



Decatur Central Aquahawks

Week 18 - October 29 - Nov 4, 2018



DCHS Girls Swim Schedule:

- 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
- Monday November 5th:
 - AM Workout - 5:40-8am
 - PM Workout - 4:10-6:30pm
- Tuesday November 6th:
 - PM Workout - 4:10-6:30pm
- Wednesday November 7th:
 - AM Workout - 5:40-8am
- Thursday November 8th:
 - AM Workout - 5:40-8am
 - PM Workout - 4:10-6:30pm
- Friday November 9th:
 - PM Workout - 4:10-6:30pm
- Saturday November 10th:
 - AM Workout - 7:40-10am

DCHS Girls Dive Schedule:

- Monday October 29th:
 - NO WORKOUT
- Tuesday October 30th:
 - PM Workout - 4:10-6:30pm
- Wednesday October 31st:
 - PM Workout - 4:10-6:30pm
- 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
- Monday November 5th:
 - PM Workout - 4:10-6:30pm
- Tuesday November 6th:
 - PM Workout - 4:10-6:30pm
- Wednesday November 7th:
 - PM Workout - 4:10-6:30pm
- Thursday November 8th:
 - PM Workout - 4:10-6:30pm
- Friday November 9th:
 - PM Workout - 4:10-6:30pm
- Saturday November 10th:
 - AM Workout - 7:40-10am

Upcoming Dates of Note:

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

- Find Training Calendars (Google Calendars) @ 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!
- DCHS 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 by 11:59pm on November 12th!!
 - If you need workouts to complete, let Coach KNOW ASAP!!

- DCHS Intrasquad Meet - Friday November 16th
 - Parents who did not attend parent meeting must attend meeting on the 16th!!
- DCHS 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 11/2!
 - A. Campbell
 - E. Gentry
 - K. Guieb
 - P. Curry
 - E. Delarosa
 - J. Frosch
 - J. Jenkins
 - E. Williams
 - T. Pickett
 - Others? New Athletes
- 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
 - Cell: (574) 312-4779