

Team Genesis
LOVE Swimming
Monthly Yardage/Meters Report

29-Aug-09										As of	Goal Date						
Workload Volume Rep	Pre-Season									29-Aug-09	3/14/2010						
2009-2010 SC Monthly	Distance	Distance	Distance	Distance	Distance	Distance	Distance	Distance	Distance	Distance	Miles	SC Swim	SCS	SCS	SCS	Current	Initial
Swim & Physical	Swam	Swam	Swam	Swam	Swam	Swam	Swam	Swam	Swam	Swam	Swam	Season	Swum	Wks	Wks	Wkload	Wkload
8/16/2009 - 03/14/2010	2009	2009	2009	2009	2009	2009	2010	2010	2010	Total	Total	Season	Miles	Bal to	To	Weekly	Volume
Swimmers	Aug-09	Sep-09	Oct-09	Nov-09	Dec-09	Jan-09	10-Feb	10-Mar	To Date	To Date	To Date	Goal	Swim	Date	Date	Volume	Set
Victoria Anderson																	
Jon David Methvin	950								950		1	15,000	10	28	1	950	500
Madelyn Methvin	1,400								1,400		1	75,000	50	28	1	1,400	500
Nathaniel Methvin	3,250								3,250		2	185,000	123	28	1	3,250	500
Noah Methvin	1,900								1,900		1	120,000	80	28	1	1,900	500
Alice Oates									0		0			28	1	0	500
Christian Oates	12,850								12,850		9	600,000	400	28	1	12,850	500
Dexter Oates									0		0			28	1	0	500
Justin Oates	13,450								13,450		9	630,000	420	28	1	13,450	500
Michael Oates									0		0			28	1	0	500
Rudolph Oates, Jr.									0		0			28	1	0	500
Rudolph Oates, Sr.									0		0			28	1	0	500
Jillian Otto									0		0			28	1	0	500
Krystin Robinson	5,050								5,050		3	60,000	40	28	1	5,050	500
Marissa Robinson	3,650								3,650		2	45,000	30	28	1	3,650	500
Levi Roth									0		0			28	1	0	500
Jourdan Stack									0		0			28	1	0	500
Dani Vaughn									0		0			28	1	0	500
Emma Vaughn									0		0			28	1	0	500
Sammy Vaughn									0		0			28	1	0	500
Brooke Young	1,650								1,650		1	35,000	23	28	1	1,650	500
#Swimmers@Prac.	9	0	0	0	0	0	0	0	9	9	9	9	9	20	20	9	20
Total Meters Swam	44,150	0	0	0	0	0	0	0	44,150	29	1,765,000	1,176	560	20	20	44,150	10,000