

Bishop McDevitt Swimming & Diving

General Information About Non-Mandatory Pre-season Practices at Central Penn

Since swimmers will need a membership to Central Penn, they are free to work out on their own on the days a coach will not be on deck.

Swimmers and parents may direct any general questions about the pre-season or in-season practices to Coach Kurt.

A few additional points about how the optional pre-season practices have worked in the past:

No registration (other than a club membership) is necessary and no attendance will be taken.

Anyone that chooses to attend these "open" practices must possess a membership to Central Penn. Please direct any questions about joining Central Penn to the front desk at CP. You can mention that you/your swimmer will be attending informal practices in the pool prior to the start of the high school season. Please identify your connection to Bishop McDevitt Swimming

The goal prior to the start of the high school swim season is to meet 3-4 times a week. The exact days will be determined and communicated in advance, but I do not anticipate meeting as a group on Friday evenings. We might add a few Saturday sessions after the first few weeks.

If it is determined that a majority of the swimmers would be better served by a later start time (later than our typical 3:45 start time in-season) this will be taken into consideration.

These practices will be informal in the sense that the lanes are NOT rented and therefore will not be reserved exclusively for our use. Swimmers should be prepared to wait for lane space if we happen to have a large group attend on a given night *and* there are other club members already occupying lanes when we

arrive. Practices will last approximately 1 hour 15 minutes to 1 hour and 30 minutes.

The first few weeks will be used to gain fitness and begin to assess each athletes' aerobic threshold. Practices will become increasingly more challenging as we approach the start of the high school season.

Again, the practices are open to anyone with a shared goal of starting the high school season with an established base of training. You may share information about this opportunity.