



Development 1

Name of Coach: Marlee Budz

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						7:15-8:30 Swim
PM	6:15-7:30 Swim		6:15-7:30 Swim			

Welcome to the Goldfins first step in an incredible journey! D1 is the first step in our development of swimming excellence. In this program we will work on teaching a LOVE of swimming. We concentrate on the **Fundamental** portion of swimming, and discuss very little the competitive side of the sport. In D1 we will teach the swimmers to set goals to improve themselves technically and will provide a fun and supportive environment. We are privileged to have Marlee Budz returning to our program. Marlee is an excellent who will provide the swimmers with an excellent foundation for the journey swimming provides.