



MILLBURN SUMMER SWIM CLINIC 2020



Swimming Requirements:

- Must be age 6 by June 1, 2020
- Must be able to swim independently:
 - 10 & under— 1 pool length (25 meters)
 - 11 & over—2 pool lengths (50 meters)

Of any of these strokes: Freestyle, Backstroke, Breaststroke, Butterfly

The **goal** of this 2020 Summer Swim Clinic is to focus on specific stroke development, technique, and skills. Although our competitive season was cancelled, this is a great opportunity for swimmers to work with coaches and target various skills to help them be greater competitors in the pool. Let's take this chance to work on harnessing our skills on each stroke and getting ready for our hopeful return next summer!

Social Distancing: The Millburn Summer Swim Team & Clinic will be following all guidelines as it relates to COVID-19 as set by the CDC, NIH and local authorities. The lanes will be regulated to follow along with social distance guidelines. We also ask for you to please drop your swimmers off at the main entrance of the pool. Swimmers will sign in at the table and can be picked up once practice is over. There will be no parents, guardians, or family members allowed in the pool area during practices. THANK YOU!

Schedule:

8:30- 9:15- 8 & under

9:30- 10:15- 9-10

10:30-11:30- 11& up

Week	Stroke	Details
Week One	Freestyle	During the first week, we will be focusing on the basics of swimming related to freestyle. Freestyle is the stroke that helps build a foundation for competitive swimming as well as the other 3 strokes.
Week Two	Backstroke	During week two, swimmers will work on backstroke including how to swim in a straight line on their back, how to know where they are in relation to the walls, etc...
Week Three	Breaststroke	Breaststroke can be one of the hardest strokes for swimmers because there is a lot of attention on the specific technique of the entire body (the pull, the kick, pullouts) as well as the timing of everything put together.
Week Four	Butterfly	Butterfly is another stroke that many swimmers are hesitant to try because it looks really complicated. However, butterfly uses a lot of the components from the other strokes which is why we saved this stroke for week 4.
Week Five	All strokes (I.M.) & Relays	Time to put it all together!! Many swimmers enjoy relays with their friends and it is a great way to practice

* *Mondays to Thursdays* we will focus on stroke development and technique

* *Fridays* we will focus on dives, starts, turns, and finishes

Swimmers and parents,

My name is Sarah Speckhart and I am so excited to be back this summer with the Millburn Swim Team. This will be my 5th year coaching and I also used to be on the team for about 7 years. As you may already know, we are not. I have experience with this team including the past 2 years aiding as the assistant coach and almost 7 years as a member of the team myself. I also was on our high school's varsity swim team all 4 years and swam in college for 2 years. My favorite strokes are freestyle and butterfly (seriously; butterfly).

Hi! My name is Zoe Segal, and I am going to be the assistant swim coach for this coming season. I am a rising junior at Kent Place School. I have been swimming competitively since I was 7 (it's been 9 years!) at the Summit Y and have been on the Millburn summer swim team for 7 years. I have been on my high school's varsity swim team since freshman year, and my favorite stroke is breaststroke!

We are really excited to coach such an amazing team this summer and hope to inspire and motivate our swimmers in and outside of the pool. Our combined years as competitive swimmers, members of the Millburn team, as well as coaching has shown us all the hard work from parents, swimmers, and coaches that help our team so AWESOME!!

We will continue with our mailbox system where you can check daily for current handouts, information, forms, etc.. In addition to the mailbox, announcements and last-minute details will be distributed online through the email. If you are not receiving emails from the Millburn Swim Team (millswim@gmail.com), please let either Zoe or myself know as soon as possible. *** Please make sure all correspondence is through the TEAM email to ensure that it is seen.**



See you soon,
Coach Sarah & Coach Zoe

Links & Contact Info:

<u>Millburn Pool's #:</u> 973-376-3822	<u>TEAM Email:</u> millswim@gmail.com
<u>Millburn Rec (Office)#:</u> 973-564-7097	<u>Millburn Rec (Program Cancellation Hotline):</u> 973-564-7096