



PRACTICE #4

- 00: Greetings
 + Ten Training Habits
 + Ankle Flexion/Ankle Extension/Toe Point
 + Boost video
- 10: 50 Swim
 head up crawl + back + back scull + eggbeater
- 15: Routine Demo (O & N)
- 20: Position & Skill Review
 Back layout, Tub, Bent Knee, Boost
 Focus: head position, hand position, parts of body that should be at surface, toe point
- 30: Skill Practice
 Dolphin
- 35: Routine Practice (O&N or Blazer)
- 45: Dismiss

Count it out loud..

1	2	3	4	5	6	7	8
				5	6	Ready	Go!
Enter	2	3	4	5	6	Surface	Hold
Boost	2	3	4	Boost (arms)	6	7	Surface
Travel	2	3	4	Shoot	6	7	Back
Right	and	Left	and	Right	and	Left	Hold
Dolphin	2	3	4	5	6	7	Hold

We swim for good times!®