

## **ARROYO GRANDE SWIMMING & DIVING 2018**

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Assistant/Co JV Coach Alex Behnam (954) 643-1567

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### **DESIRE DETERMINATION DEDICATION DISCIPLINE**

- **Sign up instructions**
  - Please fill in the information on the sheet being passed around, Be sure to write down your email address clearly- email and remind.com are the main methods of mass communication
- **Remind.com**
  - Text the message @coachrpete to the number 81010
- **Clearance Packets/Physicals**
  - All student athletes must have a completed clearance packet on Family ID in order to practice- if you have not done so already, get it done ASAP! Go to <https://www.familyid.com/pages/home>
  - You will not be able to practice until you have completed this!!! Make sure you are signed up for "swimming"
- **Tentative Practice Plan and Meet Schedule Attached**
  - **FIRST DAY OF PRACTICE MONDAY JANUARY 22nd @5:30pm**
  - You are expected to be at every practice and meet!
- **Preparation**
  - the sooner you start preparing the faster you will be in May
  - Physical Prep
  - Mental Prep
    - start thinking about your goals for the season- be specific and write them down
    - goals should be challenging yet realistic- DON'T BE AFRAID TO BE FAST
    - Your individual goals are the building blocks of our team goals
- **Process Goals for 2018**
  - Win everything- win the process
  - Swim with passion energy and enthusiasm on a daily basis
  - Attendance-Attitude-Ability: we want to improve on being great for all three on a daily basis, not just on meet days
- **Team Goals for 2018- my thoughts (we will have a groups discussion)**
  - Your individual goals are the building blocks of our team goals- we want you all to be champions of yourselves.
  - Win the Pac-8 undefeated
  - Place in the top two at CIF-SS Division 2
  - Qualify for the CA State Meet

**"Every battle is won before it fought." - Sun Tzu, *The Art of War***

**CURRENT 2018 PRACTICE SCHEDULE**

VARSITY			JV		
Jan-Feb Practice Schedule			Jan-Feb Practice Schedule		
	AM	PM		AM	PM
M		5:30-7:30pm	M		5:30-7:15pm
T	6:15-7:20am	5:30-7:30pm	T		5:30-7:15pm
W		5:30-7:30pm	W		5:30-7:15pm
R		5:30-7:30pm	R		5:30-7:15pm
F		5:30-7:30pm	F		5:30-7:15pm
S (V only)	8:00-10:00am				
End of Feb-May			End of Feb-May		
	AM	PM		AM	PM
M	OFF	3:00-5:15pm	M		3:00-5:15pm
T	5:45-7:20am	5:15-7:30pm	T		5:15-7:30pm
W	OFF	3:00-5:15pm	W		3:00-5:15pm
R	5:45-7:20am	5:15-7:30pm	R		5:15-7:30pm
F	OFF	5:15-7:30pm	F		5:15-7:30pm
S (V only)	8:00-10:00am				

## Arroyo Grande Boys Swimming and Diving 2018 Meet Schedule

**TENTATIVE**

Date	Day	Opponent/Meet	Location	Time	V/JV
		Nipomo???	AG	2:30 PM	V/JV
3/8	Thursday	<b>Righetti</b>	RHS	2:30 PM	V/JV
3/9	Friday	Mt. SAC Winterfest-Prelims	Walnut	2:00 PM	V Travel Team
3/10	Saturday	Mt. SAC Winterfest- Finals	Walnut	3:00 PM	V Travel Team
3/16	Thursday	<b>Mission</b>	AG	2:30 PM	V/JV
3/17	Saturday	Frosh/Soph Invite	AG	9:00 AM	Frosh/Soph
3/20	Tuesday	<b>St. Joseph</b>	AG	2:30 PM	V/JV
3/23	Friday	Clovis North	AG	2:30 PM	V/JV
3/30	Friday	<b>Paso Robles</b>	AG	2:30 PM	V/JV
4/13	Friday	<b>Pioneer Valley</b>	AG	2:30 PM	V/JV
4/18	Wednesday	<b>San Luis Obispo</b>	AG	2:30 PM	V/JV
4/19	Thursday	Foothill Swim Games	Foothill	3:15 PM	Select V (12 boys)
4/21	Saturday	Foothill Swim Games	Foothill	10:00 AM	Select V (12 boys)
4/24	Tuesday	<b>Atascadero</b>	AHS	2:30 PM	V/JV
4/28	Saturday	<b>Pac-8 JV</b>			
5/1	Tuesday	<b>Pac-8 Prelims</b>	TBD	3:00 PM	V/JV
5/3	Thursday	<b>Pac-8 Finals</b>	TBD	3:00 PM	V/JV
5/4	Friday	Last Chance	AG	4:00 PM	V
5/11	Friday	CIF Prelims	Riverside	9:00 AM	V QUALIFIERS
5/12	Saturday	CIF Finals	Riverside	10:00 AM	V QUALIFIERS
5/18	Friday	State Prelims	Clovis West	2:30 PM	V QUALIFIERS
5/19	Saturday	State Finals	Clovis West	2:30 PM	V QUALIFIERS
<b>4/1-4/8</b>	<b>Sun-Sun</b>	<b>Spring Break- DON'T GO ANYWHERE</b>			

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