

## **Junior 2 & Junior 2 Intro**

**Coach: William Schneider**

**Assistant Coach(s): Tevaun Stewart & Emma Calovini**

**"Educating through development"**

### **Introduction to program concepts, technical and physical**

This program will expose the developing swimmers to competitive swimming. The athlete will begin their journey through a training program that will continue to develop the technical awareness and skill introduction. The athletes will continue development and transference of these skills into competitions throughout the season. The young swimmers will begin to understand and value of commitment, training comprehension, hard work, desire and the importance in having a goal-oriented season.

Junior 2 Intro allows swimmers to be introduced to our Junior 2 program. The Junior 2 Intro program swims 4 out of the 5 Junior 2 workouts.

**"In every phenomenon the beginning remains always the most notable moment."**

