

Bishop McDevitt Swimming Dryland

Starting Wednesday 11/30

Every Wednesday 3:30-4:05 in the TRX room

Please arrive in the TRX room ready to go with sneakers, t-shirt, shorts or sweats—no school uniforms please.

We will work on strength, explosive power, balance, core strength/stability and flexibility all related to swimming and transferable to in water speed.

This is not a mandatory part of practice but is highly encouraged especially for swimmers looking to achieve district or state times.

Most High School programs have some type of strength/dryland training and as our program continues to grow, we want to provide our athletes the tools to be successful.

In addition to the dryland workout we have arranged a special discounted membership for the season with Central Penn Fitness. If you want to continue your strength training on your own time, any of the coaches can provide you with a work out plan tailored to competitive swimming. Please see Larry at the membership desk for more information on Central Penn membership. This membership is not required and is not paid for by McDevitt.

