

# Pitchfork Aquatics

Arizona State campus, Tempe, Arizona

Founded January 2016



# CORE people

- Rob Richardson, ASU swimming alumni & president
- Fernando J. Canales, Head Coach & Puerto Rico Technical Director
- Bob Bowman, ASU Head Coach & USA Olympic Coach
- Mona E. Nyheim Canales, Head Age Group Coach & FINA coaches education consultant
- Gabriel De Sousa, assistant coach & Brazilian International star
- Michael Swain, assistant coach & Olympic Trial qualifier
- Morgan Dick, assistant coach & entry level expert
- Matthew Allen, assistant coach & former club swimmer



# CORE values

- Commitment to excellence
- Team work
- Common goals
- Building a model program
- Everyone included
- Communication
- All coaches coach & know all swimmers on the team

# Creating future Champions





# Introductory level, White group

- 3 practices a week 45minutes-1hour
- Learn all 4 strokes
- Learn to kick, all 4 strokes
- Learn to breath correctly
- Competence in turns
- Introduction to competition



# 12 & under, Maroon & Black group

- 6 practices a week 1 ½-2 hours
- Learning to work hard and loving it
- Learning how to work together as a team
- Learning to accept and embrace differences
- Learning to use the clock
- Learning to pace & how
- Learning to kick, fast
- Learning to pay attention to your stroke and how to improve



# 13 & over, Gold & Copper group

- 10/8 practices a week 2-2 1/2 hours
- Embrace hard work, in and out of the pool
- Challenge every day
- Compete at the highest level
- Be comfortable being uncomfortable
- Mentoring younger swimmers





# TEAM bonding





# CORE practice

- Dryland focused on CORE, Yoga flow, general strength
- No weights
- Creativity for the younger swimmers
- Consistent and challenging for the older (13-over) swimmers
- Challenge each swimmer each day to be better





# Facilities

