



## PRACTICE #2

00: Greetings  
+ Ankle Flexion/Ankle Extension/Toe Point

05: 50 Swim  
head up crawl, back, back scull, eggbeater

08: Position Review  
Back layout, Tub, Bent Knee

Focus: head position, hand position, parts of body  
that should be at surface, toe point

15: New Skill – Boost

20: Entries (dive or jump) + Surface + 2 Boosts

*Count it out loud..*

1	2	3	4	5	6	7	8
				5	6	Ready	Go!
	2	3	4	5	6	Surface	Hold
Boost	2	3	4	Boost	6	7	8

30: Synchro Practice – eggbeater against wall + team eggbeater patterns

35: Underwater swimming practice

40: Individual practice

45: Dismiss

We swim for good times!®