



# Decatur Central Aquahawks

## Week 17 - October 22-28, 2018



### DCHS Girls Swim Schedule:

- Monday October 22nd:
  - PM Workout - 4:10-6:30pm
- Tuesday October 23rd:
  - PM Workout - 4:10-6:30pm
- Wednesday October 24th:
  - AM Workout - 5:40-8am
- Thursday October 25th:
  - PM Workout - 4:10-6:30pm
- Friday October 26th:
  - PM Workout - 4:10-6:30pm
- Saturday October 27th:
  - AM Workout - 7:40-10am
- Monday October 29th:
  - AM Workout - 5:40-8am
  - PM Workout - 4:10-6:30pm
- Tuesday October 30th:
  - PM Workout - 4:10-6:30pm
- Wednesday October 31st:
  - AM Workout - 5:40-8am
- Thursday November 1st:
  - PM Workout - 4:10-6:30pm
- Friday November 2nd:
  - PM Workout - 4:10-6:30pm
- Saturday November 3rd:
  - AM Workout - 7:40-10am

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### Upcoming Dates of Note:

Review your training calendar weekly and plan your practices/absences AHEAD of time! Use our Google Document @ [DCAquahawks.org](http://DCAquahawks.org) to document appointments!! Athlete/Parent Responsibility!!

- Find Training Calendars (Google Calendars) @ [www.DCAquahawks.org](http://www.DCAquahawks.org)
- Google Form for Absences: <https://goo.gl/forms/7eof2CDOzUb7AU0N2>
- 1st Official Boys HS Team Workout - Monday November 5th @ 4:10pm
  - Club Boys will workout Monday AM on the 5th as normal!
- DCCHS Team Picture Day/Senior Banner Orders Due - Friday November 9th After School!!
- Thanksgiving Break Time Off Requests Due Monday, November 12th
  - COMPLETE THE GOOGLE FORM @ [DCAquahawks.org](http://DCAquahawks.org) by 11:59pm on the 12th!!
  - If you need workouts to complete, let Coach KNOW ASAP!!
- DCCHS Intrasquad Meet - Friday November 16th
  - Parents who did not attend parent meeting must attend meeting on the 16th!!
- DCCHS v. Speedway/Bishop Chatard Tri Meet - Tuesday November 20th!!

Additional Notes/Reminders:

- *If you have Club training dues that are outstanding, please get them to Coach Grace ASAP!!!*
- **Snorkels for Swimmers** - Please be sure to bring daily! If you do not have one yet, please look to get ASAP! You can find TYR snorkels at Dick's Sporting Goods or a variety of companies at Making Waves in Lawrence. Making Waves is our Suit/Equipment provider and we get a discount on items purchased there!
- **Missing Athlete Information Pages - Complete on the Google DOC by Friday 10/26!**
  - A. Campbell
  - E. Cortes
  - E. Gentry
  - K. Guieb
  - M. Long
  - P. Curry
  - E. Delarosa
  - J. Frosch
  - J. Jenkins
  - E. Williams
  - T. Pickett
  - Others? New Athletes!
- **See Me after Monday PM Practice!!**
  - P. Clay, B. Vandeventer, B. Hayes, PJ Paul
- Recovery is a critical component of our program! Must take care of yourself and be a 24 hour athlete! Hydration, Nutrition, and Sleep have to have a priority to maximize our training! Stretch routine and Foam rolling are excellent items to add into your routine post training!
- Follow the social media for last minute news and other swimming tidbits that I find!
  - Twitter: DCCoachGrace
  - Instagram: DTACAquahawks
  - Facebook: Decatur Township Aquatic Club - DTAC
- Coach Grace's contact information - **RESPONSIBILITY IN ADVANCED COMMUNICATION!!**
  - Email: cgrace@decaturproud.org
  - Office: 856-5288 x 28005