more, turns, and their under waters. We are moving these guys' distances up every practice, now to just perfect it!

Other reminders:

Meet entries are done through ONLY email this year. Please email me the entries by Friday night. There will be no book or “link” to sign up. Our next meet is on June 20<sup>th</sup>, at Monticello. Fingers crossed it doesn't rain! As always, updates will be sent out through email throughout the week too. Thank you for staying patient with me the first two weeks, I look forward to a great season!

Have a great week!

Katie