



# SPRING BREAK 2024

**JFD is now accepting registration for Spring Break bonus practice sessions!**

*Bonus Practice open to Team, Clinic, & Lessons swimmers*

## BONUS PRACTICE SCHEDULE

**March 25th - 31st - Quince Orchard Pool**

### **Monday - Thursday AM**

Team - 10am-12pm

Clinic - 10am & 11am

Lesson - 12:30-1:15pm

### **Monday - Thursday PM**

Team - 5-6:30pm

Clinic - 5pm

### **Friday AM**

Distance Challenge 10am-12pm

### **Saturday AM**

Team - 10am-12pm

Clinic - 10am & 11am

### **Monday, April 1st**

Regular Afternoon schedule 3-8 pm

Practices will be consolidated according to responses, so please sign up ASAP through the JFD website, [jfdolphins.com](http://jfdolphins.com) through the Spring Break link in the announcement box.

**Fee for Bonus practice is \$34 per practice**

**You can use makeups during the Spring Break bonus practices**

*\*Your program fees did not include the Spring Break week*

# COACHES' TRAINING

The JFD Coaches' Training Program is a wonderful opportunity to gain valuable skills and open the door to possible job options in the future.

**\$100 Fee - All swimmers 14+ | Free for all current JFD Coaches**  
If you cannot attend a whole session, come for what you can, and we will credit your coaching advancement accordingly.

**Monday 3/25 - Thursday 3/28**

## Coaches Training Agenda

Training will start at the JFD House for the a video, then move to the QO pool deck. During the training, there will be a range of discussion, observing, assisting and managing a whole group.

**9:00-10:00** Video at JFD House - across the street from QO Bubble

**10:00-12:00** Clinic Training - On deck Practical Training

**12:00-12:30** Coach Flaherty speaks on key topics - QO Mission, Motto, Philosophy, Career Advancement, Policies and Fast Action Point Progressions.

**12:30-1:30** Lesson Training - In water Practical Training

## Main Stroke Rotation by Day

Day	Mon.	Tues.	Wed.	Thur.
Stroke	Free	Back	Breast	Fly

**PLEASE EMAIL [JOEFDOLPHINS@GMAIL.COM](mailto:JOEFDOLPHINS@GMAIL.COM) TO RSVP!**





# **Distance Challenge**

Located at the Quince Orchard Pool  
**Friday, March 29th**  
**10am - 12pm**

**\*No other practices will be held on Friday, March 29th\***

Please feel free to contact us at  
[jfdschedules@gmail.com](mailto:jfdschedules@gmail.com) or 301-916-1852  
for further details or questions.

**JOE FLAHERTY'S  
DOLPHINS**



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