



## PIRATES PROGRAM 2017

AHOY PIRATES!!!! Hello and welcome to the PIRATES 2017 summer season! It's going to be a fun and fast summer season!!

[Please see below for the description of our 2017 pirate crew](#)

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## MINI MATEYS



Mini Mateys 6 and under and new to Pirates

- Introduction to all 4 strokes
- Focus on buoyancy, body position and movement through water
- Introduction to the sport of swimming- distances, dives, turns
- Primary focus is FUN

### Schedule

**Mon-Thurs 4:30pm-5:15 pm**

**Friday 4:45-5:30**

Mateys Div 1 swimmers plus young (8-10) swimmers new to Pirates

- Swimmers will be introduced to and practice freestyle and backstroke fundamentals
- Breaststroke and butterfly - main focus will be body position and kick
- Sculling introduced
- Proper turn technique for all strokes
- Dives move up to the block
- A strong emphasis on FUN while practicing skills

### Schedule

**Mon/Wed 5:00pm-6:10pm**

**Tues/Thurs 4:30pm-5:40pm**

**Friday 4:30pm-6:10pm**

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## BUCCANEERS

Div2 – Div 4 (plus strong Div 1) Swimmers who are developing their stroke fundamentals and technical skills.

- Buccaneers have strong backstroke and freestyle fundamentals and are working on their breaststroke and butterfly forms
- Technical emphasis on starts and turns
- Swimmers are working on their kick endurance and mastering the clock
- Sculling practice will continue, now in many directions
- Swimmers can move to Gunner when they have all 4 strokes fundamentals in check, their turns are performed legally regularly in practice, and when they show they are ready for more workload



### Schedule

**Mon and Wed 4:30pm-6:10pm**  
**Tues and Thurs 4:45pm-6:25pm**  
**Friday 4:30pm-6:10pm**

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## GUNNERS

Div 2 – Div 3 Swimmers who have developed all their stroke fundamentals and have shown they are ready to increase their workload.

- These swimmers will be learning to train
- Emphasis on set design, maintaining stroke fundamentals in more fatigued state
- Maintaining technical skills while training
- Introduction to dryland training
- Introduction to goal setting and log book maintenance
- Swimmers will work on becoming fast under water • Arm pull strength work introduced
- Longer aerobic-based sets introduced



### Schedule

**Mon and Wed 5:15pm-7:10pm**  
**Tues and Thurs 4:15pm-6:15pm**  
**Friday 5:00pm-7:10pm**

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## SWORDSMEN

Div 4 and Over These swimmers are at a similar level to the Gunners but older. Stroke fundamentals are in check, and they are ready for more workload.

- Full dryland program
- Goal setting and logbook maintenance introduced
- Swimmers will learn about set design, practice using the clock with limited rest, and focus on maintaining fundamentals and technical skills while fatigued
- When ready, swimmers will spend some time training with Swordsmen and some time with Captains as they start to transition from Swordsman to Captains



### Schedule

**Mon 6:10 am- 7:15 am**

**Tue / Wed/Thurs/ Fri 5:00pm-7:10pm**

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## CAPTAINS

Div 5 and Over These advanced swimmers have learned to train and are ready for a more intense training program.

- Swimmers are training to train
- Emphasis on fast underwater work during sets
- Turn and start speed is measured with a focus on improving these speeds
- Training focus on power, speed and speed endurance
- Short and long-term goal setting will be monitored by Kelly



### Schedule

**Mon/Tues/Thurs 5:00pm-7:10pm**

**Wed 6:10am-7:15 am**

**Friday 5:00pm-7:10pm**