

Team Genesis
LOVE Swimming
Yardage/Meters Report

Swim Distance Log		Pre-Season	Pre-Season	Pre-Season	Pre-Season	Pre-Season	Pre-Season	Pre-Season	Pre-Season	Pre-Season	Pre-Season	Pre-Season	Pre-Season				
Emphasis EN1 Sys		Swim	Swim	Swim	Swim	Swim	Swim	Swim	Swim	Swim	Swim	Swim	Swim	Weekly	Weekly	# of	Miles
Schedule for		Camp	Camp	Camp	Camp	Camp	Camp	Camp	Camp	Camp	Camp	Camp	Camp	Total	Goals	Prac	Swam
2009-2010 SC Seaspn	8/23/2009	8/24/2009	8/24/2009	8/25/2009	8/25/2009	8/26/2009	8/26/2009	8/27/2009	8/27/2009	8/28/2009	8/28/2009	8/29/2009	8/29/2009			29	Mtrs
Week #2 ASSTD W#2	Sunday	Monday	Monday	Tuesday	Tuesday	Wednesday	Wednesday	Thursday	Thursday	Friday	Friday	Saturday	Saturday				
Victoria Anderson																	
Jon David Methvin -					300		300				350			950	900	3	0.6
Madelyn Methvin -					600		250				550			1,400	3,000	3	0.9
Nathaniel Methvin -			1,800								1,450			3,250	2,000	2	2.2
Noah Methvin -			1,050								850			1,900	2,000	2	1.3
Alice Oates			Coached		Coached		Coached		Coached		Coached			0		0	0.0
Christian Oates -			2,750		2,300		2,650		2,450		2,700			12,850	10,000	5	8.6
Dexter Oates -														0		0	0.0
Justin Oates -			2,850		2,700		2,700		2,450		2,750			13,450	10,000	5	9.0
Michael Oates														0		0	0.0
Rudolph Oates, Jr.														0		0	0.0
Rudolph Oates			Present		Present		Present		Present		Present			0		0	0.0
Jillian Otto -														0		0	0.0
Krystin Robinson -					2,000		1,450		1,600					5,050	4,000	3	3.4
Marissa Robinson -					1,300		1,200		1,150					3,650	4,000	3	2.4
Levi Roth -														0		0	0.0
Jourdan Stack -														0		0	0.0
Dani Vaughn														0		0	0.0
Emma Vaughn														0		0	0.0
Sammy Vaughn														0		0	0.0
Brooke Young -					1,650		Dryland				Dryland			1,650	4,000	1	1.1
#Swimmers @Pract			6		9		9		6		9	0	0	9	9	9	9.0
Total Meters Swam	0	0	8,450	0	10,850	0	8,550	0	7,650	0	8,650	0	0	44,150	39,900	27	29.0
*Guest Swimmer/Teacher																	

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		Physical	Physical	Physical	Swim Distance Log	all Relay	Pull-ups	V-Jumps	1 min	2min	2min	1min	1 min	Toe	Toe	Flutter	Jumping	Swimme	Swimme
Continu	Push-ups	Sit-ups	Run/Walk	Emphasis EN1 Sys	2x25m	or Dips	Bumble	Hitch	Rnd the	Circle N	Ankel	Cat	Ups	Touch	Kick	Jacks	Total	This Wk	
Swim	Pull-ups	Miles	8/29/2009	Lunges	x3+	Bees	Hiker	Clock	Swing	Stretch	Stretch	50	25	LegLifts	x100	Session:	Attend		
Session	Session	Daily	Daily	M/T/TH/F	2009-2010 SC	Daily	Daily	Daily	Daily	Daily	Daily	Daily	Daily	Daily	x 25	This Wk	Percent		
					Wk#2														
					Victoria Anderson														
	139	94	1.3	Jon David Methvin -			16	3			3	3	12	12			3	100%	
	94	94	2.1	Madelyn Methvin -			38	3			3	3	12	12		50	3	100%	
	225	205	2	Nathanial Methvin-			75	2		2	1	1	50	25		100	2	100%	
	235	205	0.8	Noah Methvin -			75	2		2	2	2	50	25		100	2	100%	
				Alice Oates															
	560	580	3.9	Christian Oates -			175	5		2	8	8	150	100		300	5	100%	
				Dexter Oates -															
	560	580	6.2	Justin Oates -			175	5		2	8	8	150	100		300	5	100%	
				Michael Oates															
				Rudolph Oates, Jr.															
				Rudolph Oates															
				Jillian Otto -															
	136	123	3.0	Krystin Robinson -			58	3			2	4	36	27		70	3	100%	
	97	87	2.0	Marissa Robinson -			38	3			2	4	25	18		50	3	100%	
				Levi Roth -															
				Jourdan Stack															
				Dani Vaughn															
				Emma Vaughn															
				Sammy Vaughn															
	116	123	0.7	Brooke Young -			58	3			2	4	36	27		70	3	100%	
0	0	9	9	9.0		0	0	9	9	0	4	9	9	9	0	8	9	9	
0	0	2,162	2091	22.0		0	0	708	29	0	8	31	37	521	346	0	1,040	29	93%

