FORT WAYNE SWIM TEAM

July 2022

GAIN

Did you know we started a new dryland program back in September? GAIN (Gambetta Athletic Improvement Network) is the world leader in dryland training. The purpose of GAIN is to improve our swimmers overall athletic development through functional movements. It is less about weights, reps, and sets, and more about intentional movement, physical literacy, and injury prevention. We are in the home stretch of year one of implementing GAIN into our program. It has been a year of setting a new standard and laying the foundational movements. This new program will continue to grow and develop over the next couple of years. We are already seeing great results and still have so much more opportunity waiting!

Our Month in Review

Bronze:

Bronze group has used these summer practices to really develop individual skills. The smaller groups have allowed for personalized workouts and more in-depth learning about the mechanics of the strokes.

Silver:

Silver group has been focusing on using the walls efficiently, doing lots of breakout work, improving underwater dolphin kick, and making turns fast while they are tired. This group loves to kick!

Gold:

Gold Group has had some great practice turnouts this summer. We continue to work on stroke development while introducing them to aerobic based training.

Red:

Red group has been focused on building endurance and strategy for longer distance freestyle and IM events. At meets, they are encouraged to try new events and to work towards completing IMR/IMX challenges.

White:

White group has been focusing on swimming longer distances while maintaining good stroke counts and controlling speed. As Ben would say we are, “putting the long in long-course”.

Blue:

Blue Group has put together some amazing practices! We had a nice mix of practices focusing on stroke count and stroke efficiency with some high volume practices the first 10 weeks of the season. We are now starting to focus more on some speed work and race pace training to set us up for a great end of season.

High School:

We have been focusing on varying our practices between improving our aerobic base, swimming at race paces, and some speed work. We have gotten a few meets under our belts and are now looking towards Senior State and NCSA meets this month.

Upcoming Events

IA Meet (Elkhart) July 8-10

IN Senior State (IU Bloomington)July 14-17 IN

IN Age Group State (Indy)July 22-24

The More You Know

Our coaches are frequently asked, “what should my child be eating before and after practice” as well as, “what should my child be eating between races”. It is important that your athlete learns the role nutrition plays in their athletic development, as well as in their meet performance. The two most important things to remember are, balance and hydration! Here are a couple articles to help guide you toward what types of foods fuel the body for training, racing, and recovery.

https://swimswam.com/8-nutritional-recommendations-for-swimmers/

https://swimswam.com/eat-right-swim-faster-nutritional-guide/

At-home challenge.

We challenge each FORT athlete to teach at least one adult in their home how to do Animal Series from our WUTS routine. Do it together at least once a week for a month.

July Birthdays

Elizabeth Pilhorn	Bennett Gibson
Delaney O’Conner	Jocelyn Grilliot
Shaelynne Luckett	Adelyn Lingg
Alexis Monroe	Samantha Merkler
Teagan O’Conner	Naomi Bowland
Reese Streicher	Lana Lenhart
Christina Barranda	Reed Blackman
Hayden Hoover	Gracelyn Muncie
Sydney Fischer	Cameron Sutton
Alana Doty	Mary McClish
Cocoa Milleman	Madelynn Dick
Emily McIntosh	Carson Collier

Maddie McCrory

HAPPY BIRTHDAY from your FORT family!!

A NOTE FROM COACH JOHN

Welcome to FORT’s first monthly newsletter. We will do our best to publish this newsletter each month with the intent to keep our families/members updated on educational items, fitness items, how our various training groups are doing & what they are working on, upcoming event information, and other items that the coaches feel will be beneficial to our members. We will also occasionally include some fun things like challenges, trivia questions, contests, etc.

I would love to hear your feedback on what you think about the newsletter. We are always open to new ideas or thoughts on things parents would like to know about. I feel as our team continues to grow, it is very important that the lines of communication are open and that we make sure everyone is on the same page.

As our Mission Statement reads- The mission of FORT Wayne Swim Team is to provide a safe and structured environment where we teach fundamental values, skills, and a work ethic that children will use throughout their lives. To instill a life-long love of swimming and to build a program of excellence in training, team unity, character development, and family support where every swimmer has the opportunity to achieve their potential and compete at the highest level. We will provide a safe, healthy, and positive environment where personal excellence, honesty, and commitment are to be expected. In support of that mission, we need all our members working together towards that end, always striving to do what is best for the swimmers and their long-term development as athletes and people. My goal is that this newsletter will help our team feel more connected and provide tools to assist all our members in being the best supporters of our swimmers as possible. I know our coaches are always striving towards that goal. I thank you ALL for your awesome continued support of our awesome team/family. GO FORT!!!

Coach John Gibson- Head Coach/Owner