



JFD Spring Break 2017

Monday April 10th ,– Sunday, April 16th

Your program fees did not include the spring break week. Indicate the date of your missed practice(s) and you may use bonus practice(s) as make-ups. Otherwise, you will be charged the bonus practice fee. All practices and trainings are held at Quince Orchard Pool.

B O N U S P R A C T I C E S

Team, Stealth Team, and Clinic only. Practices will be consolidated according to responses, so please sign up ASAP. Please list your missed practice date(s) if you are attending as a make-up.

Otherwise, you will be billed for a bonus practice. Follow this link to sign up:

<https://goo.gl/forms/z6AoA4dwNWV78VxH2>

Fee: \$20 per practice OR \$15 if you register by close of business (4:00p) April 6, 2017.

Mon 10th Tue 11th Wed 12th Thu 13st Sat 15th

Fri, April 14th 9-11am 2-Hour DISTANCE CHALLENGE

No other practices on Friday, April 14th, only the DISTANCE CHALLENGE

AM						
Clinic	9:00-10:00	am	___	___	___	___
Clinic	10:00-11:00	am	___	___	___	___
Clinic	11:00a-12:00pm		___	___	___	___
Team / ST	9:00-10:30	am	___	___	___	___
Team / ST	10:30a-12:00pm		___	___	___	___
PM						
Team / ST	5:00-6:30	pm	___	___	___	___
Team / ST	6:30-8:00	pm	___	___	___	___
Clinic	5:00-6:00	pm	___	___	___	___
Clinic	6:00-7:00	pm	___	___	___	___
Clinic	7:00-8:00	pm	___	___	___	___

All Lesson, Clinic, and Team practices return to regular schedule as of Monday, April 17th.

C O A C H E S T R A I N I N G

\$ 50.00 fee, or free to all current JFD coaches. If you cannot attend a whole session, come for what you can, and we will credit your coaching advancement accordingly

		Mon 10 th	Tue 11 th	Wed 12 th	Thu 13 th
Video @ JFD House	8:00am-8:45am	___	___	___	___
Lessons @ QO	12:00pm-1:30 pm	___	___	___	___
Clinic / Team @ QO	9:00am-11:00am	___	___	___	___
	5:00-7:00pm	___	___	___	___

Summer League Head and Assistant Coaches Seminar: Sat., April 16th @ 3:00-5:00

PLEASE FOLLOW THIS LINK TO SIGN UP FOR YOUR SPRING BREAK BONUS PRACTICES:

<https://goo.gl/forms/z6AoA4dwNWV78VxH2>

****Not all coaches will be at all practices, but knowing the regular coach helps us assign swimmers to groups. Send a check made out to JFD, LLC (with your swimmer's name in the memo) to: 16512 Roundabout Dr., Gaithersburg, MD 20878 or email jfdschedules@gmail.com so we can send you the sign up link. If you did not receive this by email, please email the JFD office and ask that your email be added to our group email list for QO or GP and indicate Team, Stealth Team, Clinic, or Lessons. Questions? Call 301-916-1852. Follow this link to sign up:

<https://goo.gl/forms/z6AoA4dwNwV78VxH2>

Clarifying notes

YOU MUST PRE - REGISTER
BY FOLLOWING THIS LINK!

<https://goo.gl/forms/z6AoA4dwNWV78VxH2>

No Practices Sunday, April 16th

Regular schedule resumes on
Monday, April 17st

Coaches Training Agenda

During our poolside training, there will be a range of discussion, observing, assisting and managing a whole group.

8:00-8:45 Video and discussion Bagels, fruit, and orange juice provided

9:00-12:00 Basic Stroke Progressions JF and staff

9:00-10:30 Team workout

10:30-12:00 Team workout

12:00-12:30 Coach Flaherty on selected key topics:

Mission, Motto, and Philosophy
Career advancement Policies
Fast action point progressions

12:30-1:30 Lesson coaches in water ****bring your suit**** SE

*Main Stroke Rotation by day

Day: Mon Tues Wed Thur

Stroke: Free

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Breast

Fly