


**Calendar of Events for Rockingham**  
**Swim Club November 2011**

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Set your Alarm for am starts</p> 	<p>Remember How You Train Is How You Race</p>	<p>1 <b>Time Trial # 1</b></p> 	<p>2 Have you checked with your Coach about THE EVENTS YOU WILL BE SWIMMING AT SWIM MEETS</p>	<p>3 Athletes remember to fill in your WEEKLY LOG SHEETS CORRECTLY</p>	<p>4 <b>Time Management</b></p> 	<p>5 Hancock Family Medical Foundation Distance Meet</p>
<p>6 Hancock Family Medical Foundation Distance Meet On Time</p>  <p>For Warm-up</p>	<p>7 <b>REMINDER TO HAND IN YOUR COMPLETED LOG SHEETS TO GORDON</b></p>	<p>8 <b>Time Trial # 2</b></p> 	<p>9 Athletes</p> 	<p>10 <i>While in training 3 important ingredients for maintaining and Improving Fitness Are: Diet Rest Sleep</i></p>	<p>11 <b>On Time</b></p>  <p>For Warm-up</p>	<p>12 <b>Breakers Swim Meet</b> <i>Please be On Time</i></p>  <p>For Warm-up</p>
<p>13 <b>Open Water Swim Series Round 2</b></p>	<p>14 Athletes always have the correct Training Equipment On pool deck...  <i>Goggles that do not Leak...</i></p>	<p>15 <b>Time Trial # 3</b></p> 	<p>16 TODAY'S PREPARATIONS DETERMINE TOMORROW'S ACHIEVEMENTS.</p>	<p>17 Saturday Training Remains the Same When Swim Meets are On Until Notified Differently</p>	<p>18 Saturday Training Remains the Same When Swim Meets are On Until Notified Differently</p>	<p>19 Swimming WA Open Water Swim Series Round 3</p>
<p>20 Swimming WA Club Sprint Championships</p>	<p>21 Rhythm Range Relaxation</p>  <p>COUNT YOUR STROKES</p>	<p>22 <b>No Time Trial</b> <i>Time Management</i></p>  <p>Homework</p>	<p>23 To perform like a champion, you must practice like one</p>	<p>24 Correct Start Position From The Wall Streamline Minimum 8 Kicks Breakout Start stroke then breathe</p>	<p>25 Correct Start Position From The Wall Streamline Minimum 8 Kicks Breakout Start stroke then breathe</p>	<p>26 Swimming WA Open Water Swim Series Round 4</p>
<p>27 <b>Optional Meet</b></p> <p>Arena LC Sprint Carnival</p>	<p>28</p>	<p>29 <b>Time Trial # 4</b></p> 	<p>30</p>			