

Bishop McDevitt Swimming Dryland

Starting Friday 12/08

Wednesdays 3:30-4:05 in TRX room (Wednesdays will be strength based and only recommended for swimmers with District or State times)

Fridays 3:45-4:05 in the pool solarium (All levels are welcome. primary focus will be on core strength, stability and flexibility)

Please arrive ready to go with sneakers, t-shirt, shorts or sweats. No school uniforms.

We will work on strength, explosive power, balance, core strength/stability and flexibility all related to swimming and transferable to in water speed. This is not a mandatory part of practice but is highly encouraged especially for swimmers looking to achieve district or state times.

Most High School programs have some type of strength/dryland training and as our program continues to grow, we want to provide our athletes the tools to be successful.

In addition to the dryland workout, we have arranged a special discounted membership for the season with Central Penn Fitness. If you want to continue your strength training on your own time, any of the coaches can provide you with a work out plan tailored to competitive swimming.

Please see the membership desk for more information about a Central Penn membership (mention you are with Bishop McDevitt Swimming). The cost is \$99 and is valid until the end of March and includes the pool. This membership is not required and is NOT paid for by McDevitt.

