



	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Daily	Personal Calls 	Personal Calls 	Personal Calls 	Personal Calls 	Personal Calls
8:00am	Distance Cycling Carlos 		Distance Cycling Carlos 		Distance Cycling Carlos
8:30am		Core & Abs Carlos 		Core & Abs Carlos 	
11:00am	Swim Parent Connections Audrey 	Conversations Tom 	USMS Updates Tom 	Conversations Tom & Barbara 	Flash Back Friday Tom
3:30pm		Timeless Tales Coaching Team 			
6:15pm	Motivate Me Vonn 	Dryland Carlos 		Dryland Carlos 	

Chats with Coach Tom & Coach Barb – Masters’ coaches, Tom & Barb call Masters’ team members. Please expect at least one or two personal phone calls from them each month. These will happen throughout the day. It’s not a robo call....it’s personal

Conversations with the Coach –Tom and Barbara answer all your masters’ swimmers’ questions.

Core & Abs - Be prepared to break a sweat. Designed for our Triathlon team members yet all adults are welcome

Distance Cycle Workouts – Designed for our Triathlon team members yet all adults are welcome. You will need a stationary bike or a trainer.

Dryland Workouts – Join Coach Carlos for a dryland workout to help keep our master swimmers and tri athletes in physical shape while we are out of the water.

Flashback Friday – send photos of yourself in your younger days to: Reudyt@smccd.edu. We will then send the group on Fridays and we’ll have a contest to see if you can guess who the swimmer.

Motivate Me – Vonn will provide some great topics on motivating yourself, other athletes along with sharing articles.

Swim Parent Connections – Coach Audrey will host conversations & present learning opportunities for parents to connect with and motivate their youth swimmers.

Timeless Tales Tuesday – Adult swimmers join the BSC team to share their swimming/triathlon/water polo stories. This is a great way for our future generation of swimmers to learn about the competitive experiences of our more mature swimmers and athletes. Each week will cover a specific topic.

USMS Updates & Education – Tom and/or Barb will go over the most recent recommendations, updates, share swimming videos and much more.



Masters Members



Triathlon Members



Adults welcome